



MedStar Health



Resources for reducing dependence on tobacco.

Want to quit smoking or stay quit?

We have many ways that can help you!

1. Talking with your provider:

Your provider can prescribe nicotine replacement and other medications that help with nicotine cravings.

2. MedStar Health cessation counseling program:

Free group cessation counseling delivered *in-person and virtually* by MedStar tobacco treatment specialists. To register for the next available class, **call 855-218-2435**.

3. Maryland, Virginia, and D.C. tobacco quitlines:

1-800-784-8669. Call for free counseling and receive nicotine patches and/or lozenges. Live counselors 24/7.

4. Text messaging:

smokefree.gov/smokefreetxt

Sign up for text message reminders and encouragement.

5. Interactive app and website:

quitSTART-Quit Smoking App and

BecomeAnEx.org are two resources that allow you to track your quitting and cravings on your smartphone and offer encouragement through the quitting process.

The immediate and long-term benefits of quitting:

After quitting for:

20 minutes

An individual's heart and blood pressure decrease.

2-3 weeks

Circulation and lung functionality improve.

1 year

The risk of coronary disease and heart attack is reduced.

10 years

The risk of mortality from lung cancer is 50% less likely compared with a current smoker's risk. Pancreas and larynx cancer risks are also decreased.

12 hours

The body's carbon monoxide levels return to healthy levels.

1-9 months

Lungs continue to improve and heal, reducing coughing and shortness of breath.

5 years

The risk of mouth, throat, esophagus and bladder cancer are decreased by half. The risk of cervical cancer and stroke decline to that of a nonsmoker.

15 years

The risk of coronary disease equates to that of a nonsmoker's.