

# SMOKING CESSATION

(to quit smoking)

## STEPS TO TAKE



## SMOKING CAN LEAD TO



cancer



heart disease



stroke



lung disease

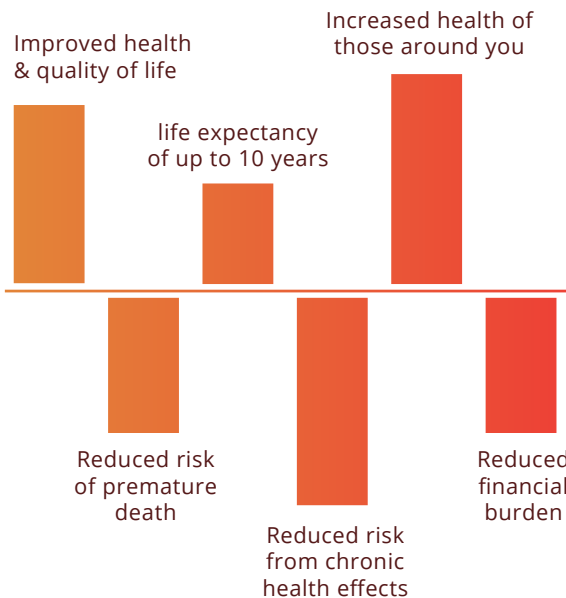


diabetes



chronic obstructive pulmonary disease (COPD)

## Find Your Reason For Wanting To Quit



# 16

MILLION AMERICANS ARE LIVING WITH A DISEASE CAUSED BY SMOKING

*If you slip up, forgive yourself and keep trying*

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QUITTING SMOKING IS NOT EASY, BUT IT'S ALSO NOT IMPOSSIBLE.

