

SMOKING CESSATION

Quitting smoking is the best gift you can give yourself. We will help.

Are you ready to try to quit and significantly change your life and your future medical and dental health problems?

- Create a quit plan
 - Set a quit date within 2 weeks
 - Review your past quit attempts and why you failed
 - Avoid other tobacco users
 - Tell family and friends
 - Remove all tobacco from home, work and car
 - Avoid alcohol

Write down:

- Ask yourself why quitting is important to you.
 - What consequences do you perceive if you continue?
 - What benefits will you gain?
 - What gets in your way and how might you circumvent these barriers?
- Use telephone quit line for support
- Meds are available to help – ask us about options

DO IT NOW!

We're here to make a difference in your life and your smile.