

It's about time

If you think the effort to quit tobacco use isn't worth the time, consider what time may be worth:

After 20 minutes

Blood pressure decreases. The temperature of your feet and hands increases to normal.

After 8 hours

Carbon monoxide level in the blood drops to normal.

After 24 hours

The chance of a heart attack decreases.

After 2 weeks to 3 months

Your circulation improves and lung function increases up to 30%.

After 1 to 9 months

Coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia regain normal function in the lungs and reduce infection.

After 1 year

The chance of a heart attack is cut in half.

After 5 years

Stroke risk is reduced to that of a nonsmoker five to fifteen years after quitting

After 10 years

Your risk of dying from lung cancer is about half that of a continuing smoker; risks of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

After 15 years

Your risk of coronary heart disease is that of a nonsmoker.

It's time to quit "quitting."

This time,
stop tobacco use
for good.

American Cancer
Society Quitline

866-533-4396



Quitline™



Research shows that the most successful way to quit smoking is a combination of individual counseling and medication. That is why American Standard is proud to offer such a program through LifeSteps.

The Quitline combines:

- **Telephonic counseling**, which includes five sessions over several weeks to assist you in quitting your tobacco habit.
- **Nicotine replacement therapy (NRT)** for participants who are interested. Nicotine replacement includes up to an eight-week supply of gum, lozenges or patches, up to two times in a 12-month period. American Standard pays the \$20 registration fee for you and/or a family member to join. After you pay a \$100 counseling fee for the program, NRT—valued at up to \$130—is free of charge to American Standard employees and their dependents. However, participants must complete a minimum number of counseling sessions to receive the nicotine replacement.

Employees who participate in the American Standard medical plan are also eligible for Bupropion (Zyban). Talk to your doctor to find out more about this product and how it can help you.

Telephonic Counseling

The Quitline brings together participants with trained counselors. These specialists help you plan a quit method that fits your unique smoking/ tobacco pattern and will work for you.

At your first call you will speak with intake professionals who will help answer your questions and, if you are interested, will register you for the program. You are assigned a counselor and later will meet with that person up to five times in the weeks prior to and right after you quit.

People who use telephone counseling stop smoking at twice the rate of those who don't get this type of help.

The Quitline is available 24 hours a day 7 days a week. **866-533-4396**

NRT

The nicotine in tobacco actually leads to physical dependence, which can cause unpleasant symptoms when a person tries to quit. Nicotine replacement can help relieve some of these symptoms so that a person can concentrate more on the psychological aspects of quitting.

Eligible participants may choose from the patch, gum or lozenge – your counselor will assist you in determining whether NRT is right for you and which method to choose.

Not smoking is an investment in your health and your bank account.

If you smoke: Here's what you'd save each:

	Week	Month	Year
1 pack a day	\$17.50	\$75.00	\$900
1½ packs	\$26.00	\$112.59	\$1,369
2 packs a day	\$35.00	\$150.00	\$1,800

Tobacco use – why it matters to your health

Major illnesses that often lead to death have been linked to tobacco use – including heart and lung diseases and all types of cancer.

Smoking kills more Americans each year than alcohol, car accidents, suicide, AIDS, homicide and illegal drugs combined. Smoking also damages the health of people around smokers. Almost 60 percent of Americans have evidence of secondhand smoke exposure.

Smokeless tobacco is not safe either. People who use snuff or chew tobacco have a greater risk of oral cancers, heart attacks and cardiovascular diseases.

The good news: Even if you've used tobacco for a long time, your health will begin to improve within hours of quitting. And the sooner you quit, the sooner you begin to reverse tobacco's damaging effects. Flip over this panel to see the benefits.

For more information on tobacco and health, go to:

http://www.cancer.org/docroot/PED/ped_10.asp