

#1 What are some of the **benefits** of stopping smoking

1. Decreased risk of heart attack, stroke, and cancer, and many other health benefits.¹
2. You can save money
3. Food tastes better
4. You won't smell like cigarettes

“The best thing all of us can do to protect our bodies and live long, healthy lives is to say no to tobacco use.”

-U.S. Surgeon General



Breathe Free Program

For more information or to make an appointment

T: 646-605-7716

E-mail: wellness@mountsinai.org

www.mountsinai.org/mswellness

References:

1. Centers for Disease Control and Prevention (2015). Smoking & Tobacco Use: Benefits of Quitting. http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.html. Accessed July 26, 2017.
2. Use: Benefits of Quitting. http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.html. Accessed July 26, 2017.
3. Fiore MC, Jaén CR, Baker TB, et al. Treating Tobacco Use and Dependence: 2008 Update. Quick Reference Guide for Clinicians. Rockville, MD: U.S. Department of Health and Human Services. Public Health Service. April 2009



Breathe Free Program

The Mount Sinai Health System offers you a personalized approach to quitting smoking



#2 Why is quitting so **hard**?

Quitting smoking is a physical and a behavioral challenge ^{2,3}

Physically: Nicotine, the drug in cigarettes, is addictive—it can make you feel good, but when it is gone, you can feel bad. Over time, you need more and more of it to still feel the pleasant effects ^{2,3}

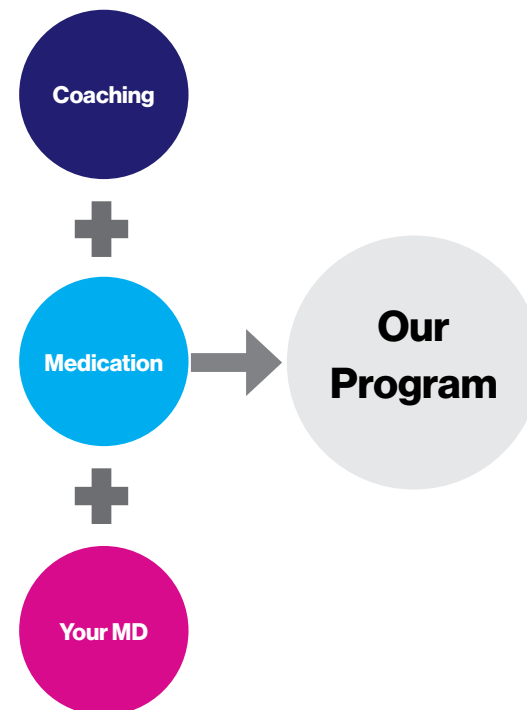
Behaviorally: Smoking can also become part of our daily routine, and habits can be hard to break ^{2,3}

#3 Why our program will **work for you**

The Mount Sinai Health System offers you a *personalized approach*

Personalized Coaching to help you with the challenges when stopping smoking

Medication Support to help you manage withdrawal and cravings while stopping smoking



#4 Your personal smoking coach partners with **you** and **your doctor**

Together, you will discuss :

1. Creating a personalized quit plan
2. Medications to help you quit smoking
3. On-demand services
4. Support groups
5. Tools and resources to help you

Don't worry!

If you have tried to quit before and were unsuccessful, do not give up—it takes most people several tries to officially quit!



Breathe Free Program

For more information or to make an appointment

T: 646-605-7716

E-mail: wellness@mountsinai.org

www.mountsinai.org/mswellness