

TOBACCO
FREE
NEBRASKA

for a great state of health



make
smoking
history

make
smoking
history

1-800-QUIT-NOW

1-800-784-8669

You can do it. Ask your doctor for help.

www.dhhs.ne.gov/tfn



**Women
kick butt.**



20 minutes

after you quit

Your blood
pressure drops.

5 Keep hands & mouth busy.

Play with a pen, pencil, paper clip, or pocket change. Try gum, hard candy, mints, grapes, carrot sticks, apple slices. Drink lots of water.

6 Stay active.

Move around when you get an urge to smoke. Exercise. Walking is easy, healthful and energizing. Aerobics is fun.

7 Don't get discouraged.

Don't give up if you slip. You learn each time you try to quit. The more times you try, the more likely you'll quit for good.

8 Reward yourself.

Do little things to celebrate each smoke-free day. Try a relaxing bath with candles, incense and music.

9 Take this home.

Review these pages. Stay motivated. Focus on the good things that quitting does for you and your family.

10 Get support.

- **Friends & family**
- **Online**—here's one of many websites:
www.dhhs.ne.gov/tfn
- **Phone**—**1-800-QUIT-NOW**
1-800-784-8669

10 QUIT TIPS



WOMEN'S HEALTHY LIFESTYLES

For you. For yours. For life.

NEBRASKA DEPARTMENT OF HEALTH AND HUMAN SERVICES

① Talk to your doctor.

Ask for help with your quit plan.
Your doctor's help gives you a far greater chance of success.

② Write it down, put it up.

List *when and why* you smoke.
Then list the rewards of quitting.
Post your quit plan on your fridge.

③ Set a quit date.

Don't put it off. Set a firm date.

④ Throw them away.

The night before, throw away
your cigarettes & ashtrays.

Name one good

reason

As a woman, **why do you smoke?** Will it make you happier, smarter, richer, prettier? No. Smoking treats you badly. It lies, cheats and steals. It robs you of money, of health, of **years** of life. All it wants is to keep you hooked. *What's in it for you?* For women especially, smoking is a **bad relationship**. The longer you stay with it, the more you get hurt.

You can quit.

For you. For yours. For life.

WHAT GETS WOMEN IN NEBRASKA. Smoking kills more Nebraska women than breast cancer. More than cervical, uterine and ovarian cancers *combined*.

Fight stress, find

safety

Understanding *why and when* you smoke can help you quit. For many women, it's **negative feelings**. Do you smoke when you're tense, upset, nervous, worried or insecure? There are better ways to **cope**. Healthier ways to **relax**. Safer ways to **comfort yourself**. Smoking is no security blanket. Just the opposite. It brings you great bodily harm.

You can quit.

For you. For yours. For life.

A REAL WOMEN'S ISSUE. Smoking can cause serious reproductive problems—including infertility, pregnancy complications and early menopause.



Half
of all women
who smoked
have quit
for good.
You can, too.



You are

woman

*Women who smoke can lose decades of life. Wouldn't you trade cigarettes for more years with your partner, your children, your family? What matters is **time** with those you love. You have lots of **living & loving** left to do. You need to be around. To care for them, you need first to care for you. The best time to quit is now. **Talk to your doctor.***

You can quit.

For you. For yours. For life.

DON'T WAIT TILL THEN. Some smokers think lung cancer is what happens to someone else. What gets to them is when that someone is family.

8 hours

after you quit
Carbon monoxide
is nearly gone
from your blood.





2 weeks

after you quit
Your circulation
and lung function
improve.

You've got lots of

helpers

You don't have to go "cold turkey" all by yourself. *Help is everywhere.* Ask **your doctor** for a quit plan. Ask if a nicotine replacement is right for you. Ask **your nurse** for tips. Ask about smoking cessation **classes**. Ask **family & friends** for support. Go **online** for quit programs and support groups. Call Nebraska's toll-free quit line **1-866-NEB-QUIT**. (1-866-632-7848 thru May 2004)

You can quit.

For you. For yours. For life.

A DEADLY WOMANIZER. Lung cancer is now the #1 cancer killer of women. Don't hesitate to ask your doctor to help you quit smoking.



1 year

after you quit
Your chance of
a heart attack
is cut in half.

Change awareness to **action**

Okay. You've known for years. **You know** that smoking is **bad** for you. That it **stains** your teeth and fingers. That it makes your breath, hair and clothes **stink**. That it's a **turn-off** for lots of people. That it forces you **outdoors**. That a pack a day is more than \$1,350 a year **up in smoke**. *What are you waiting for?* In your heart, you know this: it's time to **act**.

You can quit.

For you. For yours. For life.

WHAT WOMEN WANT. Studies show that nearly all women smokers want to quit. Success comes only when you turn that wish into a plan of action.

You are

strong

Lots of people really depend on you. You're the glue for home and family. You hold things together. You **support** and shelter. You nourish and **nurture**. You comfort and care for. You **work** hard. Once you make up your mind, **nothing stops you**. In your weakest moments, remember this: you are **a rock**—nicotine is quivering jelly.

You can quit.

For you. For yours. For life.

1 month

after you quit
Coughing,
congestion and
fatigue decrease.



PERSISTENCE IS VICTORY. If you fail on your first attempt, don't give up. Keep at it. Lots of women (men, too) need more than one try to quit for good.