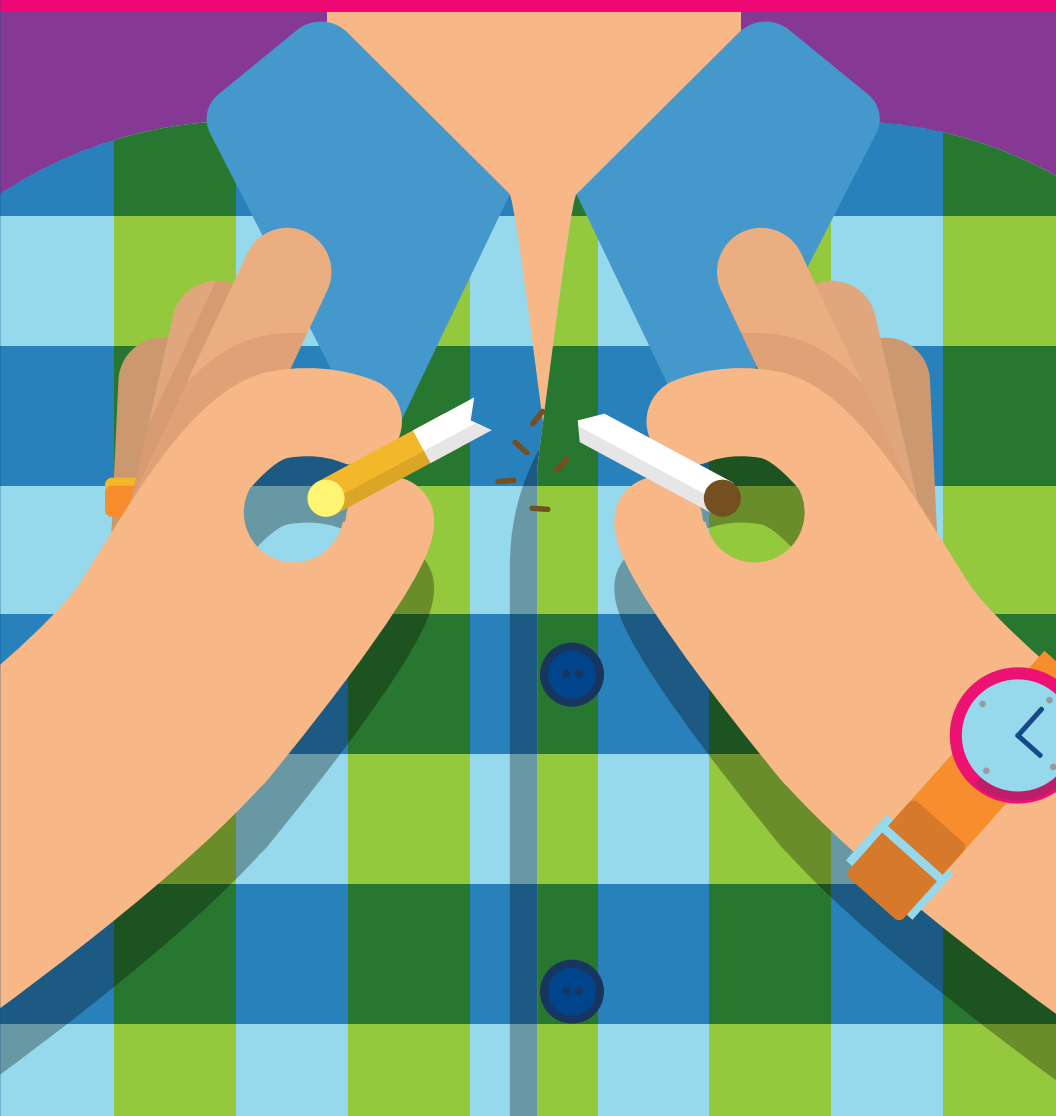


Time to Quit Smoking.
Let Us Help.

NYC
HEALTH+
HOSPITALS



No matter how long or how much you smoke, it is never too late to quit. Smoking can lead to serious health problems and take a toll on your life. If you quit, you can live a longer life, feel and look better, and save money. But quitting can be tough and most smokers need help.

Here are some great reasons to kick the habit:

- + Live a healthier, longer life: Smoking can cause cancer, heart attacks, stroke and many other diseases. Non-smokers live about 10 years longer than smokers
- + Feel better: Get rid of your cough, breathe easier, have more energy, and stop feeling sick all the time.
- + Look and smell better: Smoking can lead to yellow or blackened teeth, tooth loss, burned gums, change in skin color, and hair loss.
- + Save money: Smoking a pack of cigarettes a day in NYC is expensive. Save over \$300 a month and \$4000 a year by quitting. Treat yourself with the extra savings.
- + Improve the health of people around you: If you smoke around family, friends, and pets they can get sick from breathing in smoke that you breathed out. This can also cause health problems for them, like severe asthma attacks, heart disease, lung cancer, and stroke.



Here are some tips to help you quit:



GET HELP

Ask a care provider, like a doctor, nurse, or counselor, for help. There are medications that can make it easier to quit and stay smoke free. Tell your family, friends, and teachers that you are quitting. Ask for their support.

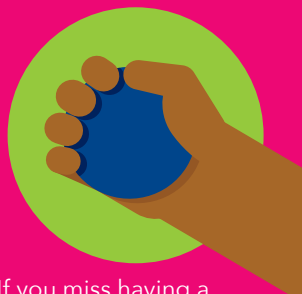
PREPARE TO QUIT

Set a quit date and mark this date with your care provider, family, teachers, and friends. Throw out all cigarettes, ashtrays, and lighters before your quit date.



DISTRACT YOURSELF

Keeping yourself busy will help keep your mind off smoking



LEARN TO COPE WITH URGES

Change your routine and habits. If you miss having a cigarette in your hand, try replacing it with a pencil, paper clip, or a stress ball. Take up an activity like going for walk with friends. Have a plan on hand to combat urges.



DON'T GIVE UP

Most people do not quit the first time they try. Some people quit for a little while and then start again. That's okay. The most important thing is to keep trying. Be patient with yourself, think about how far you have come, and try again.

LEARN HOW TO DEAL WITH STRESS

Many people smoke when they are anxious or stressed out. Try other ways to manage stress. Some ways can include going for a walk, exercising, or talking with friends. Find ways that work best for you.



For more information on how to quit smoking, please speak to a doctor or other care provider at NYC Health + Hospitals. You can also call 1-866-NY QUIT (1-866-697-8487) or go to nysmokefree.com.

Live Your Healthiest Life. **NYC
HEALTH+
HOSPITALS**

Call for an appointment
1-844-NYC-4NYC



STAY CONNECTED. FOLLOW US.

nychealthandhospitals.org