



## Quit Smoking for a Healthier New Year

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### Start the new year by quitting smoking

**Once you stop smoking, the benefits can start right away<sup>1</sup>:**

- In minutes, your blood pressure may go down
- After just 1 day, your chance of a heart attack may go down
- Between 1 and 9 months into the new year, you may have less coughing, congestion, and shortness of breath
- After 1 year, your excess risk of coronary heart disease may be cut in half

**If you haven't already set a quit date, mark your calendar for January 1, and:**

- Remember to talk to your doctor about how you can quit
- Make a strong commitment to quit and stay quit
- Write out your reasons for quitting. Hang the list in a place where you will see it often
- Make a detailed "quit plan" with a timeline. Include rewards bought with the money saved from not having to buy cigarettes
- Find a "quit buddy" or person who is as committed to quitting as you are
- Create a support network of people in your life who will help you get through the withdrawal symptoms and keep you focused on quitting
- Take 1 day at a time as you count down your first year of being quit
- Celebrate your successes!

### A new year, a new you...

As the calendar changes, so can you! Set your quit date. Start fresh or renew your commitment. Keep it going. Think of yourself as a happy and healthy nonsmoker. Make smart resolutions. Follow them through with commitment, a positive plan of action, and support.



**Reference:**

1. American Lung Association. Quit smoking. Benefits. <http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33568>. Accessed March 25, 2008.