

Remember, it often takes four or more tries to quit for good. You may need to try a quit smoking aid and class at the same time.

## Quitting Smoking is a challenge that yields good results

You reduce your chances of getting:

- lung cancer**
- heart disease**
- asthma attacks**
- bronchitis**
- stroke**

You also save some money because you will not have to buy cigarettes.

Quitting smoking is a crucial part of living longer and better. For more information on other ways to live a healthy lifestyle, go to the Fit City Challenge web site

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



Does the smell of tobacco smoke make you want to smoke when you are eating out?

Check out smoke-free restaurants at [www.takeitbacknc.com](http://www.takeitbacknc.com)

Tobacco is the number one cause of preventable deaths in the United States and North Carolina.



With some effort, you know you can take back your air.

## Yes, you can quit Smoking!!



[www.goforatmosphere.com](http://www.goforatmosphere.com)

# Yes! You Can Do IT!



# You Can QUIT! Smoking

For more information, call  
**Project ASSIST**  
Mecklenburg County Health Department  
at (704) 336-4660.

# Congratulations on your decision to stop smoking.

Smoking is a very hard habit to break... but there is help!

Some medications that can help you quit smoking:

- Nicotine patch
- Nicotine gum
- Nicotine nasal spray
- Nicotine lozenge
- Nicotine inhaler
- Bupropion SR
- Chantix

You can buy the patch, lozenge or gum over the counter, but you must have a doctor's prescription to get the spray, inhaler, Chantix and bupropion SR.

*It is the single most important thing you can do for your health.*

For additional information and support on the internet, we recommend the following websites:

- [www.QuitNowNc.org](http://www.QuitNowNc.org)
- [www.SmokeFree.gov](http://www.SmokeFree.gov)
- [www.TrytoStop.org](http://www.TrytoStop.org)
- [www.becomeanex.org](http://www.becomeanex.org)

The most important step in quitting smoking is to become emotionally ready. Think about the reasons for quitting. These may include your health, family's health, money, or just being tired of the hassle of smoking. Write your reasons down and look over them once a day.

You can get help from expert quit coaches... just call the NC tobacco quitline 1.800.784.8669

They understand what you are going through.

They don't give you a hard time or lecture.

Your coach can give you follow-up calls.

## Quitline NC

Open 8am - Midnight  
7 days a week

Service is available in many languages

All calls are free and confidential

**1-800-QUIT-NOW**

[www.tobaccopreventionandcontrol.ncdhhs.gov](http://www.tobaccopreventionandcontrol.ncdhhs.gov)