

# Tips To Help You Quit



- Create a list of reasons why you want to stop smoking, and remind yourself often.
- Set a date when you plan to get rid of ashtrays, lighters, and cigarettes.
- Make your environment smoke-free and request smokers not to light up in front of you.
- Find a “buddy” to quit with you or seek the support of someone who was able to stop smoking.
- Talk to your doctor who can provide counseling and medications that can help you quit.
- Medicaid members are eligible for 8 smoking cessation counseling sessions in a calendar year. For more information, call Member Services at 1-866-463-6743, Monday-Friday, 8am-6pm.
- Call 311 or the NYS Quitline at 1-866-NY-QUITS for coaching or more information.
- Visit [www.healthfirst.org](http://www.healthfirst.org) to learn more about smoking cessation.



For more information,  
contact Member Services at:  
**1-866-463-6743**  
TTY 1-888-542-3821  
Monday–Friday, 8am–6pm



## Kick the Smoking Habit Starting Today!

**NO Butts Allowed**



## Risk of Smoking



- Puts you at risk for heart disease, stroke, and many types of cancer.
- Causes more deaths each year in the U.S. than alcohol, crack, heroin, homicides, suicides, car accidents, fires and AIDS combined.
- Affects children as they are more likely to have bronchitis, asthma, ear infections, and pneumonia because their parents smoke.
- Fills your lungs with nicotine, (one of the most addictive substances known).
- Costs you more than \$3,200 a year (if you smoke a pack a day).
- Endangers pregnant women if they smoke or are exposed to secondhand smoke. They are at risk of having a baby with low birth weight

## Feel Like Smoking?



- **Delay the urge:** just wait and the urge will pass in less than 10 minutes.
- **Talk to a friend:** sharing your desire to quit with friends and family will build a valuable support group.
- **Drink water:** hydrate your body and you'll feel better all around.
- **Distract yourself:** try to focus on accomplishing a task to take your mind off smoking.
- **Exercise:** take a walk, shoot some hoops, ride your bike. Exercise energizes your mind.
- **Never give up:** every time you don't smoke is a small victory towards winning the battle.

## Benefits of Quitting



- **After 20 minutes:** Blood pressure and heart rate go down.
- **1-2 days:** The risk of having a heart attack decreases and your sense of smell/taste improves.
- **2-3 weeks:** Your circulation increases, lung function improves, and walking is easier.
- **1 year:** The risk of heart disease is reduced by 50%.
- **5 years:** The possibility of getting cancer of the mouth, throat, and esophagus is decreased by 50%.
- **10 years:** The chance of you dying from lung cancer is almost similar to that of a non-smoker.