

# THINGS PEOPLE SHOULD KNOW ABOUT SMOKING

In the Clinic  
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Whatever your age, the amount you smoke, or when you started... quitting will improve your health.

## HEALTH TIPS\*

### WHAT YOU CAN DO

- Smoking can make you sick and shorten your life.
- If you quit now, you will be healthier.
- Quitting is hard work, but there are ways to help you.

- Smoking is dangerous, especially if you already have heart or lung disease or if you are pregnant.
- It increases the chances of your having a heart attack, stroke, lung disease, and cancer. When you smoke, you can make people around you sick—even your children.
- You can quit smoking even if you have smoked for a long time.
- When you quit smoking, it will change your life in a good way—you will feel better, live longer, and save money.

#### Ask your doctor

- Why it is important for you to quit
- How quitting can help you

#### Ask your doctor about what help you can get to stop smoking.

- Ways you can help yourself
- Treatment groups with other smokers

- Medicines to help stop the urge to smoke
- After starting your program, set up times to see your doctor.

#### To help you fight the urge to smoke:

- Set a date in the next 2 weeks to stop smoking and stick to it.
- Throw away all your cigarettes *and* ashtrays
- Stay away from other smokers.
- Tell your family and friends you are quitting and ask for their help.
- See your doctor to keep track of your progress.
- Talk to your doctor if you are having trouble, especially if quitting makes you gain weight or feel depressed.
- Stick with your plan.
- If you fail, don't give up. Try again. Some people need to start over 3 or 4 times before they beat the habit.

**For free advice about quitting call: 1-800 QUIT-NOW**

\*HEALTH TIPS are developed by the American College of Physicians Foundation and PIER

### Internet Sites with Good Information about How to Quit Smoking

#### Centers for Disease Control

<http://cdc.gov/tobacco/>

#### MedlinePlus

[www.nlm.nih.gov/medlineplus/smokingcessation.html](http://www.nlm.nih.gov/medlineplus/smokingcessation.html)

#### Smoking Cessation Leadership Center

<http://smokingcessationleadership.ucsf.edu/>