

Tips to Help You Quit



1. Prepare for life as a nonsmoker.

Remove all cigarette-related materials such as ashtrays, lighters, matches, cigarettes and cigarette butts, etc. from your office and your home. This will help you avoid temptation.

2. Urges last a few minutes at most, so practice the four Ds:

DEEP breath

DO something else to get your mind off the craving. Call a friend, go for a walk, or chew on a carrot stick.

DRINK lots of water throughout the day, especially during a craving.

DELAY reaching for a cigarette the urge will pass!



3. Change your routine. Things to do instead of smoking

- If you light up with a cup of coffee, switch to water, tea or juice.
 - Chew sugarless gum.
 - Call a friend.
 - Go to a movie or another place where you can't smoke.
 - Take a walk, play a game or do some type of exercise.
- Remind yourself of all the reasons why you should not smoke



4. Recognize that urges are the worst within the first two weeks of your life as a nonsmoker.

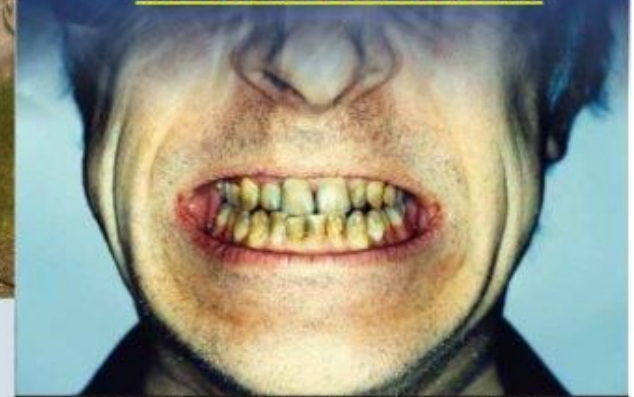
After that, your chances of smoking again will most likely occur in situations associated with smoking such as after dinner or during car rides. While it may be difficult and nearly impossible to avoid some of these situations, try to avoid as many of them as you can. If you cannot, tell people you have just quit or that you are a nonsmoker.

5. Use all the resources available to you.

Nicotine patches, gums, and lozenges are becoming more available in the Caribbean. Talk to your doctor about prescriptive medications that may help you quit for good.



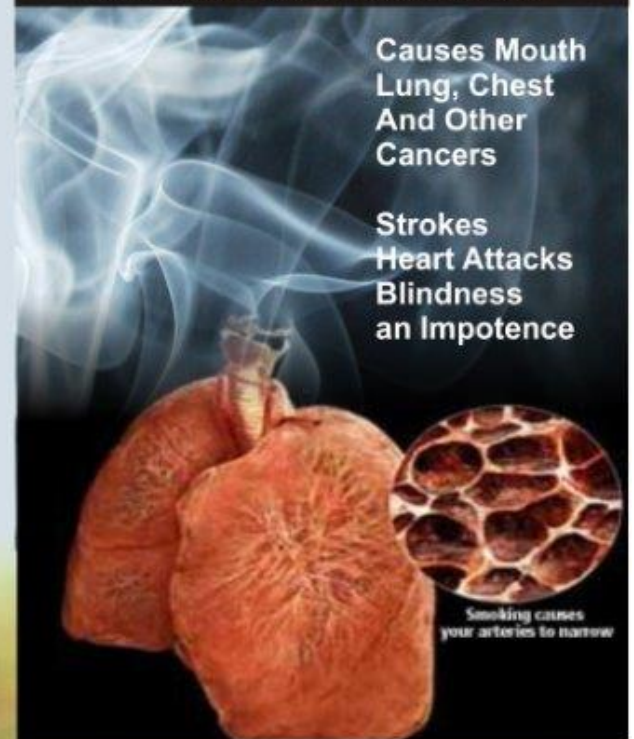
Some Harmful Effects Of Tobacco Smoke



DESTROYS TEETH AND GUMS

**Causes Mouth
Lung, Chest
And Other
Cancers**

**Strokes
Heart Attacks
Blindness
an Impotence**



Smoking causes your arteries to narrow

SMOKING CAUSES YOUR ARTERIES TO NARROW