
Stop Smoking

Smoking is the most important preventable cause of premature death in the US



It's important to quit smoking because:

- By itself smoking increases the risk of coronary heart disease and heart attack
 - Smoking decreases your tolerance for physical activity
 - Smoking increases the tendency for blood clot and stroke
 - Smoking creates a higher risk for peripheral artery disease and aortic aneurysm
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Week 6

Tips for Quitting Smoking

- Make a plan
 - Choose a quit date
 - Ask for support:
 - Quit Smart program in Cook County
 - Contact Bob Carter at 387-2111/387-9193 email drydoc@boreal.org
 - Never quit trying to quit!
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