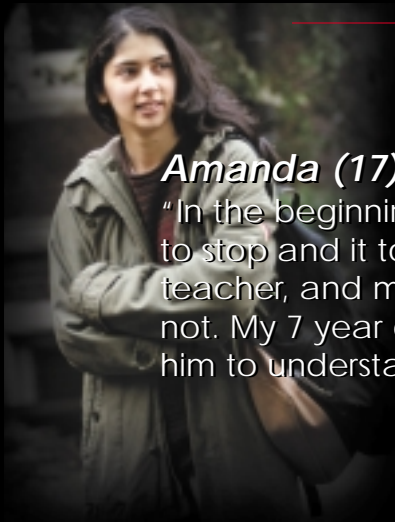


**7 out of 10 teen smokers have made at least one attempt to quit.
Here are some of THEIR STORIES ...**



Amanda (17)-

"In the beginning of the year I had a smoking habit. It was very hard to stop and it took me three tries. (Even with the help of my mom, my teacher, and my friends.) Smoking may seem cool and fun but it's not. My 7 year old brother wants to smoke because I did. It's hard for him to understand that it's a bad thing and that it hurts you."



Geoff (15) -

"The best thing about not smoking is I'm able to run faster and play sports better than I did when I was smoking."

Thinking About Stopping Smoking?

Pick up the phone and call:

**New York State Smokers Quitline
1-888-609-6292**



PATIENT CARE ■
RESEARCH ■
EDUCATION ■

Elm & Carlton Streets
Buffalo, New York 14263
<http://www.roswellpark.org>
1-800-ROSWELL

A National Cancer Institute-Designated Comprehensive Cancer Center
A National Comprehensive Cancer Network Member

*This mini-magazine is brought to by
Roswell Park Cancer Institute
and the New York State Department of Health.*

Funded through the New York State Department of Health



STATE OF NEW YORK
DEPARTMENT OF HEALTH

GET RICH QUICK...



LOOK AT THE MONEY YOU COULD SAVE IF YOU STOPPED SMOKING. WHAT YOU COULD BUY INSTEAD??
Based on \$4.00 a pack, per day - 2001 (Prices may vary locally)

	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

January

1st - New Years Day!

TIP Take it one day at a time. Promise yourself that you won't smoke today.

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

February

14th - Valentine's Day

TIP Stock up on gum, lifesavers, carrot sticks, straws and toothpicks!

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

March

17th - St. Patrick's Day

TIP Start a bank account with the money you would have spent on cigarettes.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

April

15th - Easter

TIP Throw out your cigarettes, lighters and ashtrays!

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

May

13th - Mother's Day - Smoking causes complications in pregnancy.

TIP Remind yourself why you stopped!

				1	2
3	4	5	6	7	8
9	10	11	12	13	14
15	16	17	18	19	20
21	22	23	24	25	26
27	28	29	30	31	

June

17th - Father's Day - Smoking causes impotence!

TIP The best time to quit is NOW!

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

July

4th - Independence Day

TIP If you've quit REWARD YOURSELF! If you haven't TRY AGAIN!

			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

August

TIP Write down the reasons you want to quit, keep them with you!

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

September

3rd - Labor Day

TIP Call Stop Smoking Support Line

a	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

October

31st - Halloween

TIP Keep Busy! Go for a walk, exercise, call a friend, go to the movies, etc...

			1	2	3
4	5	6	7	8	9
10	11	12	13	14	15
16	17	18	19	20	21
22	23	24	25	26	27
28	29	30	31		

November

22nd - Thursday - Thanksgiving

TIP Avoid the guilt trip; don't let a slip or two draw you back into smoking!

						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

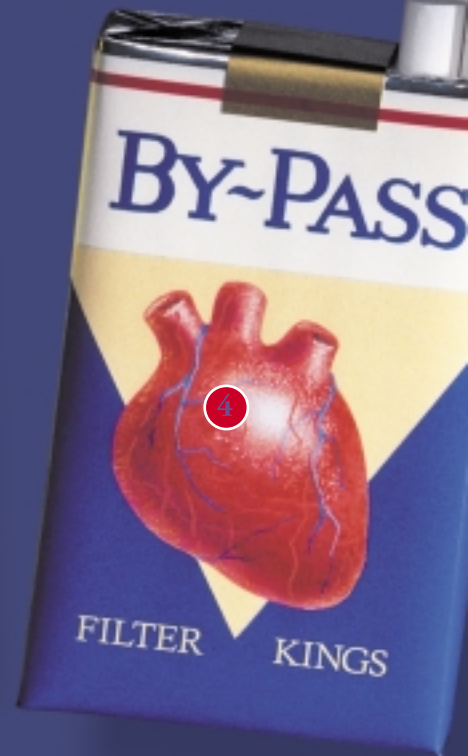
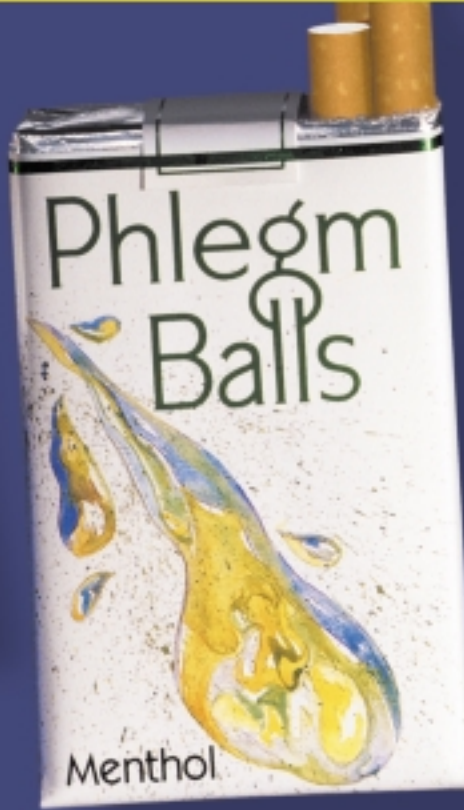
December

25th - Happy Holidays!

TIP Get support! Quit with a friend, seek help from someone you trust, etc...

USE THIS CALENDAR TO PLAN TO STOP SMOKING & PLAN TO SPEND MONEY ON YOURSELF INSTEAD!

INSIDE: TIPS FROM TEENS WHO STOPPED SMOKING!



Why don't they just call them what they are?



Immediate Effects of Stopping Tobacco Use ...



20

minutes

- Blood pressure and pulse rate return to normal.
- Heartbeat becomes stable.
- No more smoker's breath

8

hours

- Oxygen level in blood increases.
- Carbon Monoxide removed, oxygen level stabilizes.
- Mucus clears out of your lungs.

48

hours

- Sense of smell and taste improves.
- Nails become less yellow.

72

hours

- Easier breathing.
- More energy.
- Clothes don't smell as bad.

3

months

- Circulation improves, blood goes through your body easier.
- Immune system is improved.

9

months

- Respiratory symptoms such as sinus congestion, wheezing, shortness of breath, phlegm production decrease.
- Lung function improves.

Most Teens Want to QUIT!

What don't you like about smoking?



The 5 D's

Delay

the urge to smoke, for at least five minutes, then longer each time.

Drink water

It helps you fight off cravings.

Do something else

Distract yourself - walk, call a friend, or go to a smoke-free public place

Deep breathing

Take 10 slow deep breaths. Relax. Close your eyes.

Discuss

your thoughts & feelings with someone close to you.



Know The Facts:

TRUTH

Truth – Light cigarettes are as deadly as regular.

TRUTH

Truth – 9 out of 10 smokers begin by age 19.

TRUTH

Truth – 90% of teens SAY they'll stop smoking after high school...

TRUTH

Truth – BUT 2/3 are still smoking 5 years after school.

TRUTH

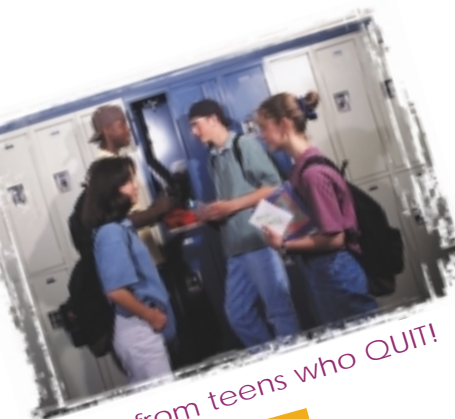
Truth – 1 out of 3 smokers die of tobacco related disease...

TRUTH

Truth – The younger YOU quit, the greater YOUR chance of being successful.

TRUTH

Truth – It only costs the tobacco industry 5¢ to make a pack of cigarettes.



Tips from teens who QUIT!



1 2 3 4 5 6 7 8 9



Tips 2 Quit

10 ways to help kick the habit ...

- ✎ Throw out your cigarettes, lighters, and ashtrays.
- ✎ Chew Juicy Fruit instead! (It tastes better anyway)
- ✎ Stay preoccupied with activities. Just don't sit there.
- ✎ Get a friend to quit with you.

More Tips...

- ✎ Avoid the guilt; don't allow a slip to stop you.
- ✎ Save the money you would have lost buying tobacco.
- ✎ Keep a list of why you want to stop.
- ✎ Reward yourself for not smoking; hour by hour, day by day.
- ✎ Tell everyone you're going to quit!



Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fire and AIDS
COMBINED: over 418,000 people a year.

Stress Reducers



- Talk it out
- Take a break
- Be active – walk, ride, rollerblade

- Take one thing at a time
- Take 3 deep breaths
- Practice relaxing – peaceful thoughts, music
- Think positive
- Eat an apple, an orange, etc.
- Practice problem solving
- Treat yourself well
- TRUST YOUR JUDGEMENT



“It’s easier to QUIT with friends!”

SMOKING

The chemicals found in cigarettes are also found in these other products.

