No Ifs, Ands, or Butts About It –

**BE TOBACCO FREE**

**Not using tobacco is one of the best choices you can make for your health**

Have you seen the commercial of a frail woman putting in dentures, placing a wig on her head, speaking with a voice box, and tying a scarf around a hole in her throat? She had surgery that removed cancer in her throat. Not a pretty sight. And a reminder that tobacco use can and does cause serious health problems.

**Be smart – don’t start**

If you don’t smoke, don’t even think about trying it. Nicotine is a powerful addiction. If you do use tobacco, get help to quit.

- Use a nicotine replacement product, such as a patch, gum, or lozenges. Use as directed.
- Ask your doctor about prescribed medicines that can help you quit.
- Take part in a stop smoking program.
- Throw away all your tobacco and tobacco items.
- When the urge to smoke, dip or chew tobacco hits you, breathe deeply through your mouth and slowly exhale through your mouth. Repeat four more times.
- Get rid of familiar tobacco triggers.
- Try sugarless gum, mints, and toothpicks to keep your mouth busy.
- Put the money you used to spend on cigarettes in a “ciggy” bank so you can reward yourself later.
- Put a rubber band on your wrist. Snap it when the urge to smoke, dip or chew strikes.
- Talk to a nonsmoking friend for support.
- Make a list of the positive changes you’ve noticed since quitting.
- Renew your commitment to quit daily.
- Don’t give up if you relapse. Most people try several times before they finally quit.

**Get help to quit**

American Lung Association
800.LUNG.USA (586.4872)
www.lungusa.org/tobacco

National Cancer Institute’s Smoking Quitline
877.44U.QUIT (448.7848)
www.cancer.gov/cancertopics/smoking

National Network of Tobacco Cessation Quitlines
800.QUIT.NOW (784.8669)

Smokefree Women
www.women.smokefree.gov

U.S. Department of Health & Human Services
www.smokefree.gov

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