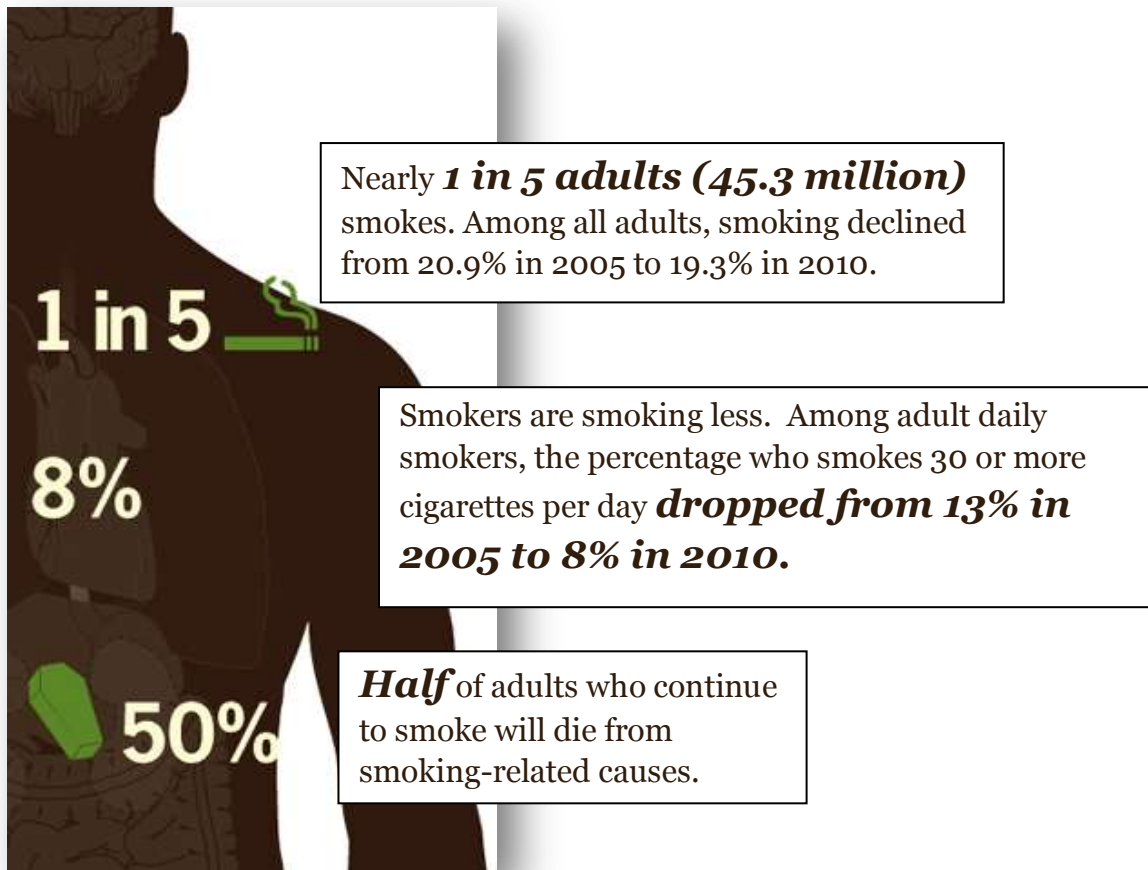


# Tobacco use remains the single largest preventable cause of disease, disability, and death in the US.



## It's not too late to quit smoking

Smoking causes serious health problems and disease. If you quit smoking now, you can:

- stop hurting your lungs;
- breathe more easily;
- have more energy;
- fight colds more easily; and
- protect your family from the dangers of secondhand smoke.

Quitting will lower your chances of having:

- Heart Disease
- Lung Cancer
- Emphysema

## Why is it so hard to quit smoking?

- Nicotine is a highly addictive drug. Addiction keeps people smoking even when they want to quit.
- Cigarettes deliver more nicotine more quickly now than ever before.
- The tobacco industry spends about \$9.94 billion each year, or \$27 million every day, on cigarette advertising and promotion—72% of these dollars are spent on discounts to offset tobacco taxation and other tobacco control policies.

## Here's how you can quit

You **can** quit even if you have smoked for many years. It can be hard to stop. You may have to try many times before you do it. Never say "I can't." Keep trying.

- **Set a quit date** – Set a date when you will stop smoking. Don't buy cigarettes that will carry you past your quit date.
- **Throw away your cigarettes and ashtrays** – Don't make it easy to start smoking again. If you keep cigarettes and ashtrays in the house you are more likely to smoke.
- **Get support from family and friends** – Ask for their encouragement. Ask them not to offer you cigarettes.
- **Spend time with people who don't smoke** – Think of yourself as a nonsmoker. Don't go to places that allow smoking and don't hang out around smoking areas.
- **Start an exercise program** – As you become more fit, you will not want the nicotine effects in your body. Regular exercise will also help you not gain weight when you quit.
- **Keep yourself busy** – You may find you don't know what to do with your hands. You can:
  - Read or draw
  - Fix things
  - Carry a straw or something that you can hold
  - Chew gum
  - Carry healthy snacks such as celery or carrots
- **Join a quit-smoking program** – It will be easier for you to quit if you have the support of a group.

**You can learn to live without cigarettes in your daily life.  
You can quit and quit for good.**