

Skeehchooash

Pequot for Grasses, Herbs, Medicines

PEQUOT PHARMACEUTICAL NETWORK • PHARMACY NEWSLETTER

March 2015

THINKING ABOUT QUITTING?



What do YOU have to gain by quitting?

By quitting TODAY you will breath better, you will be able to be more active, you will decrease your risk of a heart attack, and you will add YEARS to your life!



TIPS TO QUIT SMOKING

1. *Know why you want to quit!* Maybe it's the health effects or the expense, write this down!
2. *Don't go cold turkey.* Nicotine is addictive, your pharmacist or doctor can help you find a **nicotine replacement** (like the patch or gum) that is right for you
3. *Don't go it alone.* Tell your friends and family about your decision to help keep you on track!
4. *Get moving.* Exercise can help manage stress and cravings
5. *Don't give up!* Relapse is very common, don't let it discourage you, try again!



If you quit a pack-a-day habit you will save about **\$3,000** dollars a year, which is enough for a family vacation or a down payment on a car. More than half of all adults who have smoked have also quit. So can **YOU.**

At Pequot Health Care, we are dedicated to maintaining your good health!



PEQUOT
PHARMACEUTICAL
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PEQUOT
PLUS
Health Benefit Services

PRxN®
Customer Service
1-800-342-5779

PRxN® PBM
Customer Service
1-800-342-5779

Doctors' Line
1-888-779-6362

Doctors' FAX Line
1-888-779-6329

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Mashantucket Pequot
Tribal Nation

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The benefits of quitting start TODAY:

- **20 minutes after quitting:** your heart rate and blood pressure drop back to normal
- **12 hours:** level of carbon monoxide in the blood drops back to normal
- **2 weeks:** circulation and lung function improve
- **1-9 weeks:** coughs and breathing problems begin to improve
- **1 year:** risk of heart disease is reduced by 50%
- **5 years:** the risk of throat, esophageal and bladder cancer drops 50% and risk of cervical and stroke drop
- **10 years:** the risk of dying from lung cancer drops 50%
- **15 years:** the risk of heart disease is back to that of a non-smoker!

**Call 1-800-QUIT-NOW (1-800-784-8669) OR
visit smokefree.gov to receive free
coaching, a free quit plan, and more!**

References:

1. Website. www.cdc.gov/tobacco. Accessed 19 Feb 2015.
2. Website. www.smokefree.gov/smoking-affects-you. Accessed 19 Feb 2015.

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