

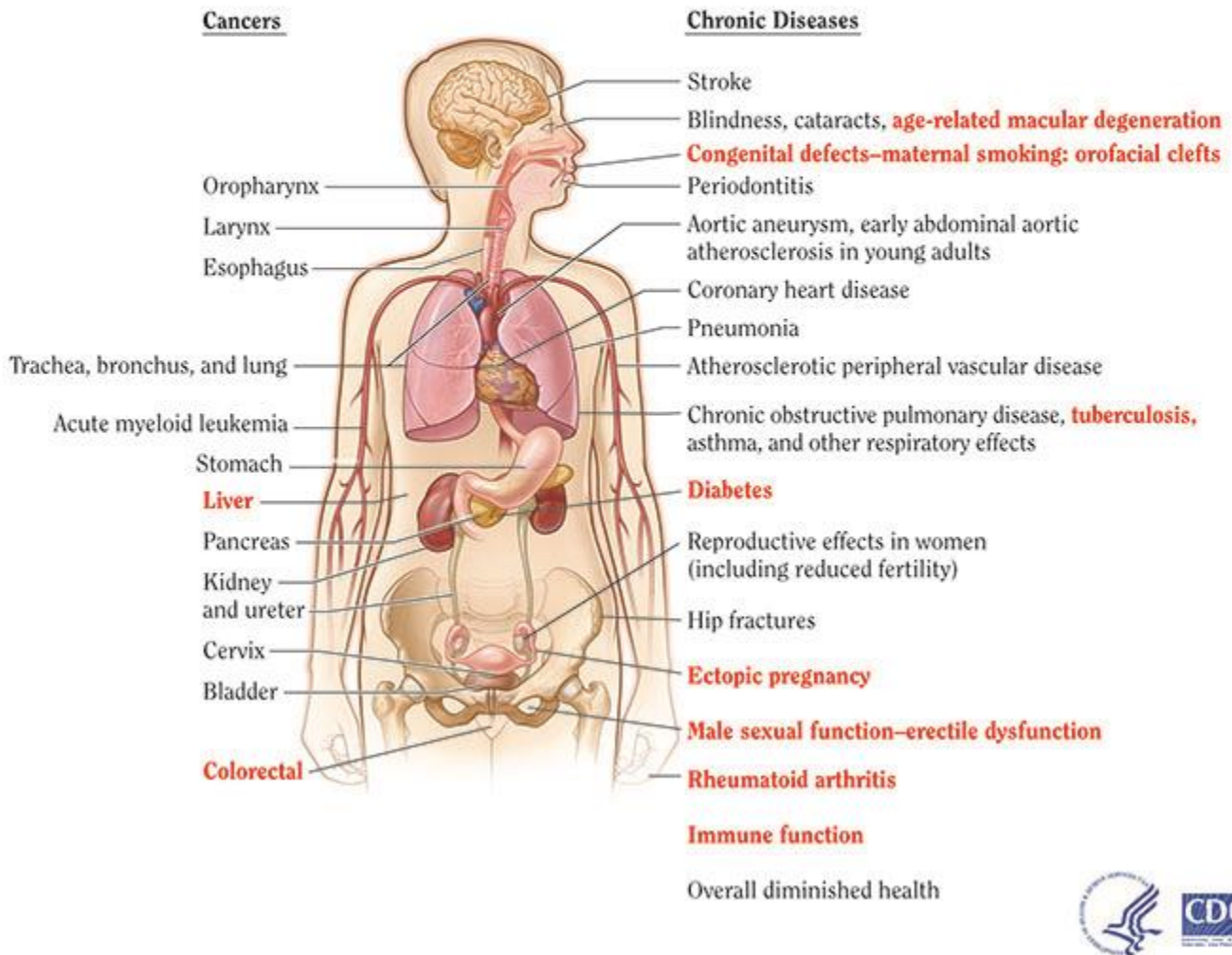
Tobacco: Resources to Help You Quit

Cigarettes, cigars, and spit and pipe tobacco

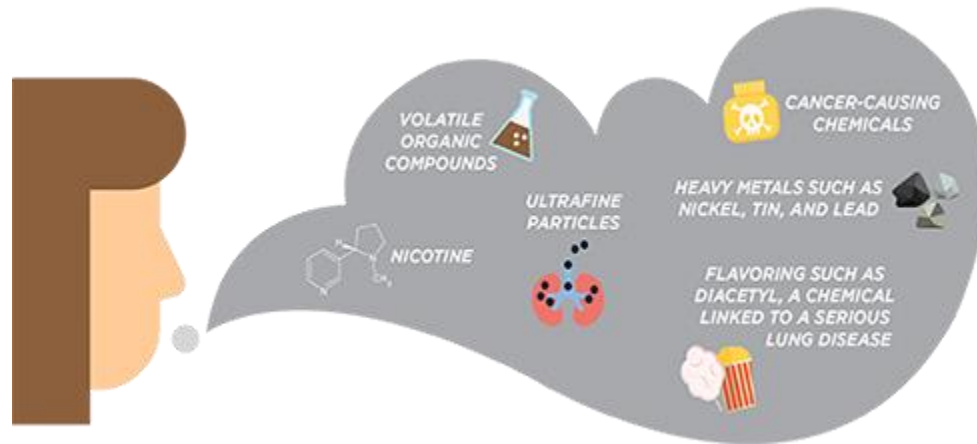
More than 4,000 different chemicals have been found in tobacco and tobacco smoke. Among these are more than 60 chemicals that are known to cause cancer called carcinogens. Many substances are added to cigarettes by manufacturers; some of the compounds found in tobacco smoke include ammonia, tar, and carbon monoxide.

Risks from Smoking

Smoking can damage every part of your body



E-Cigarettes



Quitting

Want to quit smoking?

- Consider contacting Counseling Services for a free tobacco consultation session. The addictions specialist will offer you helpful feedback and tools to help you start the process. 910-814-5709 , M-F 9:00 a.m. – 5:00 p.m. (lunch 12-1:15 p.m.)
- Visit becomeanex.org
- Use this [Guide to Quitting](#)
- Call 1-800-QUIT-NOW (1-800-784-8669) or visit quitline.com. QuitlineNC provides **FREE**, private, one-on-one support to help smokers and tobacco users quit for good.

Benefits of Quitting

According to the U.S. Surgeon General there are many benefits of quitting smoking and the health benefits start right away.

- Former smokers live longer than people who keep smoking.
- Quitting lowers the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung diseases, such as emphysema and chronic bronchitis.
- Women who stop smoking before they get pregnant, or even during the first 3 to 4 months of pregnancy, reduce their risk of having a low birth-weight baby to the same as women who never smoked.
- The health benefits of quitting smoking are far greater than any risks from the weight gain or any emotional or psychological problems that may follow quitting.

Sources: [CDC tobacco](#), [The American Cancer Society](#), [CDC e-cigarettes](#)