



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

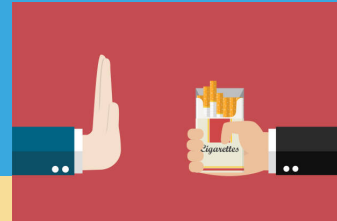
Strategies essential to continue reducing cigarette smoking overall

			
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://www.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](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm#get-help-quitting-today)

