

If you would like to quit smoking,
call the Try-to-Stop Tobacco Resource
Center of New Hampshire

1-800-TRY-TO-STOP
(1-800-879-8678)

Spanish: 1-800-8-DEJALO
(1-800-833-5256)

TTY/TDD: 1-800-TTD-1477
(1-800-833-1477)

Daily Recorded Quit Tips:

1-800-9-GET-A-TIP
(1-800-943-8284)

www.trytostop.org



**thinking about
quitting
smoking**

**The Try-to-Stop
Tobacco Resource
Center can help**

The Try-to-Stop Tobacco Resource Center can help you quit **1-800-TRY-TO-STOP**

If you are like many smokers, you think often about quitting. You may have even tried to quit before, but you haven't been able to make it last.

You CAN stop smoking successfully!

But you will need **Motivation** and **Determination**. You will also need a plan for quitting that will help you not only to quit, but to *stay* quit. Quitting isn't easy, but it's worth the effort.

The Resource Center Provides:

- ▲ Information about quitting
- ▲ Individual support to help you quit and stay quit
- ▲ Referrals to quit smoking programs in your local area
- ▲ Free services that are available by telephone
- ▲ Day and evening hours
- ▲ www.trytostop.org

When a smoker quits...

▲ **After 8 hours:**

Carbon monoxide level in blood drops to normal and oxygen level in blood increases to normal.

▲ **After 24 hours:**

Chance of heart attack decreases.

▲ **After 48 hours:**

Ability to smell and taste is enhanced.

▲ **After 2 weeks – 3 months:**

Lung function increases up to 30% and overall energy increases.

▲ **After 1 year:**

Excess risk of coronary heart disease is half that of a smoker.

▲ **After 5 years**

Lung cancer death rate for average former smoker decreases by half.

▲ **After 10 years:**

Lung cancer death rate becomes similar to that of nonsmokers.

▲ **After 15 years:**

Risk of coronary heart disease is that of a nonsmoker.

1-800-TRY-TO-STOP

Tips for quitting smoking...

- ▲ Write down your most important reason for quitting and look at it often.
- ▲ Set a date to quit and tell your friends, family and co-workers.
- ▲ Try to avoid alcohol at first, until you get more used to being a nonsmoker.
- ▲ Try to plan ahead for situations that will be especially challenging in the early days of quitting, such as after meals or during break time at work.
- ▲ Remember—a craving to smoke will pass, whether you light up or not.
- ▲ When you have a craving, do something, anything to keep yourself busy and your mind occupied.
- ▲ Take deep, rhythmic breaths to help you to relax, and try moderate exercise such as walking to relieve stress.
- ▲ If you quit for one day, you can quit for another, and it will get easier as each day passes.
- ▲ If you do have a cigarette, don't give up, just don't have a second cigarette.