

It's Worth Thinking About.

Maybe smoking has not yet given you coughing attacks, or taken your breath away when you climb stairs, but now is the best time to quit, before it does.

Everyday, scientists uncover new health hazards related to smoking, but *your* reasons for quitting are the most important.

Let Nothing Get in Your Way

You know quitting will be tough. Smoking may feel like your best friend, but it's your worst enemy. More than half of Texans who smoke will get sick or die from it.

Here are a few common thoughts and their underlying truths:

"I'm under a lot of stress and smoking relaxes me."
Your body is used to nicotine, so you feel stressed without it. But nicotine is, in fact, a stimulant: it raises your heart rate, blood pressure and adrenaline level. A few weeks after quitting, you'll feel much less stressed and nervous.

"I smoke only low-tar and low-nicotine cigarettes."
These cigarettes are still harmful. Many "light" smokers inhale more often and more deeply to maintain their nicotine intake. Carbon monoxide intake actually increases with a switch to low-tar cigarettes.

"I'm worried about gaining weight."
Gaining weight isn't for certain. Many tips are available to keep your weight stable. Ask your doctor, call the American Cancer Society's toll-free QUITLINE at 1-877-YES-QUIT, or visit www.cancer.org.

"I don't know what to do with my hands."
You can keep your hands busy in other ways. Try holding a pencil, key chain or marble. If you're at home, think of all the things you wish you had time to do, make a list, and check it whenever your hands feel restless.

When you decide to stop smoking, tell your family, friends and primary care doctor. Together, they can help you take the next step.

**Quitting for good. It's worth thinking about.
1-877-YES-QUIT**



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Maybe. I'm Thinking About Quitting.



Smoking is the single greatest cause of preventable illness and death. Each year it snuffs out more lives than AIDS, illegal drugs, alcohol, fires, car accidents, murders and suicides combined. In fact, one Texan will die from smoking in the next 22 minutes.

If you are thinking about quitting, just remember: making a decision to quit is one of the most important things you can do for your health.



Chronic Disease Prevention Branch
Tobacco Prevention & Control

