



Tips to **QUIT SMOKING**

Quitting smoking may not be easy, but those who have succeeded agree that the benefits of avoiding tobacco far outweigh the pleasure that comes from cigarettes. Quitting will drastically reduce your risk of stroke and heart disease and lower your chance of developing lung disease and cancer — no matter how long you've smoked.

In fact, within a year of quitting, your excess risk of future coronary heart disease drops by 50 percent. After 15 years, your risk is as low as someone who has never smoked. Most important, quitting can potentially save your life and the lives of others around you.

How do I quit?

There is no one right way to quit. Weigh your options and choose the method that's right for you:

- Set a quit date and stop smoking completely on that day. Create a support system by informing family and friends of your quit date.
- Reduce the number of cigarettes per day until you stop smoking completely.
- Smoke only part of your cigarette. If you use this method, count how many puffs you take from each cigarette and reduce the number every two to three days.
- Consult your doctor regarding potential medications that may be right for you. These include nicotine replacements (gum, spray, patch or inhaler) or prescription medicines. Always take medicines as prescribed.

Professional Quit Smoking Guide

Léo Pomar



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