

TOOLS TO HELP YOU QUIT

- Buy a new toothbrush
- Stop smoking in your house
- Clean your house to remove the tar and smell from cigarettes
- Stop smoking in your car
- Drink more water
- Take some deep breaths when you get a craving
- Distract yourself by doing something that you enjoy, calling a friend, taking a walk, chewing gum or using sugar-free hard candy.
- Spend more time with friends and family who are non-smokers.
- Gradually cut down the number of cigarettes you smoke daily.

SAVE MONEY

- If you smoke a pack a day, you are spending about \$3240.00 a year to smoke. That's \$270.00 a month.
- Think of all the things you could do with that much money!
- You could take a vacation, make a car payment, pay your cell phone bill, buy a computer, etc.
- If you smoke 2 packs a day you are spending \$540.00 a month and \$6480 a.00 a year!

SOME INGREDIENTS IN CIGARETTES

- Ammonia
- Arsenic
- Butane (lighter fluid fuel)
- DDT (pesticide)
- Formaldehyde (embalming fluid)
- Mercury
- Methanol (rocket fuel)
- Nicotine (addictive drug)

WHEN YOU QUIT

- Just 20 minutes after smoking a cigarette blood pressure returns to normal
- The temperature of hands and feet increases to normal levels
- Within 8 hours the oxygen level in blood returns to normal
- Within 24 hours the chance of a heart attack decreases
- Within 2 weeks circulation improves & lung function increases
- Within 1 month Shortness of breath decreases
- Within 1 year the risk of coronary heart disease is half that of a smoker