



Get on the road to good health

Quit Smoking Today!

These startling facts present evidence that now is the time to quit.

Smoking is the number one cause of preventable death in America.

Inhaling someone else's smoke is just as dangerous as smoking yourself.

Lite and low-tar cigarettes present the same health risk as regular cigarettes.

You can reverse the effects of smoking if you quit.

Here are some more important reasons to quit smoking now:

- You will live longer and healthier.
- You will lower your chances of having a heart attack, stroke, or cancer.
- If you are pregnant, you will improve your chances of having a healthy baby.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.

If you have tried to quit smoking, you know how hard it is. Nicotine is very addictive, and few people are able to quit the first time. However, research shows that the more times you try to quit, the better your chances are for success.

Think about these questions before you try to stop smoking:

- Why do I want to quit?
- When I tried to quit in the past, what helped and what didn't?
- What will be the most difficult situations for me after I quit? How will I plan to handle them?
- Who can help me through the tough times?
- What pleasures do I get from smoking? How can I still get pleasure if I quit?

Take the Five Steps

1. Get ready. Set a date and dispose of all smoking materials.
2. Get support. Look to your family friends, co-workers, and doctor. Most importantly, enroll in a support group.
3. Learn new skills and behaviors. Find new activities to distract yourself from smoking and relieve stress.
4. Get medication and nicotine replacement therapy (NRT) - and use it correctly. Seek your doctor's advice about which is best for you.
5. Be prepared for relapse or difficult situations. Avoid alcohol, other smokers and stressful situations. But if you slip, you can always start again.

Studies have shown that taking these five steps will help you quit smoking for good.



When the urge hits you, try these tips:

- Breathe in deeply and slowly exhale. Do this three times.
- Avoid alcohol, sugar and caffeine for the first week or two because they stimulate the desire for a cigarette.
- Snack on low-calorie foods like celery, carrots or sugar-free gum.
- After meals, drink mint tea or eat a piece of peppermint candy.
- Pamper yourself by getting a massage or taking a hot bath.
- If you're about to pick up a cigarette, wait ten minutes. By that time, the urge should pass.
- If people around you are smoking, don't be afraid to ask them to stop.
- Each day, say out loud, "I am a non-smoker."



*Quitting takes
hard work and
a lot of effort,
but you
can quit
smoking.*

Source: US Surgeon General

Resources

Visit our Web site at www.carefirst.com
Click on *My Care First*, our health and wellness page.

American Lung Association

800-LUNG-USA
www.lungusa.org

American Cancer Society

www.cancer.org

The Foundation for a Smoke-Free America

www.tobaccofree.org

US Surgeon General

<http://www.cdc.gov/tobacco/index.htm>