

Stop Smoking Resource Guide



For Sheboygan County residents who want to quit tobacco and improve their health

Quitting smoking NOW is the single most important thing you can do for your health and the health of those around you.

TOBACCO-FREE

SHEBOYGAN COUNTY COALITION

Sheboygan County Health and Human Services
Division of Public Health
1011 North 8th Street Sheboygan
459-4382 or 1-800-596-1919

Facts about Quitting

- Ⓢ No matter your age or how long you have smoked, your health risks will decrease after you quit.
- Ⓢ 20 minutes after quitting, your blood pressure, heart rate and circulation return to normal, and after 48 hours your senses of smell and taste are enhanced.
- Ⓢ Quitting is a process that takes most 2-5 attempts. There is no **best** way to quit. Do not be discouraged.
- Ⓢ For most tobacco user, quitting involves breaking the brain's addiction to nicotine, and breaking habits. For others it means finding new ways to cope with stress or boredom.
- Ⓢ Chewing tobacco is not a safe alternative to smoking as it increases the risk of oral cancer.
- Ⓢ Quitting will save you money... At \$3.75/pack, a one pack/day smoker spends \$112.50 per month on cigarettes. Money you can use to reward yourself after you quit.
- Ⓢ Quitting with a friend or loved one increases your chances of being successful because of the support and encouragement you can offer each other.
- Ⓢ If you choose a program or medications, and there are costs involved, these costs are much lower than the amount you spend on cigarettes each year, and certainly lower than the costs to your health.
- Ⓢ When you quit early in pregnancy your baby will be more likely to be full-term, healthy, strong and energetic. Your baby will breathe easier, be less likely to have asthma later in life and have fewer doctor visits. Your baby will be less at risk of Sudden Infant Death Syndrome (SIDS), miscarriage or stillbirth.



Consumer Guide:

Quit Smoking Programs may be covered by your medical insurance. Check your health plan for more information.

If it is NOT covered by your medical insurance, and you are participating in a **medical flexible spending account (FSA)**, check your plan for specific guidelines. In most situations you may claim:

- Smoking cessation programs
- Prescription drugs designed to help symptoms of nicotine withdrawal
- Over-the-counter (OTC) products*- Nicotine gum or patches for stop-smoking purposes

**Over-the-counter (OTC) products needed solely or primarily for medical care will be reimbursed in reasonable quantities without verification from a physician. An adequate receipt and a statement from the Participant must be submitted to the plan. The receipt must state the name of the medicine or drug, the date and the amount paid. The Participant's statement must include the name of the patient (if not on the receipt) and need not include the precise medical condition.*

If you have Medical Assistance, Badger Care or Healthy Start, you have coverage for medications to help you quit and some quit tobacco counseling services.

<http://bridgestoaccess.gsk.com/> Glaxo-Smith-Kline medications for low income, un-insured. Spanish option.

Self-Help

<http://tobwis.org/media/quit-line> – The WI Tobacco Quit Line provides free information, referrals to local cessation programs and one-to-one practical telephone counseling. **1-877-270-STOP (8767)**

<http://www.ctri.wisc.edu> – UW web-site – provides effective intervention and outreach services for children and adults.

<http://www.quitnet.com/> Consumer guide, peer support and online counseling.

<http://www.nicotine-anonymous.org> Uses the 12-step format. Various languages available.

http://nationaljewish.org/topic/smoking_cessation.html
Culturally diverse. Has FAQs about quitting smoking.

<http://www.hhs.gov/diseases/index.shtml#smoking> Link to cessation info. Info for youth. Spanish option.

<http://www.ahrq.gov/> Agency for Healthcare Research and Quality - Handouts and a consumer kit. Spanish option.

<http://www.stop-tabac.ch/> Stop Tobacco. Easy to use program to motivate you to quit. Multiple languages.

<http://www.CDC.gov/tobacco/> Center for Disease Control. Tips for kids, teens and adults. Spanish option.

<http://www.cancer.org/> American Cancer Society. Great search engine for smoking cessation resources. Local office: **920-457-5661 or 1-800 227-2345.**

<http://my.webmd.com/> Smoking and quitting info.

<http://www.storknet.com/complications/smoking/index.html>
Articles, info, and resources on smoking and pregnancy.

http://www.marchofdimes.com/pnhec/159_155.asp March of Dimes Smoking and Pregnancy Information.

<http://www.4woman.gov/QuitSmoking/index.cfm> Focuses on women, teens, and parents. Spanish option.

<http://www.anti-smoking.org/ala.htm> Foundation for a Smoke-Free America. Motivating youth to stay tobacco free and empowering smokers to quit.

Counseling and Support Groups

Freedom From Smoking / N.O.T. on Tobacco

American Lung Association facilitator-led cessation programs for adults and youth.

1-800-586-4872 www.lungusa.org/ffs On-line Program.

Local Facilitators:

Sheboygan Internal Medicine Associates
Monica DeMuth or Richard Mulhern **920-458-0705**

Tobacco-Free Sheboygan County Coalition
920-459-4382 or **1-800-596-1919**

Aurora Sheboygan Memorial Medical Center Patient
Education Department **920-451-5537**

St. Nicholas Hospital Community Education Department
920-459-8300 or **1-800-472-6710**



First Breath Program

Helps pregnant women in WI quit smoking. Coordinated by the WI Women's Health Foundation with partners: State of WI Division of Public Health Bureau of Family & Community Health, and APS Healthcare Inc.

Contact: Sheboygan County Division of Public Health
920-459-4382 or **1-800-596-1919** or www.wwhf.org

Alternative Therapies

Acupuncture

Aurora Sheboygan Memorial Medical Center
Dr. Steven Santino **920-451-5691**

Wholistic Health Care Center
Randall Aumann **920-459-9277**

Hypnosis

Lighthouse Therapy Services, LLC
Karla Hermann **920-451-8667**

Body n Soul LLC
920-893-0838

Wholistic Health Care Center
Lee Wick **920-459-9277**

For Employers

The mission of Tobacco-Free Sheboygan County Coalition is to improve the health of county residents by reducing tobacco use through prevention, education and community involvement. Efforts are centered around youth initiatives, cessation and smoke-free environments.

Although 66% of Americans under the age of 65 are insured through an employer, only 24% of employers offer any coverage for tobacco cessation treatment.

Smoking causes heart disease, stroke, multiple cancers, respiratory diseases, and other costly illnesses. Secondhand smoke causes lung disease and lung cancer.

In 1999, each adult smoker cost employers \$1,760 in lost productivity and \$1,623 in excess medical expenditures.

Men who smoke incur \$15,800 (in 2002 dollars) more in lifetime medical expenses and are absent from work 4 days more per year than men who do not smoke.

Women who smoke incur \$17,500 (in 2002 dollars) more in lifetime medical expenses and are absent from work 2 days more per year than non-smoking women.

Paying for tobacco cessation treatments is the single most cost-effective health insurance benefit for adults that can be provided to employees.

The annual cost of tobacco use is about \$3,400 per smoker or about \$7.18 for each pack of cigarettes sold.

Neonatal health care costs related to smoking are equivalent to \$704 for each maternal smoker. Randomized controlled trials indicate that a smoking cessation program for pregnant women can save as much as \$6 for each \$1 spent.

Smoking increases costly complications of pregnancy, such as pre-term delivery and low birth-weight infants.

6 out of 10 employers who provide a smoke-free workplace realize savings on fire insurance and costs related to ventilation services, and property repair and upkeep.

It costs between 10 and 40 cents per member per month to provide a comprehensive tobacco cessation benefit.