

# Benefits of Quitting Smoking



**Increased** Life Expectancy



**Cancer Risk Reduction**



**Improved Mental Health**



**Overall Improved Breathing**



**Lower Risk** of Heart Disease and Strokes



**Lower Insurance Premiums**



**Reduced** Healthcare Costs



**Overall Savings Increased**



## Koweta Clinic

For more information, contact the Koweta Pharmacy. Let's build a healthy lifestyle together.



918.279.3400



31870 OK-51  
Coweta, OK



Monday - Friday  
8:00 am - 5:00 pm



[Creekhealth.org](http://Creekhealth.org)

# YOU DON'T HAVE TO QUIT **ALONE.**



## Second Wind Smoking Cessation Program



Improving the Quality of Life For Our  
People and Our Communities.

## Quitting Is Never Easy

We understand that quitting smoking is an incredible challenge for anyone who desires to lay it down. Our clinical pharmacists are aware of the difficulties that may be faced. Although it feels impossible, there are options available and we are ready to help, **every step of the way.**

We assist you in creating an action plan to get ready for your quit day while providing the **support** necessary to help you stay **tobacco-free for a lifetime.**

## Do I Qualify?

Any active established patient of a MCN Health Clinic that visits with their primary care provider once a year is eligible. Appointments can be scheduled by phone or by visiting the pharmacy window.

- ▶ Treatment typically lasts three months
- ▶ Follow-up visits can be by phone or in person



## Smoking Increases Your Risk of These Conditions

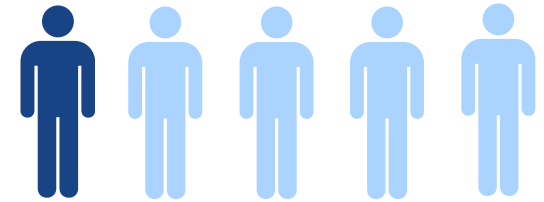
- ▶ Heart Disease
- ▶ Cancer
- ▶ Stroke
- ▶ Chronic Bronchitis
- ▶ Pneumonia
- ▶ Emphysema
- ▶ Adverse Pregnancy Outcomes

## How We Can Help

Through the Second Wind Smoking Cessation Program, we offer patients medication and counseling options to help them along their journey of quitting.

- ✔ **Nicotine Replacement**
- ✔ **Varenicline (Chantix®)**
- ✔ **Bupropion (Zyban®)**

Almost 1 in 5 deaths is attributable to smoking



Secondhand smoke is responsible for **41,000 deaths** each year

## What happens after I quit smoking?

Quitting Tobacco in all its forms has **enormous benefits**

**One year after quitting,** your risk of heart disease is cut in half



**Three to five years after quitting,** your risk of bladder, mouth, and esophagus cancer is cut in half



**Fifteen years after quitting,** your risk of heart disease is the same as if you never smoked



**Five to fifteen years after quitting,** the risk of stroke is the same as if you never smoked



**Eleven to fifteen years after quitting,** the risk of dying is almost the same as if you never smoked

