



**Huntington Hospital**

Huntington Memorial Hospital  
*Tobacco Cessation*  
100. West California Boulevard  
Pasadena, CA 91105  
626-397-2230  
[www.HuntingtonHospital.com](http://www.HuntingtonHospital.com)

Physician Referral:  
800-903-9233



Just think,  
soon you can proudly say  
that you don't use tobacco!

Call 626-397-2230 for an appointment  
with a Tobacco Treatment Specialist  
to start a smoke-free future today.

Melinda “Mendy” Gonzalez, Nurse Practitioner (NP), TTS has a proven track record of supporting tobacco users in their efforts to quit. As a Certified (provisional) Tobacco Treatment Specialist (TTS), Mendy trained with the Mayo Clinic Nicotine Dependence Center in Rochester MN. She has 10+ years experience helping others improve their health and quality of life. In addition to tobacco cessation, she has worked with chronic disease management – CHF, Diabetes, and COPD.



Mendy Gonzalez  
NP, TTS

Contact Mendy:

Mendy.Gonzalez@huntingtonhospital.com or 626-397-2230.

#### Tobacco Treatment Specialist (TTS):

- Clinician with specialized training and expertise in current tobacco cessation products, both OTC and prescription.
- Counseling, motivational, and behavior change skills and techniques to aid individuals in overcoming nicotine addiction.
- Requirements for certification include having warm, non-judgmental, motivating and confidential strategies for partnering with individuals on their journey to smoking cessation.
- Knowledge of neurobiology of nicotine addiction/dependence and evidence-based treatment options.

#### IMMEDIATE BENEFITS OF QUITTING

##### 20 MINUTES

Blood pressure  
and pulse return  
to normal

##### 8 HOURS

Oxygen levels return  
to normal

##### 8 HOURS

Nicotine and carbon  
monoxide levels in  
blood reduce by half

##### 12 HOURS

Carbon monoxide  
levels in blood drop  
to normal

## HOW TO QUIT

You've found your reason to quit. You're ready, perhaps even excited, to start your new tobacco-free life. But how do you quit?

### 1. SET THE DATE

Once you've decided to quit tobacco, you'll need to set a quit date. Pick a date within the next two weeks. That way, you start while your motivation to quit is high. Pick a date that will not be too stressful for you. If you have something stressful coming up like a job interview or an important meeting, plan to quit after it's done.

### 2. MAKE A PLAN

Next, you'll need a plan. A common mistake is trying to quit by saying, "I'm quitting," and hoping that will be enough to get you through the tough times. For some people it is. But for most people, a solid plan can make all the difference.

### 3. GET SUPPORT

Support is critical when you're trying to quit using tobacco. Talk to your friends and family about how they can support you. Quitting isn't easy, but it helps when you know the people in your life are behind you.

These steps are just the basics of a plan to quit tobacco. You can add anything else you need to be successful. Call 626-397-2230 for an appointment with a Tobacco Treatment Specialist to start a smoke-free future today.

In addition to support from your family, friends, and assistance from a Tobacco Treatment Specialist, there are numerous products both OTC and prescription to help you on your path to a smoke-free future.

A Tobacco Treatment Specialist can help you decide and choose products that are safe and could help you succeed. Some products may be covered or discounted through your insurance, or be available through public programs.

- **Chantix (Rx)**
- **Zyban (Rx)**
- **Nicotine Replacements**
  - Patches
  - Lozenges
  - Nasal spray
  - Inhaler
  - Gum



## IMMEDIATE BENEFITS OF QUITTING

### 24 HOURS

Carbon monoxide will be eliminated from the body

Lungs start to clear out mucous and other smoking debris

### 48 HOURS

There is no nicotine left in the body

Ability to taste and smell is greatly improved

### 72 HOURS

Breathing becomes easier

Bronchial tubes begin to relax and energy levels increase

### 2-12 WEEKS

Circulation improves

Lung function increases

### 3-9 MONTHS

Coughs, wheezing and breathing problems improve as lung functions are increased by up to 10%

### 12 MONTHS

Excess risk of coronary heart disease is reduced by about half and declines gradually thereafter

## COMMON MYTHS/EXCUSES

- Quitting will make me gain weight.
- If I gain weight from quitting tobacco, being overweight is more unhealthy than tobacco use.
- I've used tobacco so long, the damage is already done, once a tobacco user always a tobacco user.
- Quitting will stress me out or cause anxiety/depression/mood swings, and that is bad for my health.
- Tried quitting in the past and didn't succeed, so I never will be able to quit.
- Cold turkey is the only way to quit for good.
- Nicotine replacement products are dangerous/bad for you.
- Nicotine replacement and/or medications don't work.
- Trying to quit gave me a really bad cold/flu.
- I'm not addicted, I can quit when I want.
- Cutting back will cut my health risks from tobacco use. That's good enough, a few won't hurt.
- My tobacco use only affects me.
- "Light" cigarettes are less harmful.
- Environmental/second hand smoke isn't deadly.

## IMMEDIATE BENEFITS OF QUITTING

### 5 YEARS

Risk of heart attack falls to about half that of a smoker  
Risk of stroke returns to the level of people who have never smoked (5 – 15 years)

### 10 YEARS

Risk of lung cancer falls to about half that of a smoker

### 15 YEARS

Risk of coronary heart disease falls to the same as someone who has never smoked

### 15 YEARS

If you quit smoking before the age of 50 you have cut the risk of dying in the next 15 years in half, compared with continued smokers

## FACTS

- Usually takes several attempts to quit.
- Many people "relapse" and quit again several times throughout their lifetime.
- Uncomfortable symptoms can be avoided/addressed/treated.
- Everyone is different – different strategies work for different people.
- Support and teamwork with a Tobacco Treatment Specialist increase cessation rates.
- Best results are attained with the use of multiple products simultaneously plus interval follow up visits/counseling.

