

WHAT DOES SMOKING DO FOR YOU?

To



Mary thinks that smoking makes her cool, with-it, and attractive.

What's so attractive about yellow teeth, bad breath, body odors, and clothes with burn holes?

Helen feels that smoking keeps her thin.

Even though some people do gain weight when they quit, is it worth the increased risk of getting cancer, heart disease, or emphysema to keep off a few extra pounds? (Ask your pharmacist for our Weight Management handout if you would like information on healthy ways to manage weight gain.)



Jack feels that cigarettes get rid of stress.

How could a cigarette fix a flat tire, stop the baby from crying, solve a problem with the boss, or help you pay your bills? (Ask your pharmacist for our Stress Management handout if you would like information on useful ways of dealing with stress.)



Frank is afraid to even try to quit because he thinks the cravings will be too much to handle.

There are many excellent nicotine replacement products on the market now. They will help you get off nicotine slowly and comfortably. Ask your pharmacist to discuss these nicotine replacement options with you.



Rhonda feels that cigarettes are her best friend.

Think about it! What kind of friend would steal your money, destroy your health and take away your self esteem?



You're in the process of thinking about quitting smoking. When you are ready to quit, please return to the pharmacy where you received this information. Our pharmacists have been trained and certified by the University of Pittsburgh National Smoking Cessation Certification Program. They have information packets designed to give you specific answers to all your smoking cessation questions. In addition, they will be able to advise you on nicotine replacement products, teach you effective ways to deal with temptations, and give you the support you need to be successful in quitting smoking.