

You *Can* Quit Smoking

(NAPS)—There could be good news for many Americans who feared their resolve to quit cigarettes would go up in smoke.

When To Quit

Quit now! Doctors point out that these days kicking the habit may be easier to do than ever before.

For one thing, science's understanding of tobacco dependence has increased. It seems it's a chronic condition that often requires repeated treatment, much like high blood pressure and diabetes. Fortunately, research also shows treatment works and can produce long term or even permanent recovery.

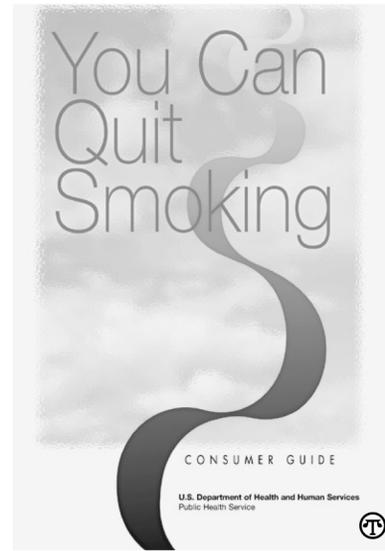
Why To Quit

This is good for several reasons. If you quit you can:

- Live a longer and healthier life.
- Have more energy and be able to breathe easier.
- Lower your risk of heart problems, strokes and cancer.
- Ensure that people in your household, especially children, will be healthier.
- Save money. If you spend \$3 a day on cigarettes, you can save over \$1,000 in a year.

How To Quit

With the help of a healthcare professional, you can find a quit plan that's right for you. This can include counseling; nicotine replacement with an over-the-counter product such as the nicotine patch or gum or a prescription product, for instance, a nicotine inhaler, nasal spray or new non-nicotine pill. While many smokers try to quit on their own, or cold turkey, studies have shown that those who



No butts about it, even if you have tried to quit smoking before, now may be the time you succeed.

work with their healthcare professional achieve a higher success rate.

Where To Get Help

A new booklet, "You Can Quit Smoking," developed by the U.S. Public Health Service, can help you on the road to becoming tobacco free. The booklet features a five step program to help you quit and includes questions to ask yourself, your family and your healthcare provider. It also offers tips to help you establish a support network to handle relapses, find alternatives to tobacco and understand the reasons now is the time to make this life-saving decision.

For a free copy, call 1-800-358-9295.