



## Reasons to Quit...

- *20 minutes after quitting: Your heart rate and blood pressure return to normal levels.*
- *12 hours after quitting: The level of carbon monoxide in your blood drops to normal.*
- *2 weeks after quitting: Your taste and smell start to improve. Your lung function begins to improve. Cravings become shorter and less frequent.*
- *1 to 9 months after quitting: Your coughing and shortness of breath decrease.*
- *1 year after quitting: Your risk for heart disease, heart attack, and stroke drop to less than half of someone who still smokes.*
- *10 years after quitting: Your lung cancer death rate is about half that of a smoker's; Your risk of developing mouth, throat, esophageal, bladder, kidney, and pancreatic cancer decreases.*
- *15 years after quitting: Your risk of having a stroke or developing a stroke or heart attack has dropped to the rate of a nonsmoker.*

## TOBACCO CESSATION

If you are  
ready to **QUIT**,  
we are here  
to **HELP!**



Decatur County  
Memorial Hospital  
The Quality Care You Want. Close By.

(812) 663-1213  
720 N. Lincoln Street | Greensburg, Indiana  
[www.dcmh.net](http://www.dcmh.net)

# Did You Know?

Decatur County Memorial hospital has tobacco counselors on staff to help you achieve your goal to quit tobacco for good. Whether you smoke cigarettes or e-cigarettes, a pipe or cigar, or chew smokeless tobacco, we can help you communicate with your doctor or care provider to come up with an individualized plan to stay tobacco free!

## How does the Tobacco Cessation Program work?

- If you are thinking about quitting, contact our tobacco cessation nurse at 812-663-1213 to make your first appointment.
- At this appointment, we will review your smoking/tobacco history and work with you and your provider to come up with an individualized plan to help you with your journey. This first meeting will last about an hour.
- After the initial appointment, you will meet with a counselor frequently until you successfully quit smoking. Your counselor will maintain contact with you for the next year to provide any needed counseling.
- Our staff is trained to use the most up-to-date strategies proven to help you succeed. Your provider may prescribe a medication to help minimize nicotine withdrawal symptoms.
- DCMH pharmacy offers significant medication discounts to individuals who receive care at DCMH. Our pharmacy also offers free delivery to Decatur County residents!
- The cost of the program varies on the number and length of your counseling sessions – financial assistance is available to those in need.



For more information, please contact the  
Tobacco Cessation Nurse at  
**(812) 663-1213**  
or email [quitsmoking@dcmh.net](mailto:quitsmoking@dcmh.net)