

# QUIT SMOKING



Smoking can increase your risk of stroke by as much as 3 times.



Quitting smoking is the most important thing you can do for your health.

## SMOKING CAN:



Reduce the amount of oxygen in your blood



Make your heart work harder



Increase your risk of blood clots



Lead to buildup in your arteries

## WHAT YOU CAN DO

It's never too late to quit smoking.



Pick a quit date in the next 30 days.



Start cutting down the number of cigarettes you smoke today.

## WAYS TO HELP DURING YOUR QUITTING PROCESS:



Talk to your doctor about medications and aids to help you quit smoking



Stay focused on your goal and the benefit to your health



Remove any tobacco products from your home/environment (lighters etc)



Stay motivated knowing the amount of money you can save



Reach out for support (friends, groups, one on one, online forums)



If at first you don't succeed, keep trying

Anticipate triggers and have a plan to deal with cravings by:



Going for walks



Taking deep breaths



Distracting yourself (talk to a friend, play a game)

TALK TO YOUR HEALTHCARE PROVIDER ABOUT QUITTING SMOKING.