

HOW TO QUIT SMOKING

REASONS TO QUIT

Smoking Kills

Smoking causes 1 out of every 5 deaths in the US every year. On average, smokers die 7-8 years earlier than non-smokers.

Reduce Cancer Risk

1 out of 3 cancer deaths are caused by tobacco. All deaths from tobacco use are preventable.

Smoking is Expensive

1 pack a day = \$2,216 per year
2 packs a day = \$4,431 per year

Smoking is Addictive

Smokers crave the nicotine in cigarettes because they are addicted to it. Smoking becomes a dangerous habit.

SET A QUIT DATE

Setting a quit date will give you a goal to work towards!

TODAY



THE FIRST FEW DAYS

The first week of quitting is the hardest! After the first few days, it gets easier to breathe and your sense of smell and taste returns.



THE NIGHT BEFORE

Throw out all of your cigarettes, lighters, matches, and ashtrays! Stock up on sugar-free gum, mints, and healthy snacks. If you plan on using medication to help you quit, make sure you know how to use it.



THE 5 D'S CAN HELP

- Drink water
- Deep breathe
- Do things to stay busy
- Delay each cigarette 3 to 5 minutes
- Discuss feelings with family and friends



ADDITIONAL INFORMATION

[AAFP Quit Smoking Guide](#)
[Smokefree.gov](#)
[American Cancer Society's Quit Smoking Guide](#)

YOU CAN
DO IT!