SMOKING CIGARETTES IS A SERIOUS PROBLEM... Give Quitting a Serious Try.

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You can quit smoking! Hundreds of people do it every day.

Here are some suggestions for things you can do while you are considering becoming smoke-free:

• Become aware of your smoking. Where and when do you smoke the most?	WHAT QUITTING SMOKING WILL DO FOR ME
• Of all the eigarettes you smoke, how many do you really enjoy?	
• Pay attention to any smoking-related health symptoms you have. Are you coughing or wheezing? Short of breath?	
Make a list of the negative effects smoking has on your life:	
	• If you've tried to quit in the past and then started smoking again, why not try again now? Remember that many people need several tries before they actually quit for
• Now make a list of all the benefits of quitting that you can think of. Clip it out and post it on your refrigerator or desk. Refer to this list whenever you need encour	good. The main idea is to learn from past mistakes, and to use what you've learned about your smoking habit during previous quit attempts to help you quit once and for all.

agement to actually give quitting a try. Keep trying. You can do it!

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 Specialist 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.

Refer to this list whenever you need encour-