HYPERTENSION AND SMOKING CESSATION

“Smoking increases the chances of:

- Losing members from your tribal community to smoking-related illnesses
- Losing elders to smoking-related diseases or exposure to secondhand smoke before they can pass down tribal customs and traditions”

DEFINITION

- Pressure of blood that is higher than normal, pushing against walls of arteries causing various problems to organs.

SYMPTOMS

- NO SYMPTOMS
- Also known as the SILENT KILLER
- Can damage internal organs

WHY QUIT

- Prevents Hypertension
- Prevents Cancer
- Prevents Heart Disease
- Prevents COPD
- Prevents many other illnesses
- Prevents Pregnancy Related Complications
- Prevents Second Hand Smoke

MEDICATIONS/ THERAPIES

- Nicotine Replacement Therapy
  - Over-the-counter forms: patch, gum, lozenge
  - Prescription forms: inhaler, nasal spray
- Counseling
  - Makes a plan to quit
  - Prepares to cope with stress, urges to smoke, and other issues you may face when trying to quit

STRATEGIES TO HELP QUIT

Strategies essential to continue reducing cigarette smoking overall

- Implement smoke-free laws
- Run mass media campaigns
- Raise tobacco prices
- Make quit help easy to access

HOW TO QUIT

*Call a quitline coach (1-800-QUIT-NOW)
*Talk to a healthcare professional
*Even if you’ve tried before, the key to success is to keep trying and not give up
*Visit CDC.gov/quit
*https://dphhs.mt.gov/publichealth/mtupp

SOURCE:
1. HTTPS://WWW.CDC.GOV/TOBACCO/QUIT_SMOKING/HOW_TO.Quit/INDEX.HTM#GET-HELP-QUITTING-TODAY

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