

SMOKING

It's Time to **Quit**

*You can save
your life if you
quit smoking.
It may also keep
those around
you from
getting sick.*

SMOKING IS BAD FOR YOUR HEALTH

It's no secret. Smoking is bad for your health. The health problems it causes can harm you and your loved ones. Here are some of them:

- ▶ Heart disease
- ▶ Stroke
- ▶ Poor blood flow in legs and feet
- ▶ Lung cancer
- ▶ Diseases that make it very hard to breathe
- ▶ Problems with pregnancy

YOUR SMOKE HARMS OTHERS

Your smoke can cause disease in others. Children can get asthma and other lung diseases. It can give friends and family heart disease and lung cancer as if they smoked.

If you are pregnant, or thinking about becoming pregnant, get help and quit smoking now. The smoke you inhale can cause your baby to be born early or with a low birth weight. It can even cause your baby to die in the womb. After birth, breathing smoke can cause a baby to die all of a sudden. This is called Sudden Infant Death Syndrome (SIDS).

HOW TO QUIT SMOKING

Set a quit date, and start to cut back before the date.

Don't try to do it alone. See your doctor for help and tell friends and loved ones what you're doing. They can help. Avoid smokers while you are quitting.

Know what to expect. The first few weeks of quitting can be rough, but there's good news too. While you may have a bad temper and trouble sleeping at first, it will stop after about three weeks.

HELP IN QUITTING

Call the Quit Line at **1-800-NO-BUTTS** for help. If you would like more information ask your doctor.

It may look hard now, but you can quit. It may take you more than one try to do it. Now is the time to quit. It's for your sake and the sake of those you love.