

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** including:

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



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..

- ✓ Cigarettes & Vaping
- ✓ 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 - My Life My Quit (For Teens)

🌐 mi.mylifemyquit.org

☎ Text 'Start My Quit' to 36072

[Free & confidential quit smoking or vaping help]

➤ MI Tobacco Quitlink

🌐 michigan.quitlogix.org

☎ 1-800-QUIT-NOW / 1-800-784-8669

[Call or enroll online, evidence-based and
access to quit aids & counseling]

Resources CONT.

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+]

➤ Truth Initiative

🌐 truthinitiative.org

[quit-smoking-tools]

