

## Cigarettes Are Deadly

In the United States, tobacco causes nearly 1 in 6 deaths, killing about 443,000 each year.

Tobacco is a possible cause of many forms of cancer including lung, which is the leading cause of cancer death.

Damage to the lungs begins early in smokers. Smoking causes:

- Lung Cancer
- Heart Disease
- Emphysema
- Chronic Obstructive Pulmonary Disease (COPD)
- Stroke
- Pneumonia
- Chronic Bronchitis

People who quit smoking lower their risk of developing lung and other types of cancer, as well as reduce respiratory symptoms such as coughing, wheezing and shortness of breath.



## Get Support & Encouragement

Get individual, group or telephone counseling. This may help improve your chances of quitting.

Talk to your health care provider. He or she can recommend Nicotine Replacement Therapies that can help you reach your smoke-free goals.

Tell your family, friends and coworkers that you are going to quit, and ask for their support. If they smoke, ask them not to smoke around you.

In Illinois, call 1-866-QUIT YES (1-866-784-8937).

The Illinois Tobacco Quitline has certified cessation counselors who can provide you with information about quitting, help you design a quit program, or provide information about programs available at local health departments, hospitals or health centers in your area.

For more information contact:

Asian Health Coalition  
312 - 372 - 7070 x229  
casap@asianhealth.org



When you  
choose to  
quit, you are  
free to soar.

Quit smoking today  
and improve your  
health for tomorrow.



# Time to quit smoking.

Whatever the reason,  
it's the right time to quit!



## Ideas to help you quit smoking for the rest of your life!

- Write down a list of reasons why you want to quit. Carry those reasons with you so you can look at them when you want to smoke.
- Set a date to quit smoking. Take time to plan out how you will quit. With a plan you are more likely to succeed at quitting.
- Get rid of any evidence of smoking from your life. Clean your car and your clothes. Get rid of ashtrays and cigarettes.
- Change your daily routine as much as possible so that your normal times to smoke are no longer there.
- Instead of alcohol and caffeinated drinks, drink water.
- Keep a healthy alternative like carrots or gum handy when you want to smoke.
- Do something physical to reduce your urge to smoke, especially when you are stressed or bored.
- Spend time with people that do not smoke or are ex-smokers.
- Plan ways to avoid smoking before you go to places where people may be smoking.

A lot of people who have stopped smoking have tried to stop several times before they finally were able to quit for good.

If you smoke while attempting to quit, do not stop trying!