

Give your Lungs and Heart a Break!
Quit Smoking and Using Tobacco Today!!!

Tobacco use is the number one cause of death in the U.S.!

Smoking cigarettes and using tobacco or snuff are harmful to your health and can increase your risk of:



- Lung cancer and lung illnesses, like emphysema
- Mouth, throat, bladder and pancreatic cancers
- Heart attack and stroke
- Eye diseases like cataracts, glaucoma and macular degeneration
- Closing of blood vessels causing poor blood circulation
- Alzheimer's disease
- Early aging with wrinkles

Stop Smoking Cigarettes, Chewing Tobacco or Dipping Snuff

IT'S NEVER TOO LATE!!!

Benefits of quitting include:

- Improved sense of smell and taste
- Improved blood circulation
- Healthier lungs
- Improved overall health
- Easier breathing – you may no longer be out of breath when you climb stairs or do light housework or activities
- Improved appearance: no more stained teeth, gum disease, bad smelling clothes and hair, or yellow fingernails





QUIT TODAY



1. Talk to your family members, friends and your healthcare provider and get their support.
2. Ask your healthcare provider about medicine and counseling that can help you quit.
3. Change your routine to avoid situations when you usually want to smoke.
4. Get rid of all cigarettes, ashtrays and lighters.
5. Exercise, get plenty of sleep and eat a balanced diet to help reduce the stress of quitting.

You will not only be helping yourself, you will be protecting your family and friends from harmful secondhand smoke.

Call to learn more about quitting smoking
1-877-270-7867 (In- state calls only)
1-877-266-3863 – Spanish
1-877-777-6534 – Hearing Impaired (TDD/TTY)

American Lung Association ® Fact Sheet Smoking Among Older Adults. American Lung Association. 10 June 2003,

<http://www.lungusa.org/tobacco/older_factsheet99.html>.

Complete guide to quitting. American Cancer Society. 6 June 2003,

<http://www.cancer.org/docroot/PED/content/PED_10_13X_Quitting_Smoking.asp>.

Smoking: a threat to eye health. 6 June 2003, <http://www.afv.org.hk/smoking_e.htm>.