

You can get ready to quit.

Quitting takes work. It helps to get ready.
Here are some ideas to get you started.

■ Decide you want to quit.

List your reasons. Put the list where you'll see it often.

ideas

Some reasons to quit:

- To be in control.
- Costs too much.
- To be healthy.

■ Decide how you'll quit.

Find out about ways to quit. Think about what might work for you.

ideas

Some ways to quit:

- Stop all at once ("cold turkey").
- Cut down slowly.
- Go to a stop-smoking group.
- Use nicotine gum, candy or the patch.

■ Make a plan. Know what you'll do when you want to smoke.

ideas

Some things to do instead:

- Work out.
- See a movie.
- Walk the dog.
- Go for a run.

■ Get support. Friends and family can make quitting easier. Tell them you're going to quit. Tell them how they can help.

ideas

Some things friends can do:

- Keep you company when you want to smoke.
- Praise you for not smoking.
- Do something active with you.

■ Reward yourself. Quitting is hard work. Give yourself credit. Plan what to do with the extra money you'll have when you quit.

ideas

Some rewards:

- Get tickets to a ball game.
- Buy something for your car, your bike or yourself.

Even if you've smoked a lot for a long time, it's never too late to quit.

To Learn More

CDC Tips: Tobacco Information and Prevention Source

www.cdc.gov/tobacco

QuitNet

www.quitnet.com

Smoking and Men



This brochure is not intended as a substitute for your health professional's opinion or care.

Written by Kay Clark.

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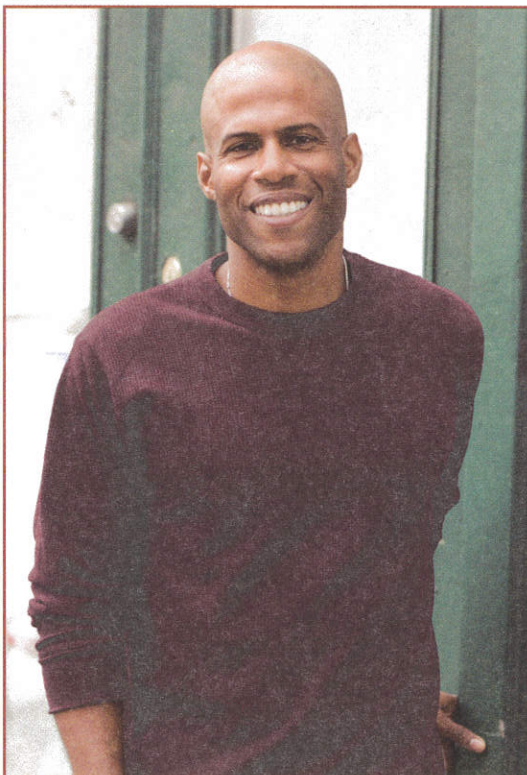
Smoking is risky for men.

Five of the leading causes of death for men are from smoking.

- Heart attack
- Stroke
- Cancer
- Emphysema (em-fa-SEE-ma)
- Pneumonia (new-MOAN-yuh)

But a lot of men still smoke.

Why do they do it?



There's a lot I don't like about smoking.

1

Why do men smoke?

Men smoke for many reasons.

- They like the way smoking tastes, feels and looks.
- They smoke with their friends.
- It's easier to smoke than quit.
- They don't think smoking will hurt their health.
- They're addicted to smoking. They have to smoke to feel normal.

This is why quitting can be hard.

Why do men quit?

Even men who like to smoke don't like some things about it.

- They don't like being controlled by the need to smoke.
- Other people complain about their smoke.
- Smoking costs a lot.
- There are places they can't smoke.
- They feel out of shape.

When your reasons to quit become stronger than your reasons to smoke, you are more likely to quit.

2

Many men who quit smoking

are surprised by how good they feel.

They're more in charge.

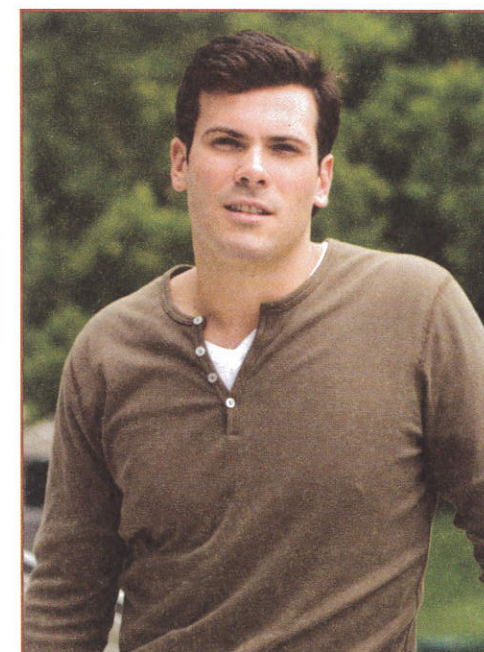
- They don't have to find places where it's OK to smoke.
- They don't have to worry about running out of cigarettes.
- They have more money.
- They don't need to smoke.

They're in better shape.

- It's easier to breathe, walk and run.
- They have fewer colds and coughs.
- They have more energy if they walk or do something active.
- Food tastes better. Their sense of smell comes back.

They feel good about themselves.

- They're proud of being able to quit.
- Others don't complain about their smoke.
- They have more time and energy for new things and people.
- They smell better.



I'm ready to try quitting!

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