

HOW CAN I QUIT SMOKING?

YOUR ATTITUDE IS THE KEY TO SUCCESS

- ♥ You must want to quit. Motivation is crucial for success.
- ♥ You must realize that smoking has hurt you (and your loved ones).
- ♥ You must keep trying to quit in spite of short-term setbacks.

SOME PRACTICAL ADVICE

- ♥ Quitting completely (“going cold turkey”) is more successful than trying to quit smoking gradually.
- ♥ Pick a date to stop smoking. Remove all cigarettes, tobacco products, ashtrays, etc., from your house the night before you quit.
- ♥ Let your family, friends, and close co-workers know that you are trying to quit and ask for their support and understanding. Quitting is more difficult if your family members (especially your spouse) continue to smoke around you. Make it a family project for all smokers to quit together.
- ♥ Limit or eliminate alcohol while you are quitting smoking. Consuming alcohol reduces your chance of quitting successfully.
- ♥ We can refer you to a smoking cessation group. If you are interested, let us know.

MEDICATIONS MAY HELP

- ♥ Medications may help only a motivated smoker who wants to quit – medications will not make up for a lack of motivation to quit.
- ♥ Medications to help stop smoking are not for everyone. We can discuss with you whether you would benefit from one of these medications.

PHONE RESOURCE

- ♥ New Mexico Tobacco Help Line: 800-784-8669

ONLINE RESOURCE

- ♥ The American Lung Association has good advice about stopping smoking:
<http://www.lungusa.org/stop-smoking/>