

## FOR MORE INFORMATION:

### Methodist Estabrook Cancer Center

Lung Oncology Clinic

8303 Dodge Street

Omaha, NE 68114

402-354-5858

[Bestcare.org/MHSmokingCessation](https://www.bestcare.org/MHSmokingCessation)

### Methodist Jennie Edmundson Hospital

Family Resource Center

933 E. Pierce Street

Council Bluffs, IA 51503

712-396-4200

[Bestcare.org/MJESmokingCessation](https://www.bestcare.org/MJESmokingCessation)



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**Now's the Time to Quit Smoking**

# QUITTING SMOKING MAY BE THE BEST THING YOU EVER DO FOR YOURSELF



Cigarette smoking is the leading cause of preventable disease and death in the United States. Smoking causes cancer and can damage nearly every organ in the body.

## Benefits of Quitting Smoking

- Lower your risk of lung and other cancers, heart disease, stroke and chronic lung disease
- Breathe easier and cough less
- Get sick less often
- Have a brighter smile
- Improve your sense of taste and smell
- Live longer
- Save money
- Look younger

## When You Are Ready to Quit

### Make a plan to become smoke-free.

- Talk to your doctor about using medications or nicotine replacement therapy to help you quit and reduce withdrawal symptoms.
- Tell family, friends and other support systems about your plans to quit. Let them know you need their understanding and support.



## Resources to Help You Quit

A combination of counseling and medication can increase your chance of success when trying to quit. Methodist Health System offers several resources to help you reach your goals.

### Tobacco Quitline 1-800-Quit-Now (1-800-784-8669)

- Tobacco Quitline is a telephone-based tobacco cessation service operated by the National Cancer Institute. You will be directed to your state's Tobacco Quitline.
- Quitline provides individual counseling on how to quit smoking. They also offer self-help materials and information on FDA approved quit-smoking medication.

*No one can make you quit and no one can do it for you.  
Even If you have smoked for many years, you CAN quit.*

*Now is the time to quit smoking.*