



Saint Elizabeth's Medical Center
MINISTRY HEALTH CARE



MAYO CLINIC
HEALTH SYSTEM



TOBACCO INDEPENDENCE

YOUR PATH TO A TOBACCO-FREE LIFE!

The number one action that tobacco users can take to improve their health is to end their tobacco (cigarettes & smokeless tobacco) dependence. The health benefits begin as soon as a person stops using tobacco.

Tobacco addiction can be as difficult to quit as any other drug dependence. The Tobacco Independence Program provides an evidence-based, individualized approach to helping persons quit using tobacco. It is facilitated by a Mayo Clinic Certified Tobacco Treatment Specialist (CTTS), and sponsored by Saint Elizabeth's Medical Center and Mayo Clinic Health System-Lake City in Wabasha.

TOBACCO INDEPENDENCE PROGRAM COMPONENTS

Program components include:

- **Individual consultations**
- **CO monitoring**
- **Group support/education (six-week series offered on a quarterly basis)**
- **Nicotine replacement products/medications**
- **Follow-up support including CO monitoring**

Through this comprehensive treatment program, participants learn specific skills to stop using tobacco and gain long-term freedom from nicotine addiction.

TOBACCO INDEPENDENCE PROGRAM COSTS

Participants, with guidance from the CTTS, may select a program track that best meets their needs and preferences. The costs vary depending on the number of individual/group sessions participants attend.

Some insurance companies cover all or a portion of the program fees, which may include initial assessment, individual or group sessions, carbon monoxide testing, and nicotine replacement products. You are encouraged to contact your carrier to determine your specific coverage.

DID YOU KNOW...

Within 20 minutes of smoking the last cigarette, the body begins a series of changes that continue for years.

20 minutes after quitting

- Your heart rate drops

12 hours after quitting

- Carbon monoxide level in your blood drops to normal.

2 weeks to 3 months

- Your heart attack risk begins to drop.
- Your lung function begins to improve.

1-9 months after quitting

- Your coughing and shortness of breath decrease.

1 year after quitting

- Your added risk of coronary heart disease is half that of a smoker's.

5 –15 years after quitting

- Your stroke risk is reduced to that of a nonsmoker's.

10 years after quitting

- Your lung cancer death rate is about half that of a smoker's.
- Risk for other cancers decreases.

Source: CDC and Prevention, 2004

To learn more or to enroll, please call 651-565-4531.