

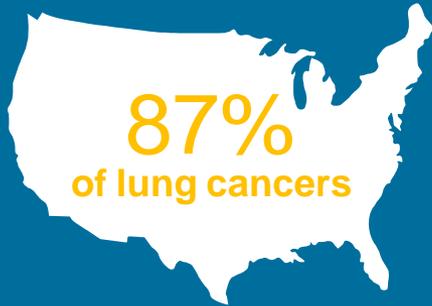
# Tobacco Cessation IT'S TIME TO QUIT

A photograph of a man and a young boy outdoors. The man is in the foreground, smiling, wearing a light green polo shirt and blue jeans. The boy is sitting on the man's shoulders, also smiling, wearing a light green polo shirt with black stripes on the sleeves and blue jeans. The background is a bright, slightly blurred outdoor setting with trees and a clear sky. The overall mood is positive and family-oriented.

**UMR**<sup>™</sup>

A photograph of a man and a young boy, both smiling and looking towards the camera. The man is carrying the boy on his shoulders. The image is overlaid with a semi-transparent blue filter. In the center, there is white text that reads "It's important for you to Quit Smoking". At the bottom of the image, there are several thin, white, wavy lines that sweep across the frame from left to right.

It's important for you to  
**Quit Smoking**

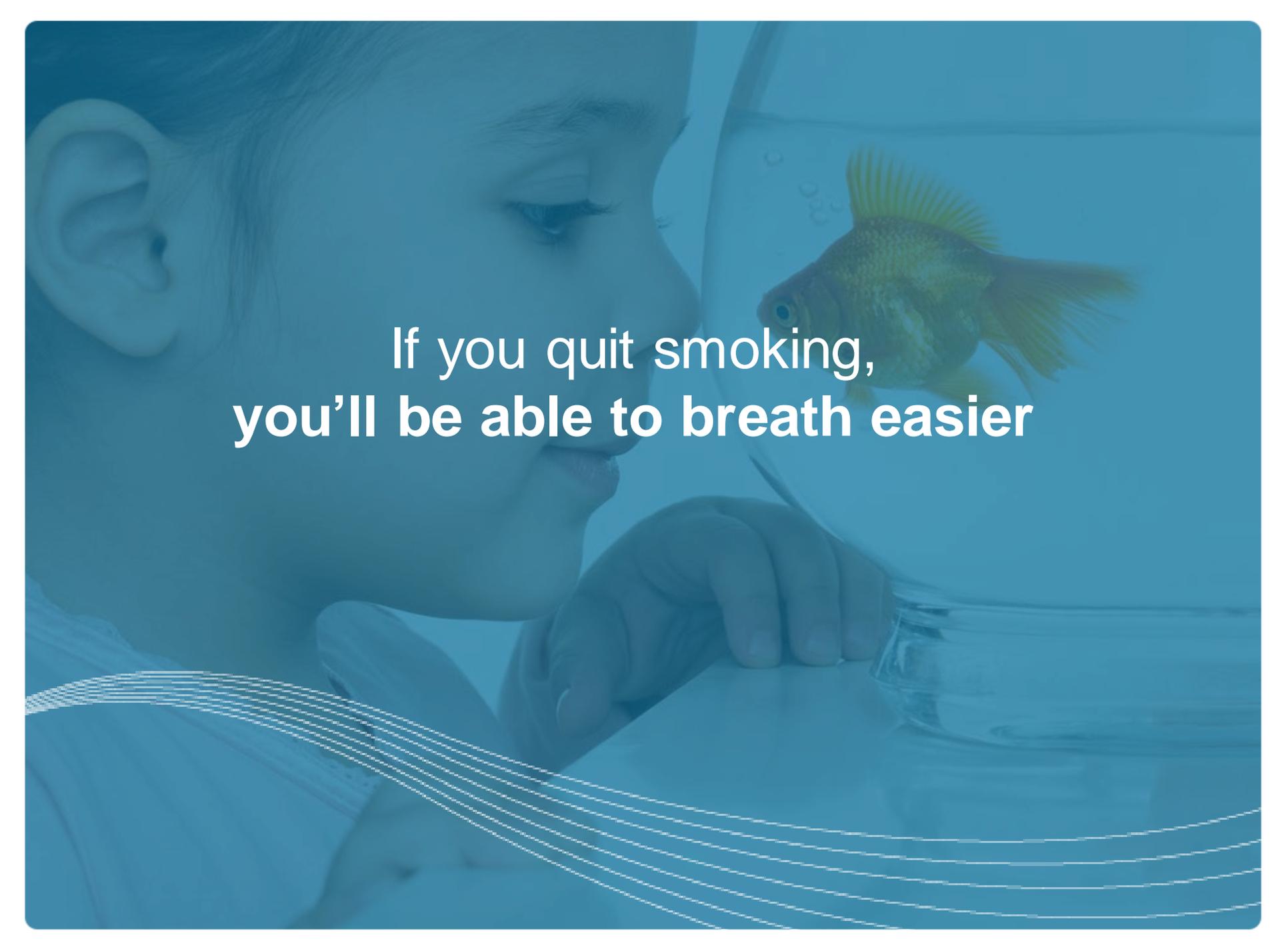


23 times  
more likely  
to develop  
lung cancer



13 times  
more likely  
to develop  
lung cancer



A young girl with dark hair is shown in profile, looking intently at a goldfish in a glass bowl. The entire image is overlaid with a semi-transparent blue filter. The goldfish is a variety with a prominent dorsal fin and a mix of yellow and orange colors. The girl's hand is visible near the base of the bowl. The text is centered over the image in a white, sans-serif font.

If you quit smoking,  
**you'll be able to breath easier**



**4,000**  
harmful chemicals

**79**  
cause cancer

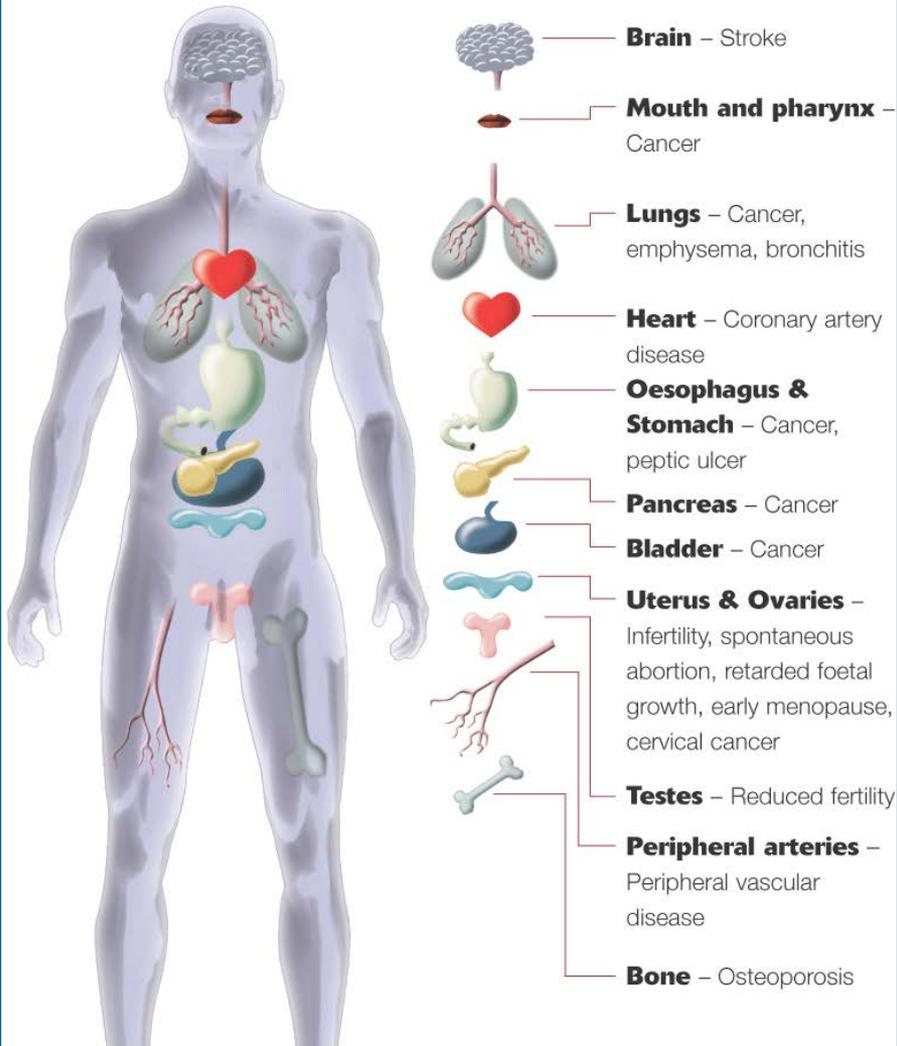


**1200**  
deaths/daily

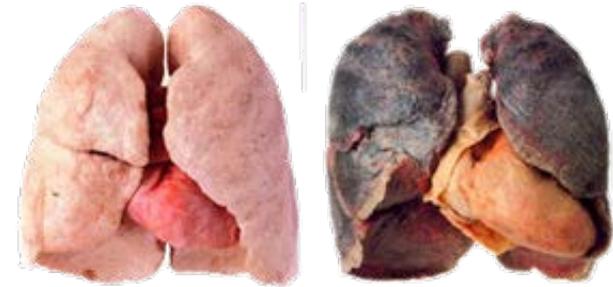
If we looked inside your body,  
**we could see that smoking is  
making you sick**



## Organs affected by smoking

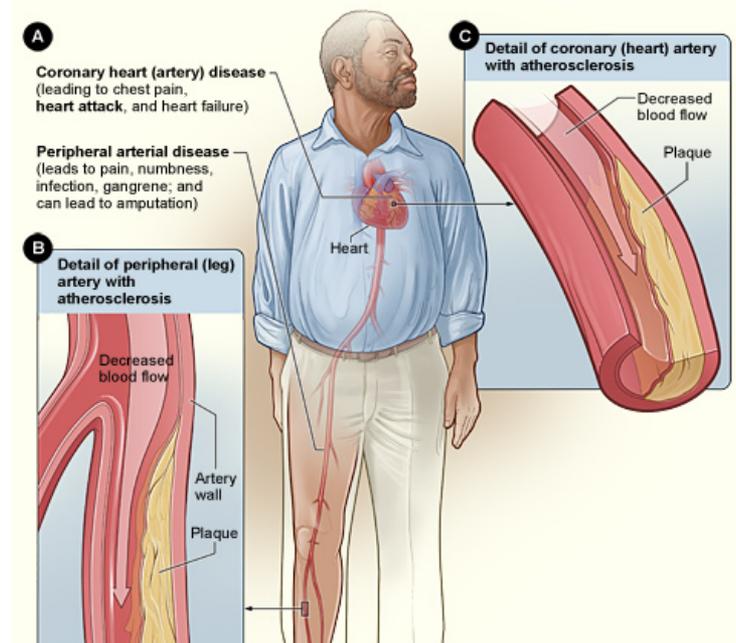


## Impact on heart and lungs

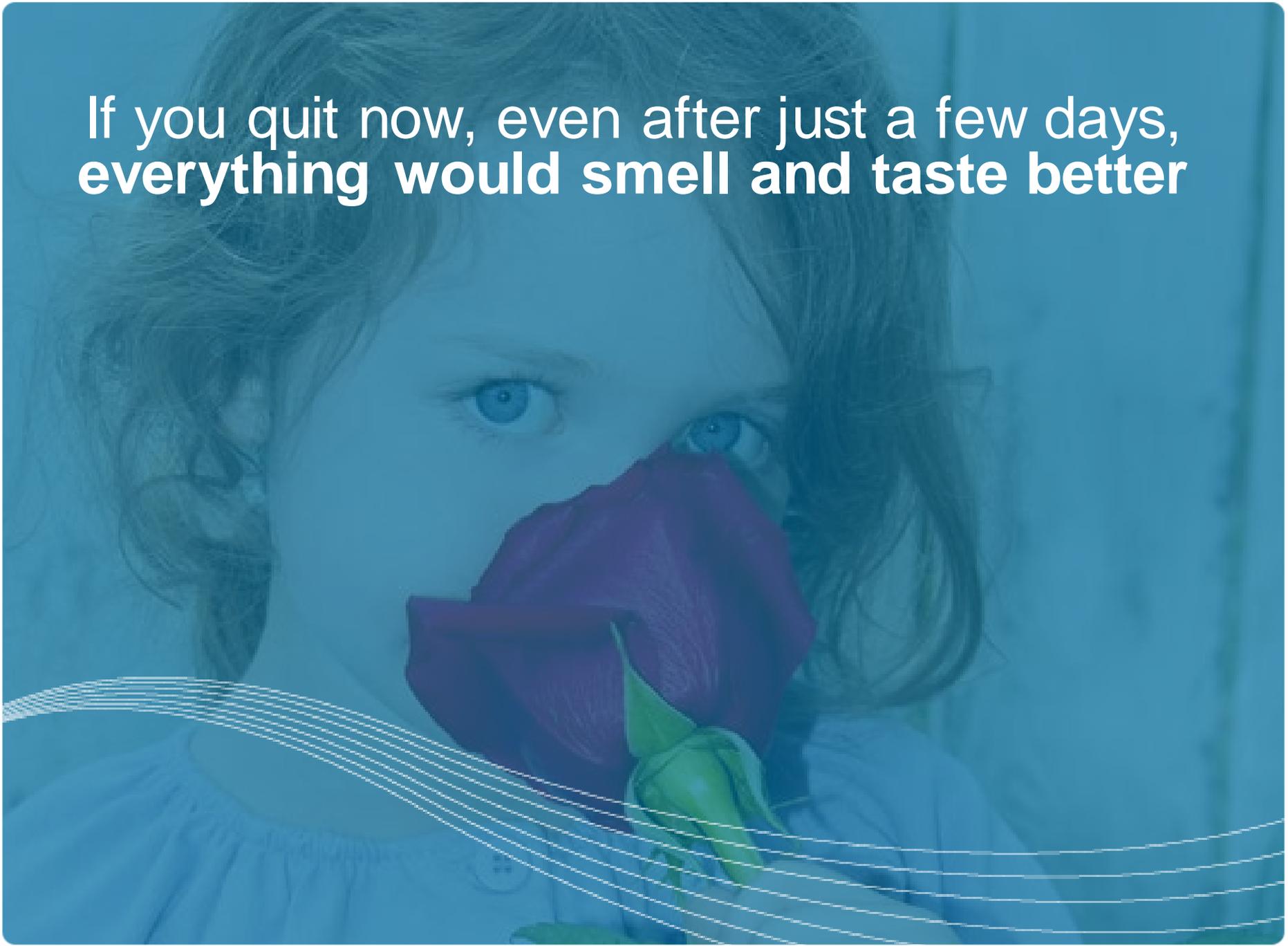


healthy lung

smoker's lung



If you quit now, even after just a few days,  
**everything would smell and taste better**





## 20 minutes

Blood pressure, body temperature, and pulse rate return to normal



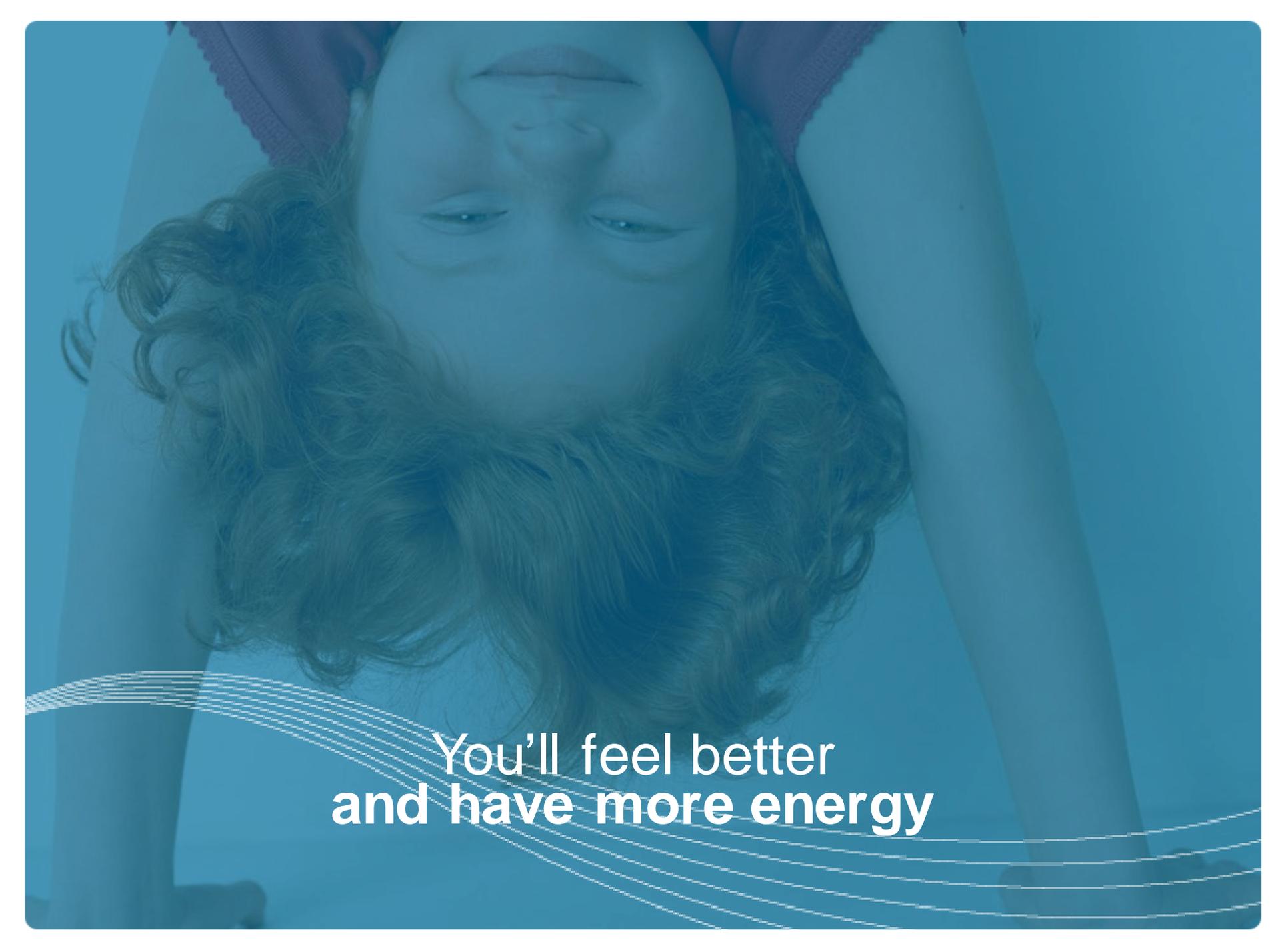
## 8 hours

Smoker's breath disappears. Carbon monoxide and oxygen levels return to normal



## 24 hours

Have reduced your risk of heart attack



**You'll feel better  
and have more energy**

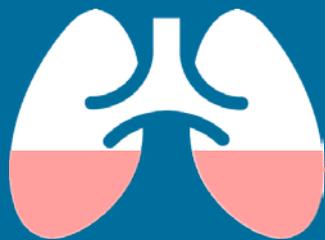


**3 days**

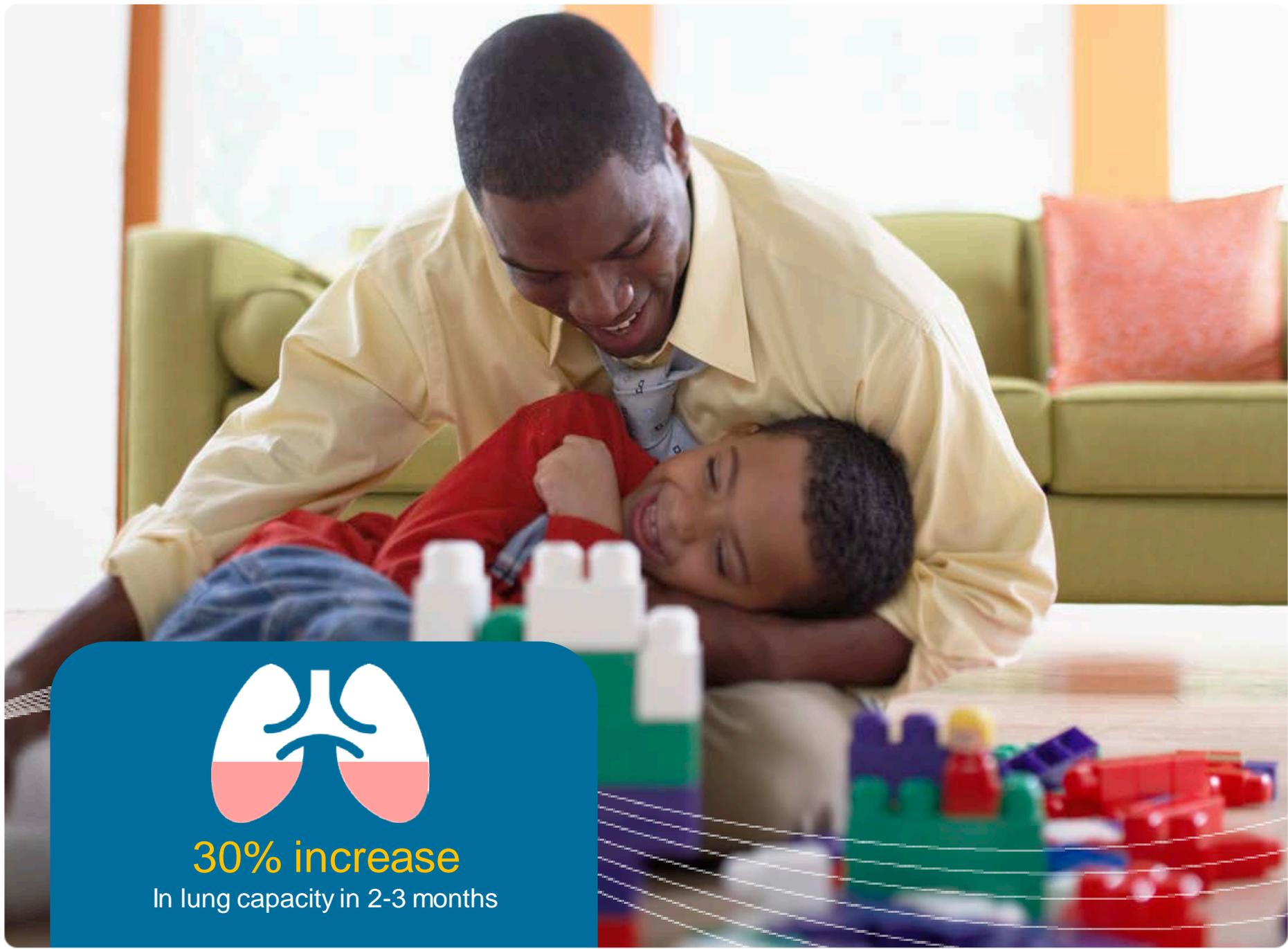
Breathing become easier and you will be able to run without wheezing

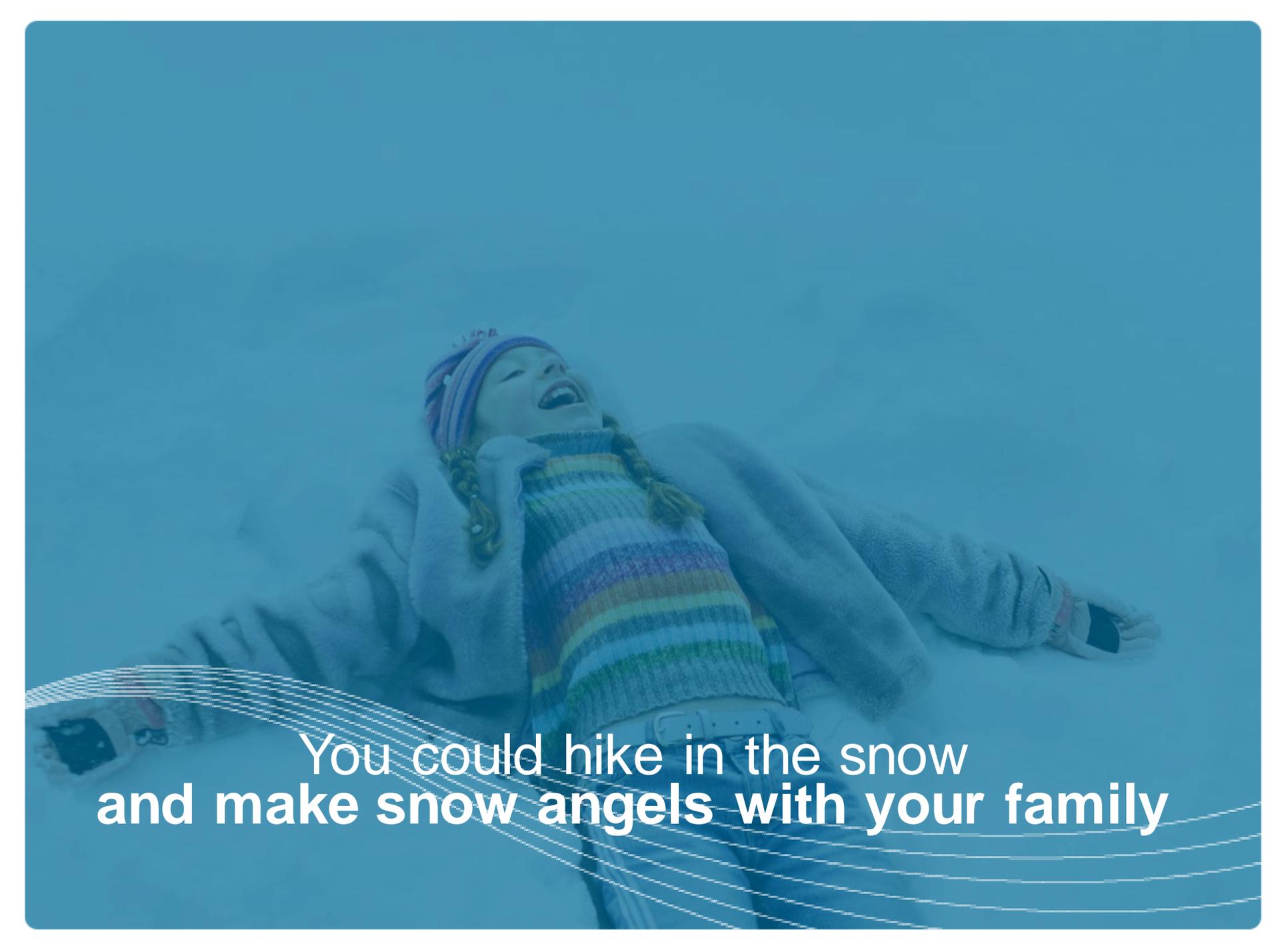
A photograph of a man and a young boy wrestling on a light-colored carpet in a living room. The man, wearing a white button-down shirt, is leaning over the boy, who is wearing a red t-shirt and blue pants. They are both smiling and laughing. In the background, there is a green sofa with a pink cushion. The entire image has a blue color overlay. At the bottom, there are several white wavy lines that sweep across the frame.

**You'll have the energy  
to wrestle on the floor**

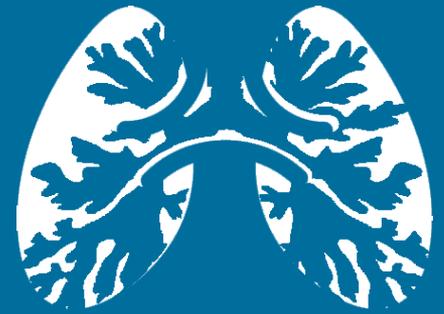


**30% increase**  
In lung capacity in 2-3 months



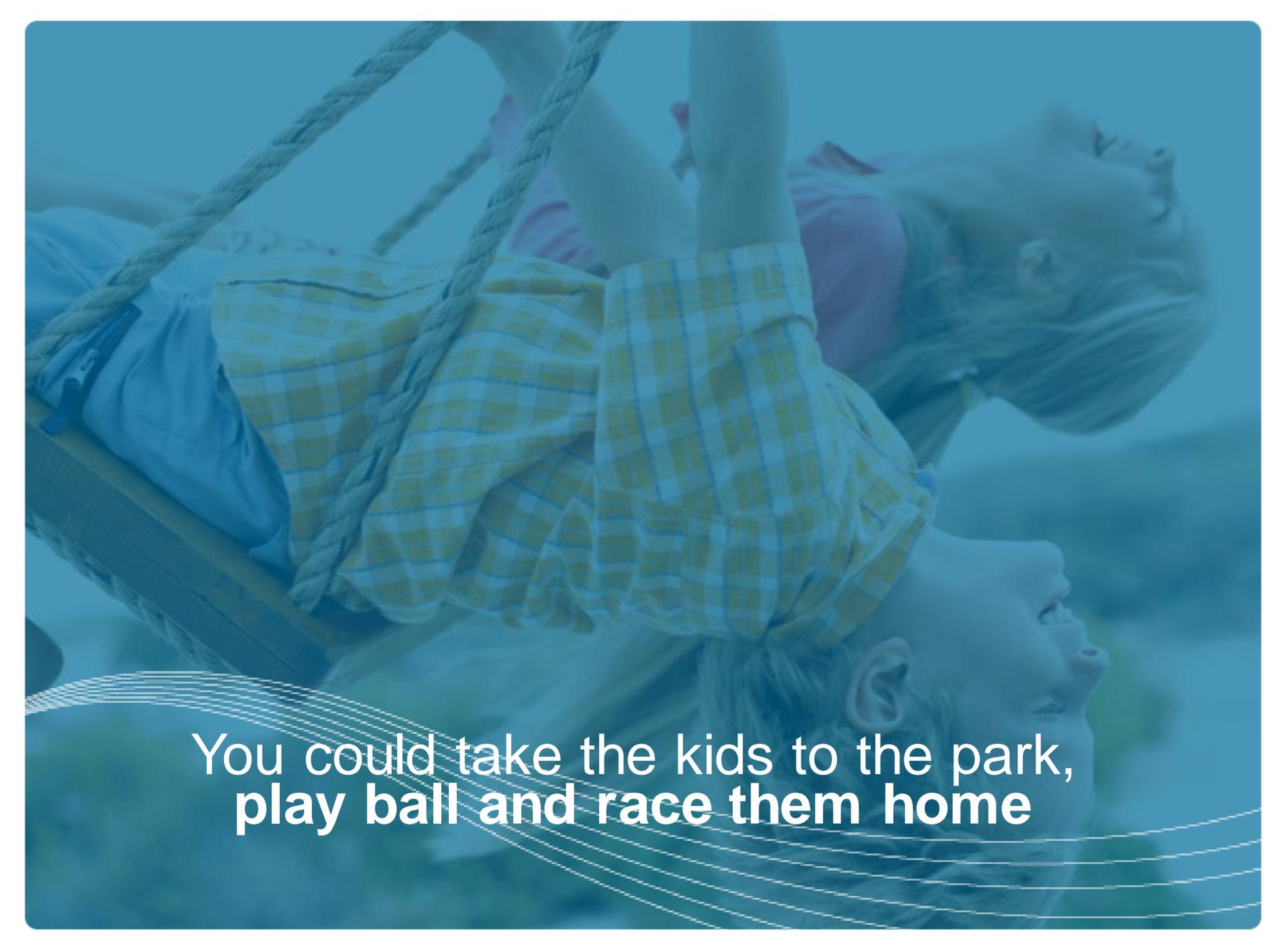
A person is lying on their back in a snowy field, making a snow angel. They are wearing a colorful striped sweater, a light-colored jacket, and a purple and pink headband. Their arms and legs are spread wide, and they have a joyful expression with their mouth open. The background is a vast, white snowy landscape under a clear sky. The entire image is overlaid with a semi-transparent blue filter. At the bottom, there are several thin, white, curved lines that sweep across the frame.

**You could hike in the snow  
and make snow angels with your family**



**1-9 months**

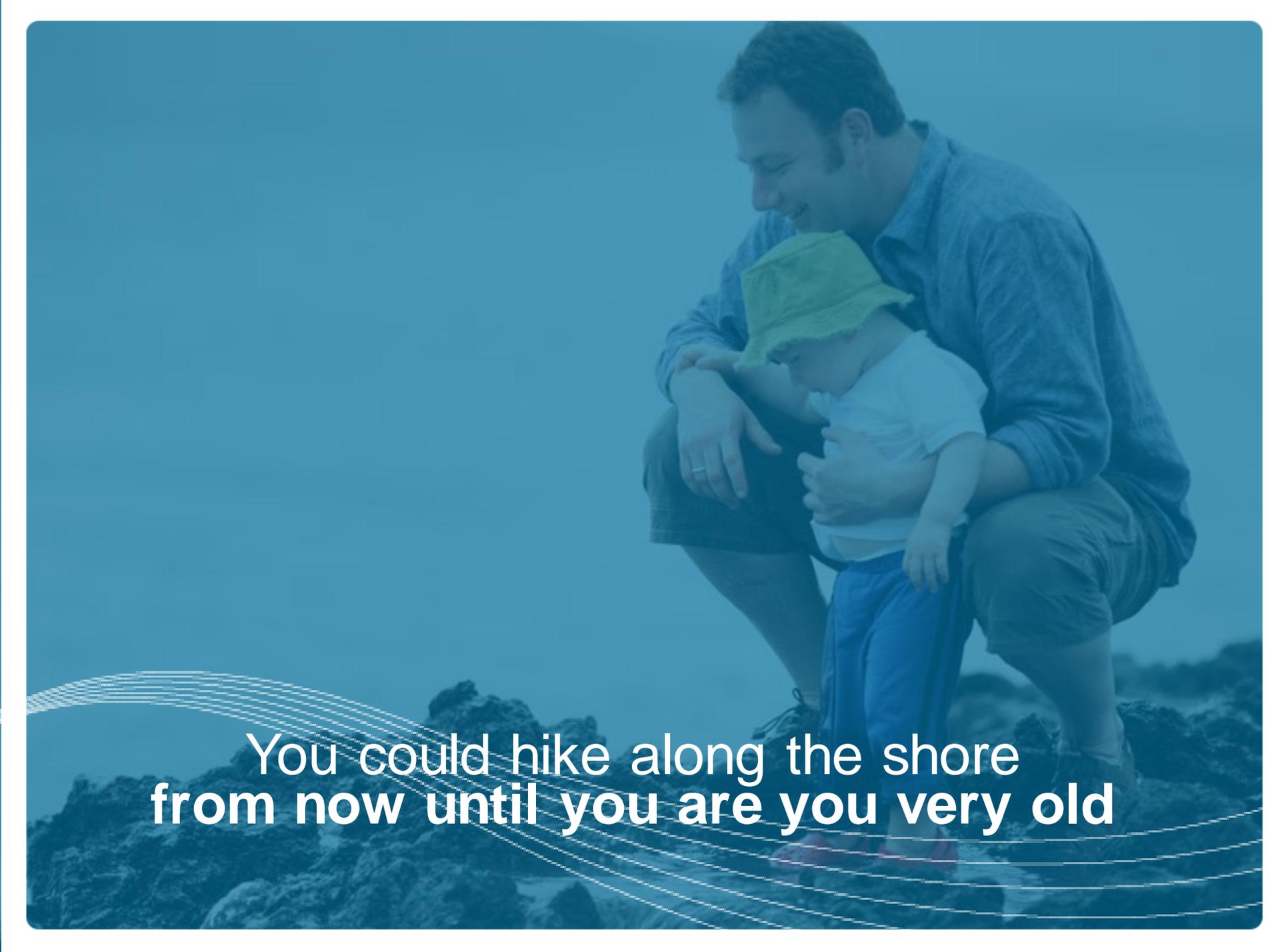
The cilia that sweep debris from your lungs grow back

A photograph of two children swinging happily on a swing set. The image is overlaid with a blue tint. The text "You could take the kids to the park, play ball and race them home" is written in white, bold, sans-serif font at the bottom of the image. There are also some white, wavy lines at the bottom of the image.

**You could take the kids to the park,  
play ball and race them home**



½ the risk of  
developing coronary  
artery disease than  
that of a smoker

A photograph of a man and a baby on a rocky shore, overlaid with a blue filter. The man is crouching and holding the baby. The text is overlaid on the bottom left of the image.

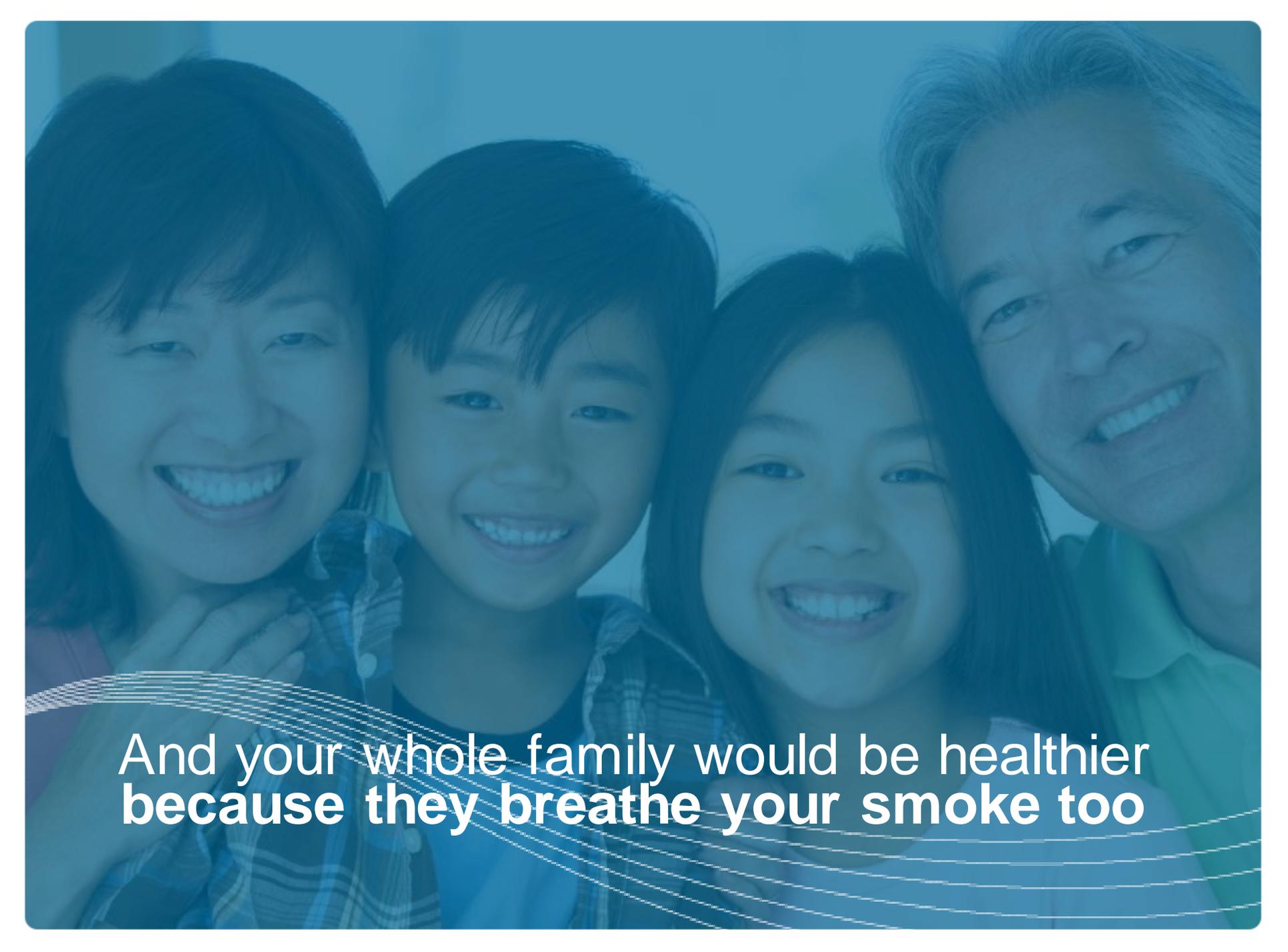
**You could hike along the shore  
from now until you are you very old**



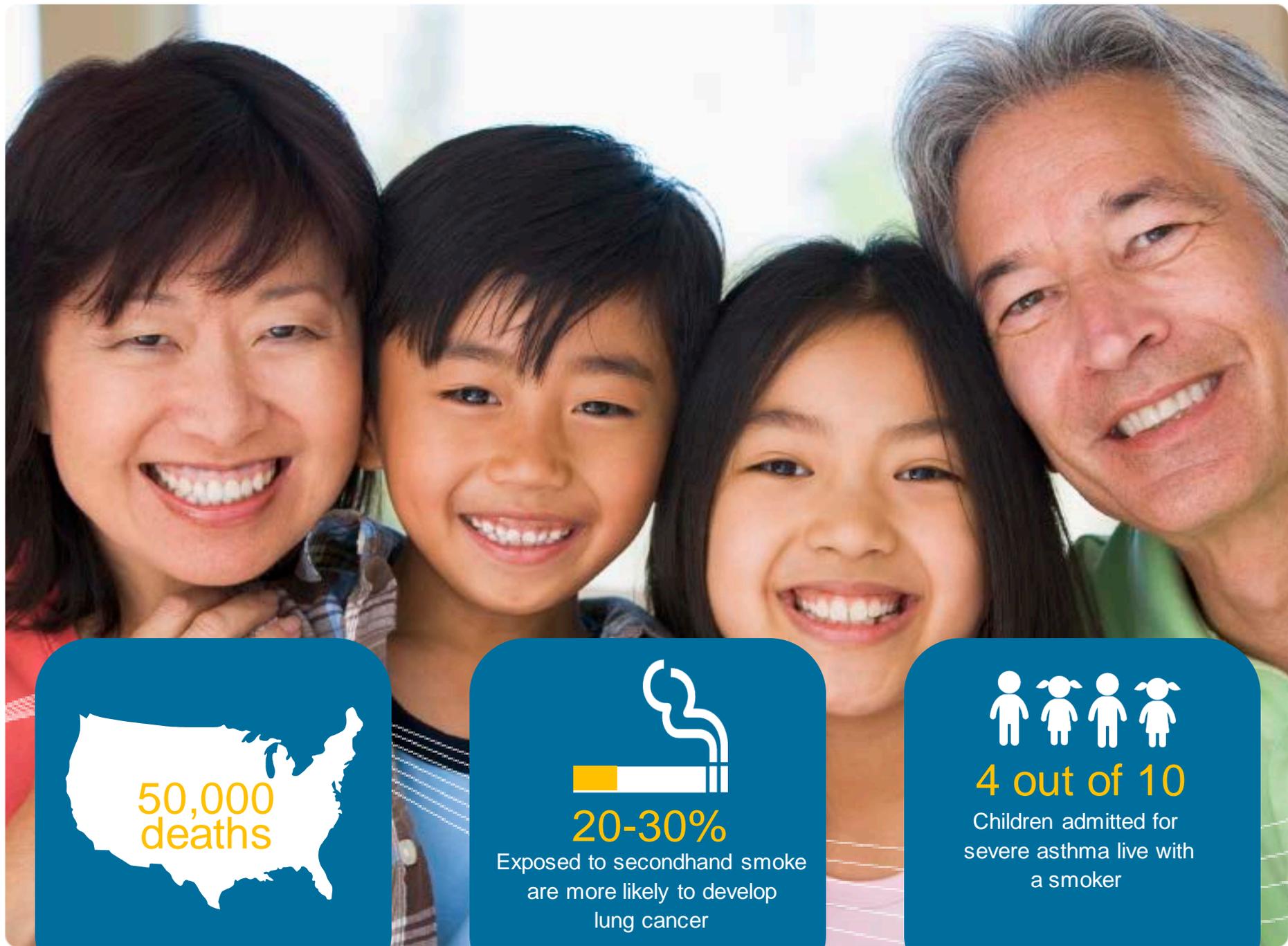
2 years

Your risk of heart attack  
is now normal





And your whole family would be healthier  
because they breathe your smoke too

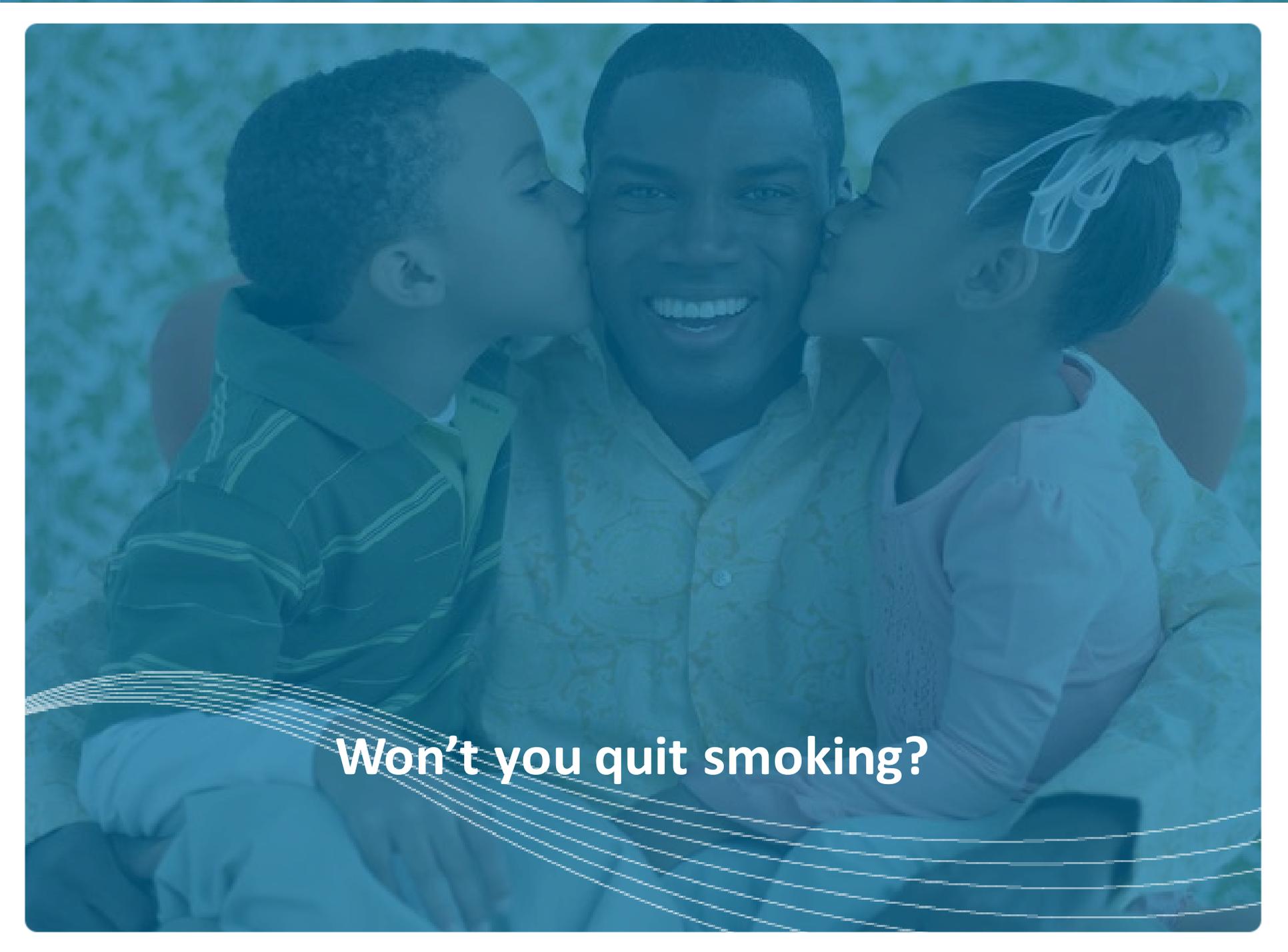


Exposed to secondhand smoke  
are more likely to develop  
lung cancer



4 out of 10

Children admitted for  
severe asthma live with  
a smoker



**Won't you quit smoking?**



Won't you quit smoking?

A photograph of a smiling man in a light-colored shirt being kissed on the cheeks by a young boy in a green jacket and a young girl in a pink and yellow patterned dress. The background is a soft-focus green and white pattern.

NEED HELP QUITTING?  
Call us today!

**1-800-207-7680**

Our team of certified tobacco cessation specialists will work with you to develop a plan to quit and offer strategies to help you reach your goal.

**UMIR**<sup>SM</sup>

The logo features the text "UMIR" in a bold, dark blue, serif font. A small "SM" trademark symbol is positioned to the right of the letters. Below the text is a thick, green, curved underline that starts under the 'U' and ends under the 'R', curving upwards at both ends.



**Thank you**

*We value your opinion*

## Important notice

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You should always talk to your health care professionals for diagnosis and treatment, including information regarding which drugs or treatment may be appropriate for you. None of the information in this presentation represents or warrants that any particular drug or treatment is safe, appropriate or effective for you. Health information changes quickly. Therefore, it is always best to confirm information with your health care professionals.



# *UMR Healthy U Diploma*



*This certifies that you have successfully completed:*

**Tobacco Cessation: It's time to quit**

*Presented to:*

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Mary Kaye Sawyer-Morse, PhD, RD

*Presented by*

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*Date of completion*