

COPD and Smoking

Quitting Is the Best Medicine of All

Did you know...

- Smoking is the #1 cause of COPD.
- Even secondhand smoke can cause COPD and cause it to flare-up.
- Smoking increases your chances of getting heart disease, having a stroke, and developing lung cancer.
- Within a month after quitting smoking, most people cough much less and cough up much less mucus.

Quitting is hard. Here are some tips to help you stop smoking:

- Try...and try again, even if you've tried before.
- Create a quit plan.
- Set a quit date and stick to it.
- Quitting "cold turkey" may not work best for you.
- Tell your doctor, nurse, or pharmacist you want to quit. They may be able to give you recommendations that can help you quit, such as nicotine replacement therapies.
- Ask a friend or family member for support. Ask them not smoke around you.
- Enroll in a quit-smoking program.
- Make your home and workplace smoke-free.
- Find out what makes you want to smoke. Plan how to deal with these times without smoking.



It's never too late to quit smoking!