

Quitting Takes Hard Work and a Lot of Effort, But—

# You Can Quit Smoking

Support and Advice  
From Your Clinician

## A Personalized Quit Plan for \_\_\_\_\_

### Want to Quit?

- Nicotine is a powerful addiction.
- Quitting is hard, but don't give up.
- Many people try two or three times before they quit for good.
- Each time you try to quit, the more likely you will be to succeed.

### Good Reasons for Quitting

- You will live longer and live healthier.
- The people you live with, especially your children, will be healthier.
- You will have more energy and breathe easier.
- You will lower your risk of heart attack, stroke, or cancer.

### Tips to Help You Quit

- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
- Ask your family, friends, and coworkers for support.
- Stay in nonsmoking areas.
- Breathe deeply when you feel the urge to smoke.
- Keep yourself busy.
- Reward yourself often.

### Quit and Save Yourself Money

- At \$4.00 per pack, if you smoke one pack per day, you will save \$1460 each year and \$14,600 in 10 years.
- What else could you do with this money?



U.S. Department of Health and Human Services  
Public Health Service  
ISSN 1530-6402

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CS2day Communicate. Collaborate. Cease.

June 2008