



Smoking Cessation and People with Disabilities

How to kick the habit for good!



Department
of Health



Quitting Smoking to Improve Your Health

When you have a disability, you may reap extra benefits from quitting smoking. That's because smoking can complicate health concerns that people with a disability may have. Smoking is an addiction to nicotine that is treatable.

Ready to Quit?

Are you ready to trade your cigarettes, e-cigarette, snuff, or pipe for better health and freedom? Say "Yes" and take that first step to quit. Not sure? That's OK. Keep reading to learn about other steps to quit successfully.

Medication Plus Counseling

Medication *plus* counseling is the most successful way to quit smoking. The **New York State Smokers' Quitline** provides counseling and free medication to get you started (if you qualify). There are 7 approved medications. Talk with your health care provider about the best way to quit smoking. Also, talk with them about any concerns you have about quitting.

Double Your Chances of Quitting

Using Nicotine Replacement Therapy (NRT) will double your chances of quitting. It will also reduce your withdrawal symptoms.

NRT is available in 5 forms:



Patch



Gum



Nasal spray



Inhaler



Lozenge

Most health insurance plans, including Medicaid, cover treatment to quit smoking. If you have Medicare, it will cover some medication costs. Talk to your health care provider to decide what is best for you.

What About Switching to E-cigarettes? Aren't They Safe?

There is no evidence that electronic, or e-cigarettes, help people quit smoking. They can also be harmful. Nicotine is an addictive drug. It's in most tobacco products, including e-cigarettes. Talk with your health care provider about the best options for you to quit smoking.



Smoking Affects a Person's Quality of Life

Smoking:

- **Slows healing after surgery.** When you smoke, wounds do not heal as easily. More treatment may be needed.
- **Can make medication less effective.** You may take medication for other health concerns. Smoking can seriously affect how well some medications work.
- **Can worsen your disability.** People with muscular dystrophy, spinal cord injuries, and other diseases who also smoke may have less lung capacity. This means their lungs can hold less air.
- **Can lower your energy level.** Smoking and being inactive can lessen your energy and endurance. This is because less oxygen is delivered to your body's cells, and to your heart and lungs. This may harm these organs.

Reasons to Quit Smoking

- **Improve Your Health.** Smoking causes many health issues, including cancer.
- **Save Money.** Smoking is expensive.
- **Protect Your Family.** Secondhand smoke is dangerous.
- **Help Items and Clothes Smell Better.** Smoking leaves a bad odor behind.

Look at These Positive Changes!

Stop smoking and your body will start to heal right away.



Within 20 minutes:

- Your heart rate calms down.

Within 8 hours:

- There is more oxygen in your blood.
- Mucous begins to clear out of your lungs. This makes breathing easier.

Within 24 hours:

- Your chance of a heart attack decreases.

Within 48 hours:

- Food smells and tastes better.

Within 3 months:

- Your circulation improves.
- Your body is better able to fight infection.

Within 9 months:

- You have less sinus congestion, wheezing, and shortness of breath.

After 1 year:

- Your risk of dying of a heart attack is cut in half.

After 5 years:

- Your chance of having a stroke is much lower.

After 10 years:

- Your risk of having lung cancer is cut in half.



The New York State Smokers' Quitline Can Help YOU

The Quitline is a free and confidential program. It provides services to New York State residents who want to stop smoking cigarettes or using tobacco products. The Quitline staff are caring, experienced, and skilled.



Call: 1-866-NY-QUITS
(1-866-697-8487)



Click: <https://www.nysmokefree.com/QuittingSmoking/HowToQuit>



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I'm Overwhelmed by the Quitting Process.

Where Do I Begin?

Quitting smoking is difficult. Don't give up and keep trying.

Tips to get you started:

- Talk to your health care provider about how they can help you quit.
- Before you quit, it may help to cut back on how much you smoke. Some people are able to cut back and begin their medications at the same time. Talk to your health care provider about that option.
- Call the New York State Smokers' Quitline. They can help you make a quit plan.
- Set a Quit Day: Pick a day within the next two weeks.
- Ask family, friends, and co-workers for support. If they smoke, ask them to quit with you. Or, ask them not to smoke around you.
- Throw out your cigarettes, lighters, matches, and ashtrays. Remove them from your home and your car.
- Set aside the money you would have spent on cigarettes and other tobacco products. Use it to reward yourself for kicking the deadly addiction to smoking.



Have a Craving?

Try these tips to keep from smoking:

- Exercise or go somewhere smoking is not allowed.
- Reach out to those who support you.
- Write down your reasons for quitting. Read this list often.
- NRT is designed to reduce cravings. Talk to your doctor.

Don't Give Up

Most smokers quit many times before they quit for good.

These Sources Can Help You Quit:

New York State Smokers' Quitline

- Talk to a quit coach today. Learn about NRT options and get connected to support in your area.

1-866-NY-QUITS (697-8487)

www.nysmokefree.com

Smokefree.gov

- Build your quit plan.

<https://smokefree.gov/build-your-quit-plan>

Nicotine Anonymous (NA)

- Consider joining one of NA's support groups for help quitting smoking.

<https://www.nicotine-anonymous.org/find-a-meeting>