

How to Stop Smoking



Stop smoking today! An ounce of prevention is worth a pound of cure!

If you ever tried to quit, but couldn't or

If your family, physician or friends have asked you to quit and you want to try

This booklet can help you quit!





Why quit smoking?

- * Smoking is dangerous to your health.
- * Smoking increases your risk of heart attack, lung diseases, stroke, and cancer
- * Each cigarette has 4,000 chemicals – 43 are known to cause cancer
- * Smoking is also dangerous to others around you.

Benefits of Quitting

- * You will feel better – you will have more energy and will breathe easier.
- * Your risk of getting sick drops.
- * The people around you, especially children, will be healthier.
- * Your sense of smell and taste will improve.
- * Your body, clothes, car and home will not smell of tobacco.
- * You will save money.



SAVINGS PER MONTH		
If You Smoke (packs per day)	You Pay (per day)	Quitting Saves (per month)
		\$240
		\$480

- Use a calendar, mark your successes and reward yourself
- If you smoke more than one pack a day, consider nicotine replacement – gum, patches or medications.
- Join a support group – ask your provider to help you!

Tips to quit.....

- Take one day at a time
- Throw away your cigarettes, lighters or ashtrays, or put a pack in the freezer
- Keep a smoke free environment – ask your family and friends not to smoke
- Drink water, suck on ice or a cinnamon stick, chew sugarless gum
- Exercise
- Eat regularly and get at least 7 hours of sleep
- Avoid places that make you want to smoke
- Relaxation tapes and deep breathing may help
- Be kind to yourself. If you smoke a cigarette, don't give up. Remind yourself of the reasons you want to quit. Try again.

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