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



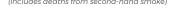
FACTS





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 (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[®] 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[®] 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