

# GET SMART ABOUT SMOKING

*Smoking rates have decreased in adult men but continue to rise in adult women, teens and minorities. In fact, the fastest growing sector of smokers in the United States is women under the age of 23. The tobacco industry uses advertising dollars to target these groups by promoting women in smoking ads as being healthy, young, attractive and desirable, but don't be fooled! Smoking causes serious health problems, and, once you start, it's hard to stop. The physical effects of withdrawal last only about two weeks, but the psychological effects last longer. To be successful at quitting smoking, you need to find ways to deal with the cravings.*



*Methods for quitting include going cold turkey, biofeedback, hypnosis, group therapy, behavior modification, acupuncture and nicotine patch or gum, just to name a few. Community programs like "The Great American Smoke-Out" help you to think more about quitting. Relapse is common. The average smoker makes six tries before being successful, so don't be discouraged... just start over. Set a quit date NOW. Devise a plan on how to deal with the cravings and GET SMART ABOUT SMOKING.*

- S**ave Money. - A pack a day is a \$1,000 + per year habit.
- M**ind media Manipulation. Be aware of it and reject it.
- A**ddress Addiction Control. Understand it and get help to stop it.
- R**ecord your activities and emotions. When reaching for a cigarette, note when, where, and why you smoke.
- T**rade smoking habits for healthy habits. Take a walk, chew gum, eat a mint, sing a song, munch on a celery stick, start a new hobby.

***Your family will thank you...and so will your heart!***

***My Commitment to Better Health:***

I promise to stop smoking as of \_\_\_\_\_ (quit date) and to practice my coping methods. Every day I don't smoke, I will be saving \$\_\_\_\_\_ by not smoking. After the *first week* without cigarettes, I will have saved \$\_\_\_\_\_ and will reward myself by \_\_\_\_\_. After the *first month* without cigarettes, I will have saved \$\_\_\_\_\_ and will put this towards a bigger reward of \_\_\_\_\_. If I feel tempted to return to smoking, I will call \_\_\_\_\_ for support.

Signed: \_\_\_\_\_

Ask your health care professional about ways to quit smoking. Contact your local hospital, American Heart Association, American Lung Association or the American Cancer Society. Your health insurer may support a program to help you quit.

## HEALTHY HEARTS PROGRAM

Women's Heart Foundation, PO Box 7827, West Trenton, NJ 08628



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