

Don't Quit Alone!



Did you know?

- Quitting smoking is the most important thing you can do to protect your health.
- Your health improves as soon as you quit. Within a day, your chances of having a heart attack decrease. Within a month, your blood pressure and breathing improve.
- Using the patch and getting support will help your chances of quitting.

David: Hey, Jack, is everything ok?

Jack: I'm trying to quit smoking and it's making me cranky.

David: Well I'm glad you decided to quit. That's great news!

Jack: You know, my wife complains about the money I spend and the smoke in the house. But this is hard!

David: I know how you feel – I've been there. It was hard to quit. But you don't have to go through it alone.

Jack: How did you do it?

David: The first thing I did was to call a free phone number for people who want to quit smoking. They spoke to me in private, and found a local support group for me to join. I also used the patch, which helped with the cravings.

Jack: That sounds like good advice. Maybe I should try that.

David: Trust me – if I can do it, you can do it. You have nothing to lose and a lot to gain. And the call is free.

Jack: Sounds good. So what's the number you called?

To get help
quitting, call:

1.800.227.2345



Get help anytime.

1.800.227.2345 / www.cancer.org