

It's never too late to stop smoking



Stopping smoking – stepping forward

Deciding to stop smoking is one of the best choices you will ever make. Know that it is never too late to quit. People who quit smoking may live longer. This is true even for people who quit later in life.

To get support to stop smoking, contact these organizations.

American Heart Association
800-242-8721
www.americanheart.org

American Lung Association
800-586-4872
To speak with a lung health professional,
call 800-548-8252.
www.lungusa.org

Tips for stopping smoking

- Write down why you want to quit.** You might list “Having more energy” or “Living longer”
- Set a quit date.** Choose a low-stress time to quit
- Ask your doctor about treatments that can help you stop smoking.** These can help stop the urge to smoke
- Find things to replace smoking.** Sugarless gum or candy can keep your mouth busy
- Be active during the day.** Being active can help lessen the stress of quitting
- Relax before bedtime.** Try taking a hot bath and drinking hot, noncaffeinated herbal tea or milk just before bedtime
- Get help from others.** Ask your doctor or area hospital about local support groups. For online support, check out *Freedom From Smoking*® on the American Lung Association Web site (see listing above). And ask those close to you for support as you are quitting
- Stick with it!** Most smokers have to “practice” quitting several times before they stop for good

Talk with your doctor about ways to stop smoking.