

QUITTING SMOKING

No matter how long or how much you have smoked
Quitting has health benefits at ANY age

Benefits of Quitting

- Reduces risk of premature death
- Decrease risk for cardiovascular diseases, COPD, many cancers, strokes and other medical conditions
- Eliminates risk of second hand smoke to family, friends, coworkers, and others
- Slows COPD progression and reduces respiratory symptoms including decreasing coughing, wheezing, infections
- Rapidly raise good cholesterol (HDL) levels
- Quitting before or during pregnancy can help your baby have a normal birth weight



How to Quit

- Make a plan
 - Visit a healthcare professional
 - Call 1-800-QUIT-NOW for free help)
- Nicotine replacement (patch, gum, lozenge)
- Prescription medication

Learn More

www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm
www.mededmaterials.org

