The University of Mississippi
Tobacco Cessation Program

smokefree
OLE MISS CAMPUS
The goal of this program is to help UM students who want to quit tobacco use, including both smokers and users of smokeless tobacco products.

The program guides tobacco users through the quitting process. We provide information and suggestions to help you prepare to quit and stay tobacco free.

We offer brief, confidential, individualized support sessions that will fit with your schedule.

No one is asked to quit at the first appointment. We usually recommend setting a target day 1-2 weeks after the initial visit. However, we will work with any student at any stage of quitting.

Contact us for more information.
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benefits

Benefits you will receive from quitting:

• In 20 minutes, blood pressure and heart rate return to normal
• In 24 hours, risk of heart attack decreases
• In 1-3 weeks, ability to smell and taste returns to normal
• In 3-9 months, circulation improves; coughs, wheezing and breathing problems improve
• In 1-5 years, risks for heart disease and lung cancer are greatly reduced

Additional benefits:

• Easier to exercise, fewer coughs and colds
• Skin is less dry and grey; wrinkles around eyes and mouth develop more slowly, tar stains decrease on teeth and fingers
• Children whose parents quit smoking are less likely to get pneumonia and bronchitis in their first year of life, become smokers themselves, and suffer from asthma compared to children of parents who smoke.
facts about smoking

- About 438,000 deaths occur in the U.S. each year from smoking-related illnesses.
- One in two smokers dies from the habit.
- More than 4,800 harmful chemicals are in tobacco, 69 of which are known to cause cancer.
- The U.S. spends more than $167 billion each year in health care costs.
- A pack-per-day smoker spends at least $1,200 per year on cigarettes alone.