

# What is in Tobacco Smoke?

## **Naphthalene**

*-mothball chemical*

## **Arsenic**

*-poison*

## **Mercury**

*-found in thermometers*

## **Carbon Monoxide**

*-car exhaust*

## **Ammonia**

*-household cleaner*

## **Nitrous Oxide**

*-disinfectant*

## **Nitrobenzene**

*-gasoline additive*

## **Cadmium**

*-component in batteries*

## **Stearic Acid**

*-candle wax*

## **Butane**

*-cigarette lighter fuel*

## **Vinyl Chloride**

*- component of PVC pipe*

## **DDT**

*-insecticide banned by most Western industrialized nations*

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Visit our Website:

**[kanehealth.com](http://kanehealth.com)**



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# Tobacco Cessation Program



# Quit Smoking Now

For dates and to register for a tobacco treatment class near you call:

- Delnor Hospital, Geneva  
630-208-3999 or [www.delnor.com](http://www.delnor.com)  
Stop Smoking: Clear the Air, a Know Your Heart Workshop
- Dreyer Medical Clinic, Aurora  
630-859-6898
- Provena Mercy Health Institute, Aurora  
630-907-1129, Ext. 1
- Provena Saint Joseph Hospital, Elgin  
847-695-3200, Ext. 5244
- Rush-Copley Medical Center, Aurora  
866-4COPLEY
- Sherman Hospital, Elgin  
800-397-9000
- Illinois Tobacco Quit Line:  
1-866-QUIT-YES  
1-866-784-7937



# Save Your Money

If the average smoker smoked a pack a day at the cost of \$5.00 per pack, they will spend in:

- 1 Week: \$70.00
- 1 Month: \$310.00
- 1 Year: \$3,650.00
- 30 Years: \$109,500.00



# How to Quit

Smokers often say, “Don’t tell me why to quit, tell me how.” There is no one right way to quit, but there are some key elements to tobacco recovery.

These 4 factors are crucial:

- Making the decision to quit
- Setting a recovery start date and choosing a quitting plan
- Dealing with withdrawal
- Staying smoke free (maintenance)

# Helpful Hints on How to Quit

Stopping tobacco use is a big step. The American Cancer Society provides some suggestions to help you quit successfully.

- Talk to your health care provider about medical options available
- Write down your reasons for ending your tobacco addiction and keep them around for extra motivation
- Throw away all your cigarettes and ashtrays
- Tell your family, friends and co-workers about your decision to quit and recover
- Have alternatives to smoking available, such as cinnamon sticks, carrots or peppermints
- Stay busy (join a class, exercise, read)
- Avoid situations that always trigger an urge to use tobacco products