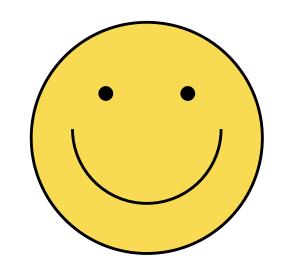
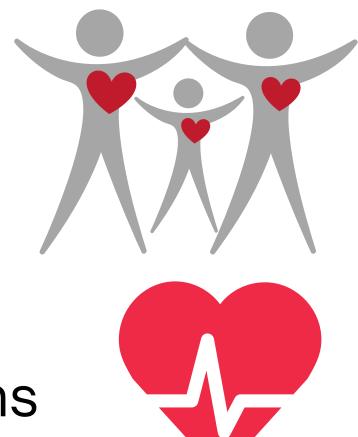
# QUITTING SMOKING

#### <u>No matter how long or how much you have smoked</u> <u>Quitting has health benefits at ANY age</u>

#### **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 symptomes 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





