

- You Can Do It** - Strategies to help you get ready and be successful in your quit attempt.
- Consider using medication to help you quit. There are prescriptions and over-the-counter medications to help you through withdrawal symptoms and help reduce the urge to smoke.
  - Enlist support or get help. Talk to your health care provider.
  - Call your American Cancer Society to quit. Don't keep your intention to quit a secret. Include your friends and family in your quitting process; they can offer much needed support.
  - Avoid places where smoking is permitted.
  - Quitting is hard, but don't give up. If quitting doesn't work the first time...keep trying.

Each year, tobacco use in the U.S. kills more people than suicide, murder, fires, alcohol, AIDS, drugs and accidents, combined. It will claim over 400,000 lives.

Tobacco use causes increased risk for cancer of the lung, mouth, larynx, pharynx, esophagus, pancreas, kidney, bladder, and uterine-cervix.

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## Join the Great American Smokeout Third Thursday of November



**Great American  
Smokeout®**

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[www.cancer.org](http://www.cancer.org)

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