

No Ifs, Ands, or Butts About It – **BE TOBACCO FREE**

NOT USING TOBACCO IS ONE OF THE BEST CHOICES YOU CAN MAKE FOR YOUR HEALTH

Have you seen the commercial of a frail woman putting in dentures, placing a wig on her head, speaking with a voice box, and tying a scarf around a hole in her throat? She had surgery that removed cancer in her throat. Not a pretty sight. And a reminder that tobacco use can and does cause serious health problems.

BE SMART – DON'T START

If you don't smoke, don't even think about trying it. Nicotine is a powerful addiction. If you do use tobacco, get help to quit.

- Use a nicotine replacement product, such as a patch, gum, or lozenges. Use as directed.
- Ask your doctor about prescribed medicines that can help you quit.
- Take part in a stop smoking program.
- Throw away all your tobacco and tobacco items.
- When the urge to smoke, dip or chew tobacco hits you, breathe deeply through your mouth and slowly exhale through your mouth. Repeat four more times.
- Get rid of familiar tobacco triggers.
- Try sugarless gum, mints, and toothpicks to keep your mouth busy.
- Put the money you used to spend on cigarettes in a "ciggy" bank so you can reward yourself later.
- Put a rubber band on your wrist. Snap it when the urge to smoke, dip or chew strikes.
- Talk to a nonsmoking friend for support.
- Make a list of the positive changes you've noticed since quitting.
- Renew your commitment to quit daily.
- Don't give up if you relapse. Most people try several times before they finally quit.



GET HELP TO QUIT

American Lung Association
800.LUNG.USA (586.4872)
www.lungusa.org/tobacco

National Cancer Institute's
Smoking Quitline
877.44U.QUIT (448.7848)
www.cancer.gov/cancertopics/smoking

National Network of Tobacco
Cessation Quitlines
800.QUIT.NOW (784.8669)

Smokefree Women
www.women.smokefree.gov

U.S. Department of Health &
Human Services
www.smokefree.gov



Action Step

If the thought of quitting this very moment makes you crave another cigarette, don't fret. Start with an action plan. Write down the top reasons you want to quit and set a date. Tell others so they can encourage you.