

# Good Information for Smokers

## You Can Quit Smoking

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Quitting is hard. Many people try several times before they quit for good. The information below explains how you can get help to quit smoking.

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## Good Reasons for Quitting

More than 430,000 Americans die each year from smoking. Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.

### When you quit:

- Your chances of getting sick from smoking will be less.
- You will have more energy and breathe easier.
- If you are pregnant, your baby will get more oxygen and be healthier.
- The people you live with, especially your children, will be healthier. Breathing in other people's smoke can cause asthma and other health problems.
- You will have more money to spend on things other than cigarettes.

## There Has Never Been a Better Time to Quit

A combination works.

- [Get Ready](#).
- [Get Medicine](#).
- [Get Help](#).
- [Stay Quit](#).

## Get Ready to Quit

1. Set a quit date.  
My quit date: \_\_\_\_\_
2. Change the things around you.
  - Get rid of all cigarettes and ashtrays in your home, car, and place of work.
  - Do not let people smoke in your home.
3. After you quit, don't smoke—not even a puff!

## Get Medicine to Help You Quit

You can buy nicotine gum or the nicotine patch at a drug store. You can ask your pharmacist for more information.

Ask your doctor about other medicines that can help you.

- Nicotine nasal spray.
- Nicotine inhaler.
- Bupropion SR (pill).

## Get Help

Tell your family, friends, and people you work with that you are going to quit. Ask for their support.

Talk to your doctor, nurse, or other health care worker. They can help you quit.

Get together with other people who are trying to quit, or call a hotline.

To find out where to get help in your area, call the American Cancer Society toll-free: 1-877-44U-QUIT.

## Helpful Hints to Stay Quit

If you "slip" and smoke, don't give up. Set a new date to get back on track.

- Avoid alcohol.
- Avoid being around smoking.
- Eat healthy food and get exercise.

- Keep a positive attitude. You can do it!

# You Can Quit

Most people try several times before they quit for good. Quitting is hard, but—**You Can Quit Smoking.**

**U.S. Department of Health and Human Services**  
Public Health Service

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