Commit to quit tobacco.

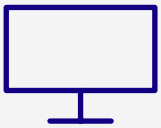


Find the support you need to take that first step

We've all heard the dangers of smoking many times. But if what you're hearing still hasn't convinced you or you have tried quitting before, maybe these common myths and facts can help.

Six common myths about smoking

- **Myth 1**: It's okay if I only smoke on weekends.
  Fact: Every cigarette you smoke damages your blood vessels and makes clots more likely to form, which can lead to heart attack or stroke.
- **Myth 2**: I smoke light cigarettes because they're not as bad for you.
  Fact: You can breathe in just as much tar by smoking a "light" cigarette as a regular one. Science has proven calling cigarettes "light" to be misleading, and now it's against the law to include "light" on the label.
- **Myth 3**: I've smoked my whole life. There's really no point in quitting now.
  Fact: Quitting today could improve your quality of life for years to come. Your heart rate and blood pressure will decrease immediately, and your lungs will start to work more efficiently. Quitting gives your body an opportunity to heal. In just one year, your chance of heart disease is cut in half.
- **Myth 4**: I switched to e-cigarettes – no worries here.
  Fact: The aerosol in e-cigarettes can include nicotine, ultrafine particles and flavorings linked to lung disease and heavy metals. Since "vaping" is relatively new, we don't yet know the long-term effects on health.



Take control of your life

To enroll in the program, or if you have questions, call the number on the back of your ID card.

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- **Myth 5**: I eat right and exercise, so I'll be fine.
  Fact: There is no research that shows that exercise or diet can undo the impact of smoking. The best way to reduce your risk of cancer is to stop smoking.
- **Myth 6**: Nicotine patches and gum are no better.
  Fact: Although nicotine is very addictive, there's no cancer associated with nicotine replacements like patches or gum. On the other hand, cigarette smoke includes more than 70 cancer-causing chemicals. With nicotine replacement therapy, there's very little risk of heart disease and no risk of respiratory problems. Patches or gum can ultimately make it easier to break the nicotine addiction.



You know you want to quit. The Tobacco Cessation Program can help you develop a personal plan to become and remain tobacco-free. You may also be eligible for free over-the-counter nicotine replacement therapy to help you quit.

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Source: WebMD, "The Truth about Smoking." Last reviewed January 16, 2019.

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