

SMOKING CESSATION

(to quit smoking)



SMOKING CAN LEAD TO



cancer



heart disease



stroke



lung disease



diabetes



chronic obstructive pulmonary disease (COPD)

STEPS TO TAKE



- 1 Decide to quit
- 2 Talk to Your doctor
- 3 Last cigarette
- 4 Lean on your support system
- 5 Clean your environment
- 6 Eat nutrient rich food
- 7 Replace time with healthy activities
- 8 Remember the reasons why you wanted to stop smoking

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MILLION AMERICANS ARE LIVING WITH A DISEASE CAUSED BY SMOKING



QUITTING SMOKING IS NOT EASY, BUT IT'S ALSO NOT IMPOSSIBLE.

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 **novobenefits**

MORE INFORMATION

Although once considered glamorous, smoking has become a major health concern in the last few decades.

Some of the changes you may see from quitting smoking include:

- Improved health status and better quality of life
- Reduced risk of premature death
- Increased life expectancy of up to 10 years
- Reduced risk from chronic health effects
- Increased health of those around you
- Reduced financial burden

As you begin your smoke-free journey, take baby steps, such as talking with your doctor and coming up with a plan before you officially quit. If you slip up, forgive yourself and keep trying.