

Think About It

To our patient:

We care about you and your health, and we want you to think more about quitting smoking.

There are many stop-smoking medications and programs that really work. Quitting is difficult and will take some work on your part, but we want to help you.

Don't worry if you've tried before. Quitting is a process and it is normal to take several tries before the final quit.

When you decide the time is right to quit, call us or:

The Hawai'i Tobacco
Quitline 1-800-QUIT-NOW
(1-800-784-8669)

Yours truly,

Your Health Care Provider

Think about quitting.
You will feel better
about yourself
You are worth it

- When you're ready to quit, or if you have questions, call us, or: The Hawaii Tobacco Quitline 1-800-QUIT NOW (1-800-784-8669)
- Remember, we can help you choose stop-smoking medicines that work.
- If we work together, you'll be smoke-free!
- Remember, if you tried to quit before, try again. Your chance of quitting increases with every attempt you make.

Neil Abercrombie, Governor of Hawai'i
Loretta J. Fuddy, Director of Health

Hawai'i State Department of Health
Tobacco Prevention and Education Program
Chronic Disease Management and Control Branch
1250 Punchbowl Street, Room 217
Honolulu, Hawai'i 96813-2416

Telephone 808-586-4613 • Toll free 888-810-8112
Fax 808-586-8252
www.hawaii.gov/health/tobacco

NONDISCRIMINATION IN SERVICES

We provide access to our activities without regard to race, color, national origin (including language), age, sex, religion, or disability. Write or call the Tobacco Prevention & Education Program or our Affirmative Action Officer at Box 3378, Honolulu, Hawai'i 96801-3378 or at 808-586-4616 (voice/TTY) within 180 days of a problem.

This publication is supported by Cooperative Agreement Number 1U58DP001962-01 from the Centers for Disease Control and Prevention (CDC). Its contents are solely the responsibility of the authors and do not necessarily represent the official views of CDC.

The Tobacco Prevention and Education Program of the Hawai'i State Department of Health is funded under the Centers for Disease Control and Prevention (CDC) Office on Smoking and Health (OSH) National Comprehensive State-Based Tobacco Use Prevention and Control Program.

February 2012/10000




CleanBreak

HAWAII

THINK ABOUT IT

THINK
ABOUT
QUITTING

YOU WILL
FEEL
BETTER
ABOUT
YOURSELF



**When you're ready
to quit smoking,
we will help you to
take the next step**

Think About Your Health and Your Family

You know it all...


- Cigarettes contain nicotine and nicotine is addictive.
- Smoking puts you at great risk for heart disease and stroke, emphysema, lung cancer, and other diseases...and eventually long-term disability and the need for extended care.

But do you also know that the smoke from your cigarettes can harm your family...?

- Children living with secondhand smoke are sick more often and are at higher risk for asthma, ear infections and respiratory infections. And, children of smokers are more likely to become smokers themselves.
- Spouses and other adults breathing secondhand smoke...are also at risk for lung cancer and heart diseases.

Many smokers stop smoking—for their families as well as themselves. We want to help you to do it for yourself *and* for them.

Deep inside, you know your family worries about you also and probably wants you to stop smoking too.



**When you decide
to break the habit,
we are here to
support you**

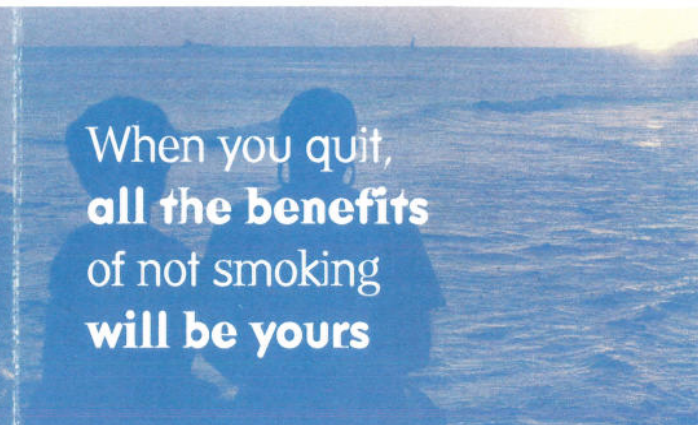
Think About How You Would Actually Do It

Quitting is tough. If you've tried to quit before, it's a good sign that you're thinking about trying again. That's the normal process. It takes several tries to learn how to stop. Each time you try helps you become stronger and stronger—because you learn how to do it better.

- Successful quitters spend time preparing before they actually give up smoking.
- They think about how to tackle the urge to smoke and say “no” to cigarettes offered to them.
- They think up ways to break their habits, learn new ways to handle stress, and get their friends and family to help.
- And part of preparing to quit is knowing why you smoke.
- Choose a method of quitting that fits your life and needs:
 - cold turkey,
 - cutting down,
 - delay, or
 - nicotine replacement medications.

**We can connect you with stop-smoking
programs that fit your life and needs.**

If you worry about withdrawals or had difficulties last time, we can help you with stop-smoking medicines that can double your chance of success!



**When you quit,
all the benefits
of not smoking
will be yours**

Think About Life After Cigarettes

You already know quitting is good for your health. The pleasure comes when you think about all the other good things that come with quitting tobacco.

- No more hiding and feeling guilty.
- No more coughing. No more phlegm.
- No more worrying about smelling like cigarettes and covering up with perfumes, breath fresheners, and mints.
- Your body begins to repair much of the damage caused by smoking.
- You look better, feel fresher, cleaner and healthier, and live longer.
- Food tastes good. You can smell better.
- You become a good role model for your children who care about you.
- No more worrying about exposing other people to secondhand smoke.

**We will be happy for you when you take
the step to stop smoking.** Your friends and family will be pleased too.