

CIGARETTES

⚠ Tobacco use is the leading cause of **preventable disease, disability, and death** in the U.S.

- An estimated **28.3 million** U.S. adults smoke cigarettes.
- Every day, about **1,600 U.S. youth** under 18 smoke their first cigarette.
- Each year, nearly **half a million** Americans die prematurely of smoking or exposure to secondhand smoke.
- Another **16 million** live with a serious illness caused by smoking.
- Each year, the U.S. spends more than **\$225 billion on medical care** to treat smoking-related disease.

VAPING

🚫 About **4.7 million** middle and high school students use at least one tobacco product, including e-cigarettes.

WHAT'S IN A VAPE?

E-cigarettes can contain **harmful substances**:

- Cancer-causing chemicals
- Flavoring such as diacetyl, a chemical linked to a serious lung disease
- Heavy metals such as nickel, tin and lead
- Nicotine
- Ultrafine particles that can be inhaled deep into the lungs
- Volatile organic compounds



HEALTH BENEFITS OF QUITTING CIGARETTES



✓ **BENEFITS** people who have already been diagnosed with coronary heart disease or COPD.

✓ **BENEFITS** people of any age.

✓ **IMPROVES** health and **INCREASES** life expectancy.

✓ **LOWERS** risk of 12 types of cancer.

✓ **LOWERS** risk of cardiovascular diseases.

✓ **LOWERS** risk of COPD.

✓ **LOWERS** risk of some poor reproductive health outcomes.

TIPS TO QUIT VAPING



TALK to your doctor or other healthcare professional.

Make your **ENVIRONMENT WORK** for you, not for smoking.

DISTRACT yourself.

Find **SAFE SUBSTITUTIONS**, such as toothpicks, straws, or cinnamon sticks.

ST. CLAIR COUNTY Smoking & Vaping Cessation Resources

LEARN MORE ABOUT...



Cigarette & Vaping Use
Local Initiatives
Resources



ACUPUNCTURE & HYPNOTHERAPY

➤ Blue Dragon Acupuncture

Jason Go

📞 312-622-3659

🌐 jgoacupuncture.com

1201 Stone St. Suite 2 Port Huron, MI 48060

➤ Huron Point Acupuncture

Katie Kuhn

📞 810-824-9215

🌐 huronpointacupuncture.com

1107 Stone St. Suite 2 Port Huron, MI 48060

➤ Hypnosis By Shawn

Shawn O'Regan

📞 810-798-3884

🌐 hypnosisbyshawn.com

4190 24th Avenue Suite 106 Fort Gratiot, MI 48059

Lake Huron Medical Center - North Campus

LEARN MORE

➤ National Acupuncture Detoxification

Association (NADA)

📞 888-765-NADA

🌐 acudetox.com

➤ American Society of Clinical Hypnosis (ASCH)

📞 410-940-6585

🌐 asch.net



Resources

LOCAL INITIATIVES FOCUSED ON EDUCATION & PREVENTION

➤ Healthy St. Clair County

Community Health Improvement Plan

🌐 healthyscc.org

➤ St. Clair County Health Department

Teen Health Location

📞 810-987-1311

🌐 scchealth.co

➤ Substance Use Prevention, Treatment and Recovery Workgroup

🌐 cscbinfo.org

STATE RESOURCES

➤ Michigan Department of Health & Human Services (MDHHS)

🌐 michigan.gov

[keeping-mi-healthy/chronicdiseases/tobacco]

➤ MI Tobacco Quitlink

🌐 michigan.quitlogix.org

📞 1-800-QUIT-NOW

[Phone & Online Programming]

- Access to an online community through website
- Coaching over the phone
- Educational materials (email/mail)
- Quit planning materials (email/mail)
- Quit progress tracking
- Technology-based coaching support including email, text and chat

NATIONAL RESOURCES

➤ American Cancer Society

🌐 cancer.org

[cancer/risk-prevention/tobacco]

➤ American Heart Association

🌐 heart.org

[healthy-living/quit-smoking-tobacco]

➤ American Lung Association

🌐 lung.org

[quit-smoking]

➤ Centers for Disease Control and Prevention (CDC)

🌐 cdc.gov

[tobacco/quit_smoking]

➤ Smokefree

🌐 smokefree.gov

[veterans - women - teen - español - 60+]

- Challenges When Quitting
- Help Others Quit
- Quit Smoking
- Stay Smokefree for Good
- Tools & Tips

➤ Truth Initiative

🌐 truthinitiative.org

[quit-smoking-tools]

- Mission & Purpose
- How to Get Involved
- Research & Resources
- Top Issues