

PERSONALIZATION HERE

WHY QUIT SMOKING?

Your health will improve, you'll save money, enjoy more social opportunities, and protect others from secondhand and thirdhand smoke.

AFTER YOU QUIT FOR:

20 MINUTES

Blood pressure and heart rate return to a normal level.

12 HOURS

The carbon monoxide level in your blood normalizes.

1 YEAR

The risk for heart disease is half that of a smoker's.

5 TO 15 YEARS

The risk of stroke decreases to that of a nonsmoker's.

10 YEARS

The risk of dying from lung cancer is about half that of a smoker's.

15 YEARS

The risk of heart disease is the same as that of a nonsmoker.

STATISTICS

Cigarette smoking causes **over 480,000 deaths** each year.

On average, smokers die **10 years earlier** than nonsmokers.

80 to 90% of lung cancer deaths are due to cigarette smoking.

Over **16 million Americans** have a disease caused by smoking.

QUITTING WITH SUCCESS

Eliminate the Evidence

On the day before your **Quit Day**, remove any reminders of smoking, like ashtrays, and thoroughly clean any areas in which you have smoked.

Make a Quit Plan

Include the day you plan to quit, the quitting strategy (cold turkey, nicotine patches, prescriptions, etc.), challenges you foresee, and how you will overcome them.

Change Your Routine

Eliminate habits that are linked with smoking, like drinking coffee or taking certain driving routes.

Prepare

Take any necessary steps like going to the doctor for prescriptions or purchasing nicotine replacement products.

Reasons and Rewards

List the reasons why you want to quit smoking and how you will reward yourself for reaching milestones.

Use Your Resources

Family, friends, your state's quitline, and local support groups can help you make it through difficult times.

Start a Smoking Journal

Document what triggers your nicotine **cravings**, what you will use as **substitutions** (things to keep your mouth and hands busy) and as **distractions** (activities that will take your mind off smoking).

Keep Your Guard Up

You will have cravings and other withdrawal symptoms. Don't let them derail your efforts! Focus on staying smoke-free one moment at a time. Moments add up and with time, the cravings will fade.

Congratulations on your decision to quit smoking!
It may be challenging, but it's not impossible!

**STAND UP, TAKE CHARGE,
AND START YOUR SMOKE-FREE LIFE NOW!**