

# Reasons to QUIT



## Health

According to the Centers for Disease Control & Prevention tobacco products cause many preventable health problems and lowers life expectancy.



## Family

Secondhand smoke exposure causes illness and even death in non-smokers.



## Cost

Tobacco products are expensive. For example: A pack of cigarettes in Indiana on average costs \$5.75.

### A one pack-a-day habit costs

- \$172.50 One month
- \$2,070 One year
- \$10,350 Five years
- \$20,700 Ten years

For more information or to make an appointment, call (800) 342-5653.

### Bowen Center can help.

Bowen Center started as a non-profit Community Mental Health Center in northern Indiana in 1961. The Center now serves Indiana treating patients in-person, by phone or video conference with emotional health care, substance use treatment and with primary health care clinics located in Warsaw and Fort Wayne, IN.

Bowen Center's dedicated staff provides life-changing care to individuals, children and families. Its expanding range of services includes family therapy, marital counseling, adolescent and children's counseling, autism services, alcohol and substance use treatment, individual and group therapy, skills coaching, hypnotherapy, transitional living, inpatient services, primary health care, and more. The Center accepts many insurance plans including Medicare and Medicaid and uses a sliding fee discount scale for patients that pay privately.

Bowen Center's mission is to strengthen our communities and to improve the health and wellbeing of those we are privileged to serve.

*Breathe Easier*

**BOWEN**  
CENTER

(800) 342-5653 BowenCenter.org

Indiana Tobacco Quitline:  
1-800-QUIT-NOW (800-784-8669)

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**START YOUR  
TOBACCO-FREE  
JOURNEY**

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# Tobacco Products

**Tobacco**

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**Cigarettes**

**Cigars**

**Pipes**

**E-Cigarettes**

**Smokeless Tobacco**

## Tobacco and your Emotional Health

- Tobacco Affects Your Emotional Health
- Tobacco can make Emotional Health conditions worse
- Tobacco can increase anxiety
- There is a complex relationship between tobacco, depression and other mental health disorders
- Tobacco affects your physical health
- Tobacco reduces effectiveness of some medications
- Quitting decreases depression, anxiety and stress
- Quitting helps keep symptoms from returning
- Quitting may mean the medications you take can be reduced or even eliminated under your physician's care
- Quitting can improve mental health and substance use recovery outcomes

Start your Tobacco-Free journey today at Bowen Center.

## When you quit smoking the health benefits begin almost immediately.

- 20 minutes after quitting: Your heart rate and blood pressure drop.
- 12 hours after quitting: The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting: Your circulation improves and lung function increases.
- 1 to 9 months after quitting: Coughing and shortness of breath decrease.
- 1 year after quitting: Your increased risk of coronary heart disease is half that of a smoker.
- 5 to 15 years after quitting: Your stroke risk is reduced to that of a non-smoker.
- 10 years after quitting: Your lung cancer death rate is about half that of a smoker. Other cancer risks decrease.
- 15 years after quitting: Your risk of coronary heart disease is the same as that of a non-smoker.