

Tobacco Cessation

Harford County Health

Department

CRF Tobacco Cessation Program

Edgewood location

1321 Woodbridge Station Way

Edgewood, MD 21040

410-612-1781

www.harfordcountyhealth.com

To register for a class or to be added to our mailing list, call us!

Pre-registration is requested for all programs.



Public Health
Prevent. Promote. Protect.

**Harford County
Health Department**

www.harfordcountyhealth.com

*Tobacco
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“Healthy People in a Healthy Environment”

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Tobacco Cessation

WHO WE ARE

When it's your time to stop using tobacco, the Harford County Health Department is ready to help you quit. We offer free quit tobacco classes and provide a variety of therapies to help you free yourself from tobacco use.

WHAT WE DO

The Health Department has offered free nicotine replacement products and tobacco cessation classes since 1993. Numerous groups are conducted throughout the year!

All classes are taught by a certified tobacco treatment specialist with experience in tobacco cessation and recovery. Classes are supportive and allow participants to progress at their own pace.

All services are free to those who live or work in Harford County. They must meet an attendance requirement and have a current physician referral form on file to qualify for nicotine patches, lozenges or gum.

WHY QUIT USING TOBACCO?

Because you know you should. Because smoking has become a social hazard. Because your doctor said "quit or else." Because of your children. Because of your health. Because it's too expensive. Because tobacco is the number one cause of preventable death and disease in the US. Because you are ready to.

IMMEDIATE BENEFITS OF QUITTING

Within 24 hours:

- Carbon monoxide levels in smoker's blood return to normal
- Heart rate slows and skin temperature increases
- Chance of heart attack decreases

Within a few days:

- Detectable levels of nicotine disappear
- Respiratory symptoms (cold, coughing, etc.) gradually disappear

Within 2-9 months:

- Headaches and stomachaches caused by smoking disappear
- Your body is more able to fight infection
- Energy increases
- Cilia (small hairs that line lung passageways) re-grow in ex-smoker's lungs, cleaning the lungs of debris and improving lung function

1 Year

- Your heart rate returns to nearly normal conditions
- You experience a 90% drop in risk of heart disease

10 Years:

- The risk of dying from lung cancer is similar to that of a non-smoker

15 Years:

- The risk of coronary heart disease is that of a non-smoker

TOBACCO CESSATION CLASSES

The Harford County Health Department offers tobacco cessation classes at no cost to all tobacco users who want to quit. We request pre-registration for all classes. Nicotine patches, lozenges or gum may be available at no cost to those who qualify.

Attendance at a minimum of two-thirds of all class sessions is required for those who may qualify to receive nicotine replacement products.

Class topics include information about nicotine addiction, stress management, diet and exercise, how to quit, managing as an ex-tobacco user, dealing with obstacles and relapse situations and how to remain tobacco free

Public classes are usually held in Aberdeen, Bel Air, & Edgewood. Worksite classes can be arranged at no cost to businesses and organizations which wish to provide them as a service to others.

NOTE: THERE IS NO SAFE LEVEL OF TOBACCO USE

