



**After 1 year:**  
Your added risk of coronary heart disease is half that of a smoker's.

decrease.  
Your coughing and shortness of breath

**After 1 to 9 months:**

Your heart attack risk begins to drop. Your lung function begins to improve. Your risk of coronary heart disease is the same as a non-smoker's.

**After 15 years:**

Your lung cancer rate is about half that of a smoker's. Your risk for other types of cancer also decreases.

**After 2 weeks to 3 months:**

Your blood drops to normal. Carbon monoxide level in

**After 12 hours:**

Your heart rate and blood pressure drop.

**After 5 to 15 years:**

Your risk of stroke is reduced to that of a nonsmoker.

**When you quit smoking - healthy changes start in your body.**

Help is as close as your telephone.



People who get help to quit are much more likely to succeed!

Everyone in Minnesota can get help to quit.

Live a longer, healthier life!

It's never too late to stop using tobacco.

### Are you ready to take back control?

Good news! **Now everyone** who lives or works in Minnesota has access to a stop-smoking program that gives you personal support. **There is no cost to you** - whether you're covered by a health plan or not. Research shows you are much more likely to succeed when you use a phone counseling program.

#### Minnesota's Tobacco Phone Counseling Programs

If you have one of these health plans, call the number listed:

Blue Cross and Blue Shield of Minnesota and Blue Plus

**1-888-662-BLUE**

CCStpa

**1-888-662-QUIT**

First Plan of Minnesota

**1-888-662-BLUE**

HealthPartners

**1-800-311-1052**

Medica

**1-866-QUIT-4-LIFE**

MCHA (Minnesota Comprehensive Health Association)

**1-866-QUIT-4-LIFE**

Metropolitan Health Plan

**1-800-292-2336**

PreferredOne Community Health Plan

**1-800-292-2336**

UCare Minnesota

**1-888-642-5566**

South Country Health Alliance

**1-866-567-7242**

For everyone else call:

**QUITPLAN® Services 1-888-354-PLAN**

[www.quitplan.com](http://www.quitplan.com)

For more information contact:

Goodhue County Public Health Service

512 West 6th Street, Red Wing, MN 55066

(651) 385-6100 (800) 950-2142



Public Health  
Protect. Promote. Prevent.

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## Do you remember your first cigarette or chew?

Most people think they will just use tobacco for a while and can quit any time.

## It's not always that easy.

At some point it seems like tobacco takes over control of your life.



## Are you ready to take back control?

- Most smokers are dependent on nicotine. Smokeless tobacco use can also lead to nicotine dependence.
- Nicotine dependence is the most common form of chemical dependence in the United States.
- Research suggests that nicotine is as addictive as heroin, cocaine, or alcohol.

## Take back control!

Declare your Independence from tobacco!



Goodhue County  
Public Health Service



# Take back control!