

YOU CAN QUIT. WE CAN HELP.

Quitting smoking has immediate and long-term benefits:

- It's expensive
- It smells bad
- It's terrible for your health

Quitting could save your life:

- After 1 year of not smoking, the risk of coronary heart disease goes down to 50% compared to smokers.
- After ten years of being smoke free, the risk of cancer drops 50% compared to smokers.
- After 15 years, the risk is the same as people who never smoked!

CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION



Parma Clinic
5550 Venture Dr.
Parma, OH 44130

South Pointe Hospital Clinic
20050 Harvard Rd Building B
Suite 102
Warrensville Heights, OH 44122

Phone: 216-201-2041
Fax: 216-676-1319
E-mail: ccbhnurse@ccbh.net

CCBH SHS 6-27/1

Smoking Cessation

Get help to
quit smoking



CUYAHOGA COUNTY
BOARD OF HEALTH
YOUR TRUSTED SOURCE FOR PUBLIC HEALTH INFORMATION

THE RISKS OF SMOKING AND BIRTH CONTROL

According to the Centers for Disease Control Contraceptive Guidance, women who smoke and use Combined Hormonal Contraceptives (those containing estrogen and progestin) should switch to another method, especially if over the age of 35.

- The Pill, the patch, and the Nuva Ring are considered combined hormonal contraceptives and are frequently chosen as a method of birth control among women of reproductive age.
- While these methods are very effective in preventing pregnancy, there are other, safer methods for women who smoke.
- Women who smoke heavily and are over the age of 35 have a 20 fold increase in risk of heart attack or stroke.
- The older a woman is and the more she smokes, the greater the danger for serious adverse health effects.
- Better, less risky options for women over 35 who smoke would be the IUD (intrauterine device), Nexplanon (implant in arm), or Depo Provera (shot)

Or just quit smoking. To kick your smoking habit, check out ***smokefree.gov***.

FACTS ABOUT WOMEN AND SMOKING

- More than 170,000 American women die from diseases caused by smoking each year.
- Smoking increases the risk for heart attack, stroke, lung cancer, emphysema, COPD, and other chronic, serious illnesses.
- Smoking during pregnancy causes premature birth, low birth weight, certain birth defects and ectopic pregnancy.
- Women who are pregnant or planning a pregnancy should not smoke. Even women who are not planning a pregnancy should not smoke!
- Postmenopausal women who smoke have lower bone density than women who never smoked. Smoking also causes skin wrinkling.

WHERE TO GET HELP

Nicotine Anonymous

<https://nicotine-anonymous.org/>

Campaign for Tobacco-Free Kids

<http://www.tobaccofreekids.org/>

Centers for Disease Control and Prevention

http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/

Smoking Cessation Leadership Center

<http://smokingcessationleadership.ucsf.edu/>

Quit Today!
Call 1-800-QUIT-NOW

(1-800-784-8669)

Visit the website:
<https://ohio.quitlogix.org/en-US/>