



DID YOU KNOW?

GET READY.

GET SET.

QUIT NOW.

MAKE
LIFE
YOUR NEW
HABIT.

1-800-QUIT NOW

IS THAT TOBACCO
WORTH YOUR
SMILE?

1-800-QUIT NOW
VIRGINIA

TOBACCO IS A STRONG ADDICTION.
BUT YOU ARE EVEN STRONGER.

FREE HELP IS JUST ONE STEP AWAY.

Tobacco also causes:

- Bad breath
- Bone loss
- Decreased sense of taste and smell
- Gum disease
- Hairy tongue
- Mouth sores
- Poor healing of mouth sores or extractions
- Stained Teeth
- Tooth Loss

One last fact, one fifth of the content of some brands of smokeless tobacco is sugar, which puts you at a much greater risk for **CAVITIES!**



VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment





1-800-QUIT NOW

VIRGINIA

WWW.QUITNOW.NET/VIRGINIA

QUIT NOW. FEEL THE DIFFERENCE. LIVE!

Improvements in your health begin within minutes of quitting, even if you have used tobacco for years.

20 MINUTES	Blood pressure and pulse rate decrease
12 HOURS	Carbon monoxide and oxygen levels in blood return to normal
24 HOURS	Chance of heart attack decreases
48 HOURS	Better sense of smell and taste
2-3 WEEKS	Circulation improves and lung function increases
1-9 MONTHS	Coughing, sinus, congestion, fatigue and shortness of breath decrease
1 YEAR	The likelihood of a heart attack is cut in half of that of a smoker

THE VIRGINIA TOBACCO QUITLINE IS A FREE SERVICE THAT HELPS VIRGINIANS QUIT SMOKING AND USING TOBACCO.

KNOW THE FACTS ABOUT TOBACCO USE & ORAL DISEASE

Did you know smoking is the leading cause of preventable death in the U.S.?

Tobacco use increases the risk for gum disease, but it also impacts overall health. If you have a chronic disease, tobacco may be even more harmful. For example:

- ✓ **Smokers are at a greater risk for diseases of the heart and lungs.** Some studies suggest a link between gum disease and heart disease because of the bacteria that causes inflammation in both diseases
- ✓ **Tobacco use accounts for at least 30% of all cancer deaths.** Tobacco use contributes to cancers of the mouth, throat, esophagus, larynx, and 87% of lung cancer deaths in men and 70% in women.
- ✓ **Diabetics who smoke are more likely than non-smokers to have trouble with insulin dosing and controlling their disease,** just as diabetes with gum disease.

WHEN CAN I CALL?

Virginians can call toll free 24/7 **1-800-QUIT NOW** or **1-800-784-8669**
www.QuitNow.net/Virginia

WHO CAN CALL?

All Virginians aged **13 AND OLDER** who want to quit using tobacco.

Specialized services provided for:

- Pregnant and perinatal smokers
- English and Spanish speaking Virginians
- Deaf and Hard-of-Hearing Community at TTY line **1.877.777.6534**



FREE HELP IS A PHONE CALL AWAY!

If you are ready, our **FREE** support will never quit!

1-800-QUIT NOW

QUITNOW.NET/VIRGINIA