SOME GREAT REASONS FOR QUITTING:

- Former smokers live longer than continuing smokers. For example, persons who quit smoking before age 50 have one-half the risk of dying in the next 15 years compared with continuing smokers.

- Quitting smoking decreases the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.

- Women who stop smoking before pregnancy or during the first three to four months of pregnancy reduce their risk of having a low birth weight baby to that of women who never smoked.

- The health benefits of smoking cessation far exceed any risks from the average five-pound weight gain or any adverse psychological effects that may follow quitting.

(Source: American Cancer Society)

LOCAL SERVICES AVAILABLE:

Dickinson-Iron District Health Department
(906) 779-7234 or (906) 265-9913
www.didhd.org

The Dickinson-Iron District Health Department offers smoking cessation for women who are enrolled in the Women, Infants, and Children program. In addition, the Health Department can assist individuals and employees in quitting smoking. Call for a free quit kit today.
Quit Plan Steps: I am ready to quit smoking

1. Choose a quit date

2. Write down your motivations: “I am quitting because...”

3. Preparation activities: “I will prepare to quit by...”
   - Getting rid of all smoking items
   - Practicing not smoking during certain hours of the day and night
   - Cutting back the number of cigarettes you smoke to ____ per ____
   - Not allowing smoking in your home
   - Learning or practicing methods of relaxation

4. Support & Resources: “I will ask for support from...”

5. Triggers & Coping Strategies: “I will cope with urges to smoke by...”

6. Reward: “I will reward myself for quitting by...”

(Information provided by the American Cancer Society)

RESOURCES:

Michigan Department of Community Health
http://www.michigan.gov/mdch/0,1607,7-132-2940_3182_22973--,00.html
1-800-480-7848

Michigan Steps Up
www.michiganstepsup.org

American Cancer Society
1-800-ACS-2345
www.cancer.org

American Lung Association
http://www.nicotine-anonymous.org

Quit for Life
http://www.freeclear.com/

Nicotine Anonymous
http://www.nicotine-anonymous.org/