

## #1: What are some of the benefits to stop smoking

1. Many other health benefits like decreasing your risk of heart disease, stroke and cancer<sup>1</sup>
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.”

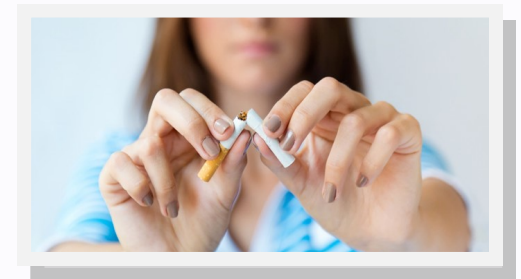
-US Surgeon General

### 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](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](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



## Journey to *Breathe Free*



### BREATHE FREE PROGRAM

**For more information or to make an appointment**

Call: 646-605-7716

E-mail: [wellness@mountsinai.org](mailto:wellness@mountsinai.org)

Website: [www.mountsinai.org/mswellness](http://www.mountsinai.org/mswellness)

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

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

Quitting smoking is a physical and a behavioral challenge<sup>2,3</sup>

**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<sup>2,3</sup>

**Behaviorally:** Smoking can also become part of our daily routine, and habits can be hard to break<sup>2,3</sup>

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

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



**Personalized Coaching** — to help you with the challenges when stopping smoking<sup>7</sup>

**Medication Support** — to help you manage withdrawal and cravings while stopping smoking<sup>7</sup>



## #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



Your smoking coach is here for you before, during, and after your surgery!

**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!<sup>9</sup>

*Breathe Free*