

IN THE UNITED STATES:



480,000 PEOPLE
die each year because
of cigarette smoking.



58 MILLION
nonsmokers are exposed to
secondhand smoke.



\$225 BILLION
is spent each year to treat
smoking-related diseases.

*Information in this handout comes from the
CDC and American Heart Association*



MEMPHIS CHRIST COMMUNITY HEALTH CENTERS

BROAD AVENUE
2861 Broad Avenue, 38112
901-842-3161
(On-site Pharmacy)

FRAYSER
969 Frayser Boulevard, 38127
901-842-3162
(On-site Pharmacy)

HICKORY HILL
5366 Winchester Road, 38115
901-842-3163
(On-site Pharmacy)

OPERATION OUTREACH
Bpatist Operation Outreach
1325 Jefferson Ave, 38104
901-842-3167

ORANGE MOUND
2569 Douglass Avenue, 38114
901-842-3164
(On-site Pharmacy)

RALEIGH
3481 Austin Peay, 38128
901-842-3165

THIRD STREET
3362 S. Third Street, 38109
901-842-3166
(On-site Pharmacy)

WOMEN'S CENTER
2861 Broad Avenue, 38112
901-842-3168
(On-site Pharmacy)

For more information or after hours needs, call (901) 842-3160 or
visit www.christcommunityhealth.org

JACKSON CHRIST COMMUNITY HEALTH CENTERS

JACKSON
655 Lexington Ave. 38301
731-540-0330

For more information or after hours needs,
call (731) 540-0330 or visit
christcommunityhealth.org

WOMEN'S HEALTH-JACKSON
1104 Whitehall St., 38301
731-213-6899

MEMPHIS DENTAL CENTERS

BROAD AVENUE
2953 Broad Avenue, 38112
901-842-3171

FRAYSER
969 Frayser Boulevard, 38127
901-842-3172

HICKORY HILL
5366 Winchester Road, 38115
901-842-3173

RALEIGH
3481 Austin Peay, 38128
901-842-3174

THIRD STREET
3362 S. Third Street, 38109
901-842-3175

ADMINISTRATION
2670 Union Ave. Suite 1000, 38112
901-842-3160

FTCA DEEMING NOTICE

Christ Community Health Services receives HHS funding and has federal Public Health Service deemed status with respect to certain health or health-related claims, including medical malpractice claims, for itself and its covered individuals.

This health center is a Health Center Program grantee under 42 U.S.C. 254b, and is a deemed Public Health Service employee under 42 U.S.C. 233(h)-(n).

DISCRIMINATION IS AGAINST THE LAW

Christ Community Health Services complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Christ Community Health Services does not exclude people or treat them differently because of race, color, national origin, age, disability, or sex.

ATTENTION: If you speak English or any other language, language assistance services, free of charge, are available to you. Call 1-800-481-3289.



TOBACCO USE



HEALING WITH SOUL

HOW TO QUIT TOBACCO



EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- ➔ Within 1 year after quitting, your risk of heart disease goes down by half.
- ➔ Smoking is the most preventable cause of death in the U.S.
- ➔ It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- ➔ Smoking damages your circulatory system and increases your risk of multiple diseases.
- ➔ Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- ➔ Tobacco use and nicotine addiction is a growing crisis for teens and young adults. You can be one of the millions of people who successfully quit every year.
- ➔ Vaping and secondhand smoke
- ➔ About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.

MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

- SET** a quit date within the next 7 days.
- CHOOSE** a method: cold turkey or gradually.
- DECIDE** if you need help from a health care professional, nicotine replacement or medicine.
- PREPARE** for your quit day by planning how to deal with cravings and urges
- QUIT** on your quit day.



TIPS FOR SUCCESS



DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too.



HANDLE STRESS

Learn other healthy ways to manage the stress of quitting.



GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. **1-800-QuitNow**



STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

