



Doctor's Advice to Quit Smoking

Only 5 percent of smokers who try to quit each year succeed on their own.

With a little help, in the form of brief counseling, family support and nicotine-replacement drugs, the success rate jumps dramatically.

In fact, a patient's chance of success doubles under a doctor's advice.

If you smoke and want to stop, ask for your doctor's support.

He or she holds the tools to help you join the 46 million who are former smokers.

That's today's Health Tip from _____ .