What works best to help you quit
Smoking Cessation programs used with medication or nicotine replacements have proven to be the best way to quit smoking. Both individual and group counseling programs are available. Talk with your doctor about which programs, medications or nicotine replacements might be best for you. Check with your health insurance plan for coverage and availability. (The customer service number should be located on your insurance card.)

Additional resources
New York State Smoker’s Quitline
1.866.NY.QUITS
(1.866.697.8487)
www.nysmokefree.com

American Cancer Society
1.800.ACS.2345
(1.800.227.2345)
www.cancer.org

American Lung Association
1.800.LUNG.USA
(1.800.586.4872)
www.lungusa.org

Centers for Disease Control and Prevention
1.800.CDC.1311
(1.800.232.1311)
www.cdc.gov/tobacco

Do it for yourself; do it for your family.
There is no better time to quit now. Quitting smoking is one of the hardest things to do. That's because the nicotine in cigarettes, cigars, pipes and even smokeless tobacco like snuff and dip is very addictive. Sometimes it's as addictive as heroin or cocaine!

You've heard many of the medical reasons why you should quit. Reasons include that you are less likely to develop:

- Cancer
- Lung Disease
- Chronic Bronchitis
- Emphysema
- Heart Attack
- Stroke

As compelling as these reasons are, many find it hard to go smoke free.

In this brochure, you'll be reminded of the obvious reasons to stop smoking. You also will learn other reasons you may not have known. We hope this information helps you to take the first step to quit smoking.

Stay positive and don't give up! The average smoker tries to quit six times before breaking the habit. Each try makes him or her more likely to succeed the next time. The feeling of accomplishment and the way you'll feel when you quit will be worth the effort.

Good luck!

Smoking’s effects on the body
You may think you enjoy the feeling that smoking brings, but your body does not. It tries to tell you in several ways, such as:

- Shortness of breath
- A hacking “smoker’s cough”
- Gum disease
- Stained teeth, fingers and fingernails
- Bad breath
- Wrinkled skin

Positive effects of quitting
It’s never too late to feel the positive effects once you’ve stopped smoking. You’ll begin showing signs of better health almost immediately.

Consider that...

- Within 20 minutes after smoking your last cigarette, your blood pressure will drop to the level you had before your last cigarette. Your heart will stabilize.
- Within 8 hours, the carbon monoxide level in your blood will return to normal. The oxygen level in your blood will increase. Mucus will begin to clear out of your lungs to make breathing easier.
- Within 24 to 48 hours, your sense of smell and taste will improve. More importantly, your chance of a heart attack decreases.
- Within 3 months, your circulation and immune system will improve. Your lung function will increase up to 30 percent.
- Within 9 months, any sinus congestion, wheezing, shortness of breath and phlegm production will decrease. Lung function will continue to improve.
- 1 year after quitting, the risk of suffering a heart attack is reduced by 50 percent.
- 5 years after quitting, the risk of developing a stroke is reduced to the same level as that of a non-smoker.
- 10 years after quitting, the chance of getting lung cancer is reduced by 50 percent.

Improve your quality of life
Developing cancer or another serious illness from smoking may seem too remote to worry about. But, think about how smoking affects your quality of life today. How do you feel when climbing a flight of stairs? Can you participate in sports and other outdoor activities or play with your children? One of the many benefits of quitting is being able to do these things without feeling short of breath.

Need more convincing?
Quitting makes good (dollars and) cents!
A one pack a day smoker who quits can save more than $1,500 each year.