



Share the Wellness Tip Fit Fact



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Quitting Smoking Now, Not Later

No doubt you know smoking isn't good for you. You may even have tried to quit before. Tobacco use remains the single largest preventable cause of disease and premature death in the United States, yet more than 45 million Americans still smoke cigarettes.

Quitting smoking is the most important step a smoker can take to improve the length and quality of his or her life. Here are a few reminders to encourage your efforts to quit:

- ♥ People who stop smoking at any age reduce the risk for cancer, heart disease, and stroke, the risk for coronary heart disease, for instance, is significantly reduced.
- ♥ Once you decide to quit, pick a date that is within two weeks of your decision. If you wait too long, you may lose your desire to quit.
- ♥ Your doctor can help you quit by providing information and possibly a prescription for a medication that could increase your chance for success.
- ♥ Nicotine replacement therapies (NRT's), like nicotine gum and patches, are available without a prescription and can help you deal with withdrawal and may double your chance of quitting long-term.
- ♥ Most people quit a few times before they succeed. Approach quitting smoking as you do learning to do some other tasks – if you learn from your mistakes, you can count on success the next time you try.



For more information on quitting smoking, visit the health and wellness section of the Blue Cross and Blue Shield of Texas website.

