

**PRESS RELEASE  
FOR IMMEDIATE USE**

LUBBOCK – Are you a smoker who is ready to quit? Are you wondering how to start? Here are some steps to follow:

- Set your quit date.
- Get ready to quit by making a plan and choosing your method.
- Get support from your peers, co-workers, and doctor.
- Get medication. It doubles your chances of quitting successfully.
- Stick with it by anticipating and preparing for withdrawals, cravings, and relapses.

Studies have found that smokers who have support systems have an increased rate of success in quitting. Your support system may just be friends and family or a buddy who is also trying to quit; however, counseling has proven to be very effective in cessation efforts. Free coaching services are offered if you call the quit line at 877-YES-QUIT.

Worried about weight gain if you quit? Be prepared! Stock up on healthy snacks such as fruits and veggies. Look for foods that are low in fat and low in sugar. Drink lots of water, and exercise to relieve stress as well as keep off the extra pounds. What you're really gaining is your health!

Here are some tips to be successful in quitting:

- Avoid places that will tempt you to smoke.
- Avoid alcohol.
- If you're depressed, seek medical assistance.
- And try, try again!

For more information on quitting tobacco, contact the \_\_\_\_\_ County Extension office at \_\_\_\_\_. Texas AgriLife Extension Service and the Cancer Prevention and Research Institute of Texas are working together to inform communities about preventing and reducing tobacco use.



CANCER PREVENTION &  
RESEARCH INSTITUTE OF TEXAS