



Smoking

- 1000 Americans die everyday from a smoking related death
- Increases your risk for Stroke, Heart Attack, Emphysema, Cancer (Lung, Mouth, Larynx, Pancreas, Kidney, Esophageal, Stomach, and Bladder--just to name a FEW)

Plan

- Set a date
- Select 2-3 people that will check in with you daily to make sure you are sticking to the plan
- Get rid of all Cigarettes, Lighters, Ashtrays in your home, car, and at work
- Download QuitGuide app
- Support Line 1-800-QUITNOW

Withdrawal

- Anxiety and Irritability
- Tiredness
- Increased Appetite
- Headaches

Treatment

- Nicotine Therapy: Nicotine Gum (chew and park method), Lozengers (suck and park method), Patches, Nasal Spray, Inhaler
- Prevent Cravings: Chantix, Zyban
- Drink more water, eat healthy, start exercising