To get support to stop smoking, contact these organizations.

American Heart Association
800-242-8721
www.americanheart.org

American Lung Association
800-586-4872
To speak with a lung health professional, call 800-548-8252.
www.lungusa.org

Tips for stopping smoking

- **Write down why you want to quit.** You might list “Having more energy” or “Living longer”
- **Set a quit date.** Choose a low-stress time to quit
- **Ask your doctor about treatments that can help you stop smoking.** These can help stop the urge to smoke
- **Find things to replace smoking.** Sugarless gum or candy can keep your mouth busy
- **Be active during the day.** Being active can help lessen the stress of quitting
- **Relax before bedtime.** Try taking a hot bath and drinking hot, noncaffeinated herbal tea or milk just before bedtime
- **Get help from others.** Ask your doctor or area hospital about local support groups. For online support, check out *Freedom From Smoking* on the American Lung Association Web site (see listing above). And ask those close to you for support as you are quitting
- **Stick with it!** Most smokers have to “practice” quitting several times before they stop for good

Talk with your doctor about ways to stop smoking.