



## The Tobacco Stats: Recovery Community Edition

People recovering from alcohol addiction smoke at much higher rates than the general public.

The National Institute on Drug Abuse (NIDA) reports that **cigarette smoking increases the likelihood of a person's relapsing from substance use disorder.**

### Benefits of Quitting Nicotine in Recovery

Nicotine affects the body in many ways. *Medical News Today* lists several serious implications such as:

- Increased risk of harmful blood clotting
- Plaque which forms on the artery wall
- Increase in blood pressure
- Increased risk of stroke
- Changes in heart rate
- Problems with brain development
- Increased levels of insulin – which could contribute to diabetes



# Resources to Help You Quit



**Tobacco Free Adagio Health**  
[tobaccofree.adagiohealth.org](http://tobaccofree.adagiohealth.org)



**1-800-QUIT-NOW**  
Pennsylvania Free Quitline



**quitSTART App**



**SAMHSA's National Helpline**  
1-800-662-HELP (4357) for individuals  
and family members facing mental  
and/or substance use disorders.