

## Benefits of Quitting



Improves health and increases life expectancy



Lowers risk of different cancers



Lowers risk of chronic obstructive pulmonary disease (COPD)



Lowers risk of heart disease



Quitting is beneficial at any age, even for people who smoke heavily or have smoked for many years

## The American Lung Association

National Network of Tobacco Cessation Quit Lines Toll free hotline: 1-800-QUITNOW



### City Medical Center

Non-profit low-cost clinic  
3920 Braxton Suite 110  
Houston, TX 77063  
**Phone:** 281-853-9924  
Open Saturdays from  
9am-12 pm  
[www.foundationforbe.org](http://www.foundationforbe.org)



# HOW TO QUIT SMOKING

1

## Prepare the night before quitting

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Wash your bedding and clothes to get rid of cigarette smells. You should also get rid of ashtrays, cigarettes and lighters from your house. Make sure to get plenty of sleep, since this will help lower your stress.



2

## Ask for support

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Your family and friends can be extra support in your cessation journey. Let them know your goal and ask them to help you by not smoking around you or offering you a cigarette. You can also ask for their encouragement and to remind you of your specific goals when temptation is difficult.



3

## Know your triggers

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Many people find that certain situations trigger the desire to smoke. You might want a cigarette with your cup of coffee, for instance, or you might want to smoke when you're trying to solve a problem at work. Identify places where it may be difficult not to smoke and have a plan of what you'll do in those places.



4

## Be committed to not smoking

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Continue your plan even if you have bumps in the road. If you have a relapse and smoke for an entire day, be sure to be gentle and forgiving with yourself. Accept that the day was tough, remind yourself that quitting is a long, hard journey, and get back on your plan the next day.