

# Multiple Sclerosis and Smoking

## Know the Facts:

- Multiple Sclerosis (MS) is a disease that affects the brain and spinal cord. It occurs when the body's own immune system attacks the protective covering surrounding the nerves.
- The risk of developing MS among people who smoke is twice as high as people who have never smoked.
- Smoking increases the problems already affecting people with MS including worsening brain degeneration and larger brain areas affected by the disease.
- Any increased risk of MS related to smoking decreases within 5 years of quitting.



*"Stop criticizing yourself and think about one thing you could do today."*  
Beth Dees, Tobacco Treatment Specialist  
at Ability1st Center for Independent Living

Source: Hernan, M. A. "Cigarette Smoking and the Progression of Multiple Sclerosis." Brain 128.6 (2005): 1461-465. <http://brain.oxfordjournals.org/>. 7 Feb. 2005. Web. 7 Aug. 2013. <<http://brain.oxfordjournals.org/content/128/6/1461.full>>.

## Why Join a *Quit Smoking Now* class?

- You double your chance of success with quitting
- No cost for classes
- 4 weeks of NRT provided free of charge

**When you are ready to quit, we are ready to help!**

## Need More Information?

- Contact your local Center for Independent Living. (Contact information on reverse side.)
- Visit [www.alectobacco.com](http://www.alectobacco.com) to find classes



Center	County	Address/Phone
Ability 1 <sup>st</sup>	Leon	1823 Buford Court, Tallahassee, FL 32308
Center for Independent Living of Broward	Broward	4800 N State Road 7 Bldg F suite 102, Fort Lauderdale, FL 33319
Center for Independent Living of Central Florida	Orange	720 North Denning, Dr. Winter Park, FL
Disability Achievement Center	Pinellas, Pasco	12552 Belcher Rd.S, Largo, FL 33773
Disability Resource Center	Bay	300 W. 5th Street Panama City, FL 32401
Independent Resource Center of Jacksonville	Duval	2709 Art Museum Drive, Jacksonville, FL 32207
Self Reliance Inc.	Hillsborough	8901 N. Armenia Ave, Tampa, FL 33604
Space Coast Center for Independent Living	Brevard	571 Haverty Suite W, Rockledge, FL 32955
Suncoast Center for Independent Living	Manatee, Sarasota	3281 17th Street Sarasota, FL 34235

To locate classes throughout Florida, use the statewide AHEC calendar located at

[www.AHECtobacco.com](http://www.AHECtobacco.com)

Or call us at 1-877-848-6696



Informed to Quit. Inspired to Quit.  
**I Quit with AHEC.**