

# SMOKING CESSATION

(to quit smoking)

## STEPS TO TAKE



# 16

**MILLION AMERICANS ARE LIVING WITH A DISEASE CAUSED BY SMOKING**

## SMOKING CAN LEAD TO



**cancer**



**heart disease**



**stroke**



**lung disease**

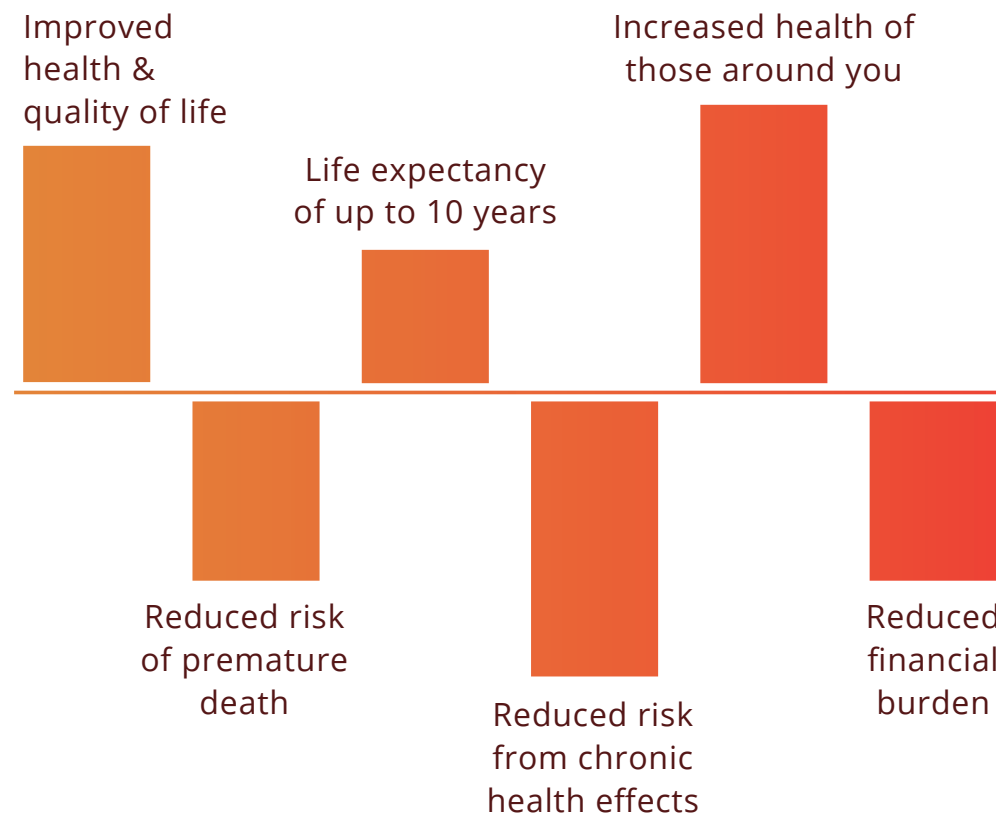


**diabetes**



**chronic obstructive pulmonary disease (COPD)**

## FIND YOUR REASON FOR WANTING TO QUIT



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

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

