



Caring for our communities,
one person at a time.



Bringing Communities Together: Healthy Treasures Newsletter

January 2024

Big Horn, Custer, Powder River, Rosebud and Treasure County Newsletter

Make a health-conscious New Year's resolution this year. Your body and lungs will thank you. Need support on your quit journey?

Call 1-800-QUIT-NOW or visit quitnowmontana.com to learn more.

**NEW YEAR,
NEW YOU!**

Go Nicotine-Free
in **2024!**

Our coaches are ready
to support you.

MONTANA TOBACCO

QUIT LINE
1-800-QUIT-NOW
1-800-784-8669

QuitNowMontana.com

In This Issue:

**New Year, New Possibilities:
Start Living a Smokefree Life Today!**

Pregnancy and Tobacco Use

**Health in the 406:
Falls Prevention**

**Talking Health In
The 406 Podcast**

**Big Horn County
Best Beginnings,
image linked to
their website**

Find Us On:



#TreasureYourHealth

**#TobaccoFree
#NicotineFree**

New Year, New Possibilities: Start Living a Smokefree Life Today!

The new year brings new possibilities for improved health when you quit smoking. Many people feel like they have a “second chance to live” after they quit, and they feel better when they start living a smokefree life.

Quitting smoking can be hard, but it helps if you have a plan. See what’s possible for your health when you quit smoking today!

It’s Never Too Late to Quit Smoking

[Rico F.](#) started smoking cigarettes at age 14. He continued smoking as an adult. Although his doctors told him to quit, he admits it was difficult.

At age 45, Rico’s doctor told him he had [cancer](#). He realized he had to take action and quit smoking for good. Rico stopped smoking because he wanted to be healthy and watch his then-teenaged children grow up. After having treatment in 2011, Rico is now cancer free.

Rico said he first struggled to quit smoking. He feels proud that he took control of his health and quit. “I quit so that I’d be more than a memory to my wife and children,” he said. He believes it’s never too late to quit smoking and live a healthy lifestyle.

Rico is a cancer survivor who is passionate about sharing his story. He wants to educate others about the health consequences of smoking. “As a former smoker, I know how hard it is to quit. Addiction is a very difficult battle to win, but it can be done,” he said. Rico says that ever since he quit smoking, time spent with his wife and children is even more precious. “Now that I’ve quit, I can be a part of my children’s lives as they mature.”

New Possibilities for Improved Health

Quitting smoking is one of the most important actions you can take to improve your health. This is true regardless of your age or how long you have been smoking.

It’s never too late to quit smoking. Over time, people who quit smoking see many [benefits to their health](#). It reduces your risk of heart disease, cancer, lung disease, and other smoking-related illnesses. After you smoke your last cigarette, your body begins a series of positive changes that continue for years.

Minutes after you quit, your heart rate drops.

After 1 to 12 months, coughing and shortness of breath decrease.

After 1 to 2 years, your risk of heart attack drops sharply.

After 5 to 10 years, the added risk of mouth, throat, and voice box cancers drops by half.

After 10 to 15 years, the added risk of lung cancer drops by half.

Live a Smokefree Life Today

Quitting smoking can be a challenge. [Make a plan](#) this New Year to help you live a smokefree life today!

There are many resources to help you on your quit journey.

Proven treatments like [counseling](#) and [quit-smoking medicines](#) can help you quit and stay quit. Using counseling and medication together can give you the best chance of success.

[Tips for quitting](#) can help you with urges and cravings.

[Quitlines](#) provide free coaching—over the phone—to help you quit smoking. When you call 1-800-QUIT-NOW, you can speak confidentially with a highly trained quit coach. Quitlines are available throughout the United States, and coaching help is available in several languages. Some quitlines offer text messaging support.

[The National Texting Portal](#) connects you (adults 18 years of age and older in the United States) with mobile text message-based support to help you quit smoking.

The [quitSTART App](#) is a free smartphone app that helps you quit smoking with tailored tips, inspiration, and challenges.

By making a quit plan and using these resources, 2024 can be the year you quit for good. Use the new year to welcome the possibilities of a smokefree life today!

Pregnancy and Tobacco Use

Quitting smoking cigarettes is hard, and it is one of the best ways you can protect you and your baby's health. The good news is most people quit successfully during pregnancy and getting help can make the process easier and increase your chance of quitting for good.

More than half of people who smoked before they were pregnant quit when they found out. Many people sign up for free help from Quitline to help quit during pregnancy.

If you are pregnant and enroll in the Quitline program, you will work with a specially trained Coach during your pregnancy who will also help you stay quit postpartum. If your doctor approves, you may be eligible for free quit medications. And, you may be able to get rewards after each call that help with pregnancy and new baby expenses.

What is the best way to quit?

There are many ways to quit and people find the way that works just right for them. One thing that successful quitters have in common is getting help that is proven to work. Setting a quit date, letting people know how to support your plan, and learning to new ways to deal with stress and manage nicotine cravings are important steps in quitting.

Getting counseling from a professional who specialized in quitting smoking can increase your chances of quitting by nearly 50%. Some women use quit medications, like nicotine patches, gum or lozenges, to quit smoking during pregnancy. If you want to use a quit medication, talk to your doctor about whether medications fit in your quit plan.

How does the Quitline help?

The Quitline has a free program for women who want to quit tobacco when they are pregnant. When you enroll in the Quitline, you will work with the same Coach for all of your appointments. After each call, you will receive a gift card in the mail to help with pregnancy and postpartum expenses.

During pregnancy, your Coach will help you design your personal quit plan, provide helpful tools and talk about tips for staying tobacco-free. You can receive up to five coaching calls during pregnancy.

If your doctor approves, you may be eligible for free nicotine patches, gum or lozenges.

Around your due date, your Coach will schedule you to re-start the program after you deliver your baby. You can receive up to four coaching calls after you give birth.

More than 50-75% of women who complete both the pregnancy and postpartum programs are able to stay quit long term. Your chances of quitting and staying quit increase with each coaching call you complete.

You can quit and we can help!

For more information about Pregnancy and Smoking go to:

[Montana - Pregnancy and Tobacco Use \(quitlogix.org\)](http://quitlogix.org)

Health IN THE 406

Falls Prevention

The winter months can make everyday actions, like stepping out of car, treacherous. In Montana, [unintentional falls](#) is the third most common cause of injury-related deaths.

If you must walk on ice or snow, consider [walking like a penguin](#)—slow, wide stance, and small steps.

Learn more about preventing falls; find a [falls prevention exercise class](#) near you.



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New content is scheduled for release on the third Thursday of each month

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