## HEALTHY IS UNDERSTANDING **SMOKING AND E-CIGS**



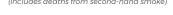
## FACTS





Cigarette smoking causes more than **480,000 DEATHS** per year in the U.S.<sup>\*</sup>

\*www.cdc.gov/tobacco/data\_statistics/fact\_sheets/ fast\_facts/index.html (Includes deaths from second-hand smoke)





\*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<sup>®</sup> program. This program has helped hundreds of thousands quit smoking <u>for good</u>.

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

To learn more about Freedom from Smoking<sup>®</sup> or to sign up, contact Karen Fiume, RN, OCN, CHPN, CBCN at 860.646.1222, ext. 1408.

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