

HEALTHY IS BREATHING EASIER

SMOKING & E-CIG FACTS AND TREATMENT OPTIONS

FACTS



On average,
**SMOKERS
DIE
10 YEARS
EARLIER**
than nonsmokers.*

Cigarette smoking
causes more than
480,000 DEATHS
per year in the U.S.*

*www.cdc.gov/tobacco/data_statistics/fact_sheets/fast_facts/index.html



1 e-cigarette
contains as much
NICOTINE
as a pack of regular
cigarettes.

*www.cdc.gov/tobacco/basic_information/e-cigarettes/factsheet/index.html

TREATMENT OPTIONS



**PROFESSIONAL
GUIDANCE & MEDICATION**
Are more effective when used together.

www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm

The American Lung Association
has been helping people
**QUIT SMOKING FOR
OVER 35 YEARS**
through their Freedom From Smoking[®]
program. This program has helped hundreds
of thousands quit smoking **for good**.

www.lung.org/stop-smoking/join-freedom-from-smoking/

To learn more about Freedom from Smoking[®]
or to sign up, contact Karen Fiume, RN, CHPN
at 860.646.1222, ext. 1208.

FREEDOM FROM SMOKING[®]
is ranked one of the
MOST EFFECTIVE
smoking cessation programs
in the United States.



Medication Options:
**NICOTINE PATCHES AND/OR
NON-NICOTINE PRESCRIPTIONS**