

Are you using any of these excuses to keep smoking?

I don't smoke enough to get the disease that smoking causes.

Although heavy smokers do have a greater chance of getting diseases such as emphysema, light smokers get them too. Light smokers have a much greater chance of getting these diseases than a nonsmoker does.

If I stop smoking, I'll gain weight.

Some people do gain weight when they stop smoking, some do not. Some even lose weight. In some people, stopping smoking slows down their body chemistry as they return to a state of well being. So they may gain a few pounds, but this small weight gain will usually disappear after the body adjusts to the way it was before you started smoking. So don't worry about gaining weight. You would have to gain 80 to 90 pounds to do as much damage to your health as smoking one pack of cigarettes a day! One way to keep from gaining weight is to NOT substitute food for a cigarette.



Brady Health Center

Frostburg State University
101 Braddock Road
Frostburg, MD 21532
Phone: 301-687-4310



**Brady Health
Center**

**Come and
join our
FREE
Smoking
Cessation
Program At
Brady Health
Center!!**



***Do it for your family...do
it for your friends...but
most of all, do it for
yourself!***

Brady Health Center

Call 301-687-4310 today to schedule an appointment!

General Information



The smoking cessation program is free to all FSU students. The program offers the following nicotine replacement products: patches, gum and lozenges. We also have medication, if indicated and no contraindications.

Each student gets an initial visit with a Nurse Practitioner. The visit includes a brief exam, smoking history and provides the student with educational materials to assist with their efforts to quit smoking.

Follow-up appointments are given every 2 weeks. At these appointments, the student will give updates on progress and be given additional supplies as needed.

This program typically lasts from 2-12 weeks, depending on products used.

Product Information

Nicotine Patch– Nicotine patches help reduce nicotine withdrawal symptoms by providing steady dosage of nicotine throughout the day. Each day, a new patch is applied to the upper body.

Nicotine gum– Nicotine gum provides nicotine to your bloodstream to help reduce your urges to smoke. Just as the nicotine patch, nicotine gum helps to reduce some of the physical symptoms that people experience when trying to quit.

Nicotine Lozenge– Nicotine lozenges relieve nicotine cravings and withdrawal symptoms by providing a temporary nicotine source. The lozenge releases nicotine as it dissolves in the mouth.

Non-Nicotine Pill– Treatment must be started at least one week before your target quit date. It's primary role is to act on brain chemistry to bring out some of the same effects that nicotine has when people smoke. It helps reduce nicotine withdrawal symptoms and the urge to smoke.



While these products are helpful in quitting, it still takes hard work and behavior changes for the smoker to remain tobacco-free!



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