

# Ready to take a breather?



## You can with these smoking cessation tips

Try these strategies to break the habit:

- Target a stop date and record your reasons for stopping
- Solicit support and encouragement from friends, family, your physician and stop-smoking resources and programs
- Practice stress-reducers to curb the urge to smoke
- Get medication, if necessary, and use it correctly. Talk with your physician about the use of medications to help you stop smoking, such as nicotine replacement therapy, and use it correctly.
- Prepare for relapse, and keep trying by focusing on your goals and reasons for quitting

Stopping smoking can improve your health, now and in the future. Breathe some new life into your health by quitting — while you're ahead.



Did you know that 10 years after quitting smoking your risk of death from lung cancer is half that of a continuing smoker?



**BlueCross BlueShield  
of Texas**



Sources: The National Women's Health Information Center;  
American Academy of Family Physicians

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