

# I want to quit smoking. I can quit smoking

## When you give up smoking...

Your quality of life, your health, your physical fitness, your breath and the color of your teeth, your sense of taste and smell all improve, as do your sexuality, fertility, pregnancy and childbirth and the health of the people around you.

The risk of cancer and heart attack decreases very quickly, lung lesions stop growing and you suffer less from pharyngitis and bronchitis, osteoporosis and gum disease. You get fewer face wrinkles and your clothes don't smell. Most ex-smokers are less stressed after they quit smoking. You save lots of money.

## If you've decided to quit...

Congratulations!... It is one of the most important decisions you can make for your health.

Set your quit smoking date: **D day**. If possible, less than one month away.

Tell your family and friends about your decision and ask them for their help and support. Ask them to not smoke around you.

You can talk to your doctor or nurse at the Health Center.

## Practical advice

If you've already tried quitting before, think about what helped and what made you start smoking again.


Exercise, it will help you cope with stress.

Remove ashtrays and lighters from your home and workplace.

There are medicines that can help you quit smoking. Get advice from your doctor or nurse.

Make a list of the reasons you have for smoking and the reasons why you want to

quit. Put that list somewhere where you can see it.



Reasons for smoking

Reasons for quitting

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Make a list of the times when you most feel the urge to smoke and what you will do to beat the urge. Find alternatives to make it through the first few days without smoking.

Time	Importance	Alternative