

## WHERE TO GO FOR SUPPORT



### SMOKEFREE.GOV

This site has great tips and tricks for quitting. Read how to calm your cravings and boost your mood. You can also download an app or sign up for helpful text messages.

### NYSMOKEFREE.COM

You'll find information for New Yorkers who are trying to quit, including local events and access to an online community for additional support.

### 1.866.NY.QUITS (1.866.697.8487)

The NYS Smokers Quitline can support you when you need it most. You can call seven days a week or request that a quit coach call you.

### METROPLUS HEALTH PLAN

For more information on quitting smoking, visit **MetroPlus.org** and search under the "healthy living" section. You'll find other links and phone numbers there as well.



METROPLUS.ORG 1.855.809.4073  
160 Water Street, 3<sup>rd</sup> Floor, New York, NY 10038



For information about  
MetroPlus Health Plan call  
**1.800.475.METRO.**

[MetroPlus.org](http://MetroPlus.org)

 [facebook.com/MetroPlusHealth](https://facebook.com/MetroPlusHealth)

 [twitter.com/MetroPlusHealth](https://twitter.com/MetroPlusHealth)

 [youtube.com/HHCMetroPlusHealth](https://youtube.com/HHCMetroPlusHealth)

## STOP SMOKING FOR GOOD



YOUR GUIDE  
TO QUITTING  
THE HABIT



[MetroPlus.org](http://MetroPlus.org)

# Quit for Your Health

## "I smoke. How does smoking affect my health?"

Smoking hurts nearly every organ in your body. You're at a higher risk of lung cancer and other cancers. Smokers are also twice as likely to die of heart disease than non smokers.

## "How will quitting improve my health?"

There are almost immediate positive effects. Just 12 hours of not smoking lets the carbon monoxide level in your blood return to normal.

## "I've tried three times to quit. Why is it so hard?"

Nicotine is found in tobacco. It's very addictive and causes withdrawal symptoms when you stop smoking. It often takes smokers a few attempts to quit for good. Keep at it and you'll kick the habit!

## Are You Ready to Stop?

### 1 FIND YOUR REASON.

It could be for your long-term health or setting a good example for your kids. Choose your motivation and set a timeline for quitting.



### 2 KNOW WHAT TO EXPECT.

Quitting is hard. Let family, friends and coworkers know your plan so they can support you.

### 3 TALK TO YOUR DOCTOR.

Your doctor might have some helpful tips or suggest nicotine replacement or other medicine.

### 4 GET THE BEST HELP FOR YOU.

There are many ways to quit. Some people prefer counseling or exercise, while others try nicotine replacement. Do what's right for you. And if one thing isn't working, try another tool.

## HOW TO MANAGE YOUR CRAVINGS

You've made a great health decision to quit smoking! Now you need a plan to deal with cigarette cravings so you can succeed. Here are some common methods.





- **MEDICATION** You could try nicotine-replacement therapies, such as gum or patches. Or ask your doctor if a prescription drug might be right for you.
- **YOGA** Try to calm your cravings by taking a yoga or meditation class. This might provide you a new way to unwind and help you deal with stress.
- **EXERCISE** If you need more intense activity, turn to running or cycling. Being active can distract you and ease some withdrawal symptoms.
- **AVOID TRIGGERS** Try not to drink alcohol when you first quit. Likewise, steer clear of other triggers. For instance, avoid coffee or friends who smoke, since that might trigger a craving.



- **TAKE A DEEP BREATH** When you feel a craving coming on, take a few moments and practice some deep breathing. Tell yourself you can get through this and that withdrawal is temporary. This should help reduce your immediate stress and anxiety.

## THE EFFECTS OF SMOKING ON YOUR BODY



IMMUNE SYSTEM	BONES	HEART	LUNGS
 <p>Smoking weakens your immune system and makes your body less able to fight all kinds of infections, including colds and the flu.</p>	 <p>Smoking can keep your bones from growing as strong as possible. That can lead to osteoporosis later in life and an increased risk of fracture.</p>	 <p>Smoking is a major risk factor for heart disease. It can cause plaque to build up in arteries. Blood vessel damage is also common.</p>	 <p>About 80 percent of lung cancer deaths are linked to smoking. You're also at higher risk for other lung problems like chronic obstructive pulmonary disease, or COPD.</p>