

## Benefits of Quitting Smoking

- 20 minutes after quitting your heart rate drops to a normal level.
- 12 hours after quitting the carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting your risk of heart attack begins to drop and your lung function begins to improve.
- 1 to 9 months after quitting your coughing and shortness of breath decrease.
- 1 year after quitting your risk of coronary heart disease is half that of a nonsmoker.
- 5 to 15 years after quitting your risk of stroke is reduced to that of a nonsmoker.
- 10 years after quitting your risk of cancer decreases.
- 15 years after quitting your risk of coronary heart disease is the same as that of a nonsmoker.

To reserve your place in  
*Break Free –  
Freedom  
from Smoking,*

**Call Today: 573-406-1633.**

**BREAKFREE**  
Freedom From Smoking

**MFH**  
MISSOURI FOUNDATION FOR HEALTH

  
**JAMES E. CARY**  
CANCER CENTER

carycancercenter.org  
573-406-1633  
5985 Hospital Drive,  
Hannibal, Missouri 63401

HANNIBAL MISSOURI  
The James E. Cary Cancer Center

**BREAKFREE**  
Freedom From Smoking



Quitting smoking can be a challenge, but with the James E. Cary Cancer Center's *Break Free-Freedom from Smoking* program, you will have the resources, tools, and support to help you succeed!

# BREAK FREE FROM SMOKING

The **Break Free** program will offer an individualized approach for stopping tobacco use – including individual counseling and coaching with a registered nurse, tobacco cessation classes and peer support, online resources and information on nicotine replacement products.



The **Break Free** program is offered at no charge to participants.

Funding for this project was provided in part by the Missouri Foundation for Health. The

Missouri Foundation for Health is a philanthropic organization whose vision is to improve the health of the people in the communities it serves.

## BREAK FREE Freedom From Smoking

- **Eight-session program**
- **Classes led by American Lung Association-trained facilitators**
- **Voucher for tobacco replacement products**
- **Individual coaching and counseling**
- **Peer support**

**Break Free –Freedom from Smoking** will prepare you to quit smoking, help you plan a quit date and provide you with the resources to stay quit from tobacco.

- **Session 1** : Thinking About Quitting – Understanding addiction and the benefits of quitting.
- **Session 2**: On the Road To Freedom – Lifestyle changes, reasons to stop smoking, and quit-smoking medication information.
- **Session 3**: Wanting to Quit – Create your plan to quit smoking and learn how to help a friend quit.
- **Session 4**: Quit Day – Reward Yourself.
- **Session 5**: Winning Strategies – what to do if you get off track.
- **Session 6**: The New You – Tips for staying smoke free, weight control and hunger.
- **Session 7**: Staying Off – Activity and Communication.
- **Session 8**: Celebration – Preventing relapse, celebrate change.

**Call Today: 573-406-1633**



Bob Hess, Director - JECC

“ Here at the James E. Cary Cancer Center we see the negative effects of tobacco use on a daily basis,” stated Bob Hess, Director. “We realize quitting tobacco products is never easy for anyone. Through this generous grant awarded to us by the Missouri Foundation for Health, we will be able to assist residents of our region in eliminating tobacco use from their daily lives. ”

*Life. Light. Hope.*