HEALTH TiPS

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WHAT YOU CAN DO

Smoking

Smoking can make you sick and shorten your life. If you quit now, you will be healthier. Quitting is hard work, but there are ways to help you.

Talk to your doctor about ways to quit smoking.

- Smoking is dangerous, especially if you already have heart or lung disease or if you are pregnant.
- It increases your chances of your having a heart attack, stroke, lung disease and cancer. When you smoke, you can make people around you sick - even your children.
- You can quit smoking even if you have smoked for a long time.
- When you quit smoking, you will feel better, live longer and save money.

Ask your doctor:

- Why it is important for you to quit.
- How quitting can help you.

Ask your doctor what help you can get to stop smoking.

- Ways you can help yourself.
- Treatment groups with other smokers.
- Medicines to help stop the urge to smoke.

Medicines can help.

After starting your program, set up times to see your doctor.

Next visit date: _____

Throw away all your cigarettes and ashtrays.

To help you fight the urge to smoke:

- Set a date in the next two weeks to stop smoking and stick to it.
- Throw away all your cigarettes and ashtrays.
- Stay away from other smokers.
- Tell your family and friends you are quitting and ask for their help.
- See your doctor to keep track of your progress.
- Talk to your doctor if you are having trouble, especially if quitting makes you gain weight or feel depressed.
- Stick with your plan.
- If you fail, don't give up. Try again. Some people need to start over three or four times before they beat the habit.
- For extra help, call **1-800-QUIT NOW**.

For more information, go to www.MedlinePlus.gov

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