

inspired

[to make healthy choices]

Volume 4 Issue 12 www.guideinc.org

Quitting Smoking

Tobacco use remains

THE SINGLE largest

preventable cause of disease and premature death in the US.

(CDC)

The good news is that you can quit!

Knowing Why You Want to Quit Impacts Your Success.

What Is Your Reason?



Quitting smoking is the most important step a smoker can take to improve the length & quality of life. As soon as you quit, your body begins to repair the damage caused by smoking.



Cigarette smoke harms everyone who inhales it, including the friends and family around you. Young or old, in good health or bad, secondhand smoke can make people sick.



It is expensive to smoke cigarettes - and the price keeps rising. Smoking one pack per day adds up to almost \$2,000 each year.



Smoking interferes with your sense of taste, so food will taste better when you quit. Your sense of smell also improves.

(AMERICAN LUNG ASSOCIATION)

GET HELP! YOU AREN'T ALONE

MEDICATIONS:

Research shows medications can increase your chances of being successful. Examples are nicotine inhalers, nicotine nasal sprays, antidepressants or Chantix, which blocks the effects of nicotine in the brain.

COUNSELING:

In-person counseling with a health care provider, telephone quit lines and support groups are available across the U.S. You can also enlist the help & support of friends, family & coworkers.

APPS:

Help for quitting is in the palm of your hand! Mobile apps & text messaging services can offer 24/7 encouragement & advice, set quit dates & track goals.
(AMERICAN CANCER SOCIETY)

Text QUIT to 202-899-7550 / Georgia Tobacco Quit Line: 1-877-270-STOP (7867)

"Inspired to Make Healthy Choices" Created by



GUIDE, Inc.