

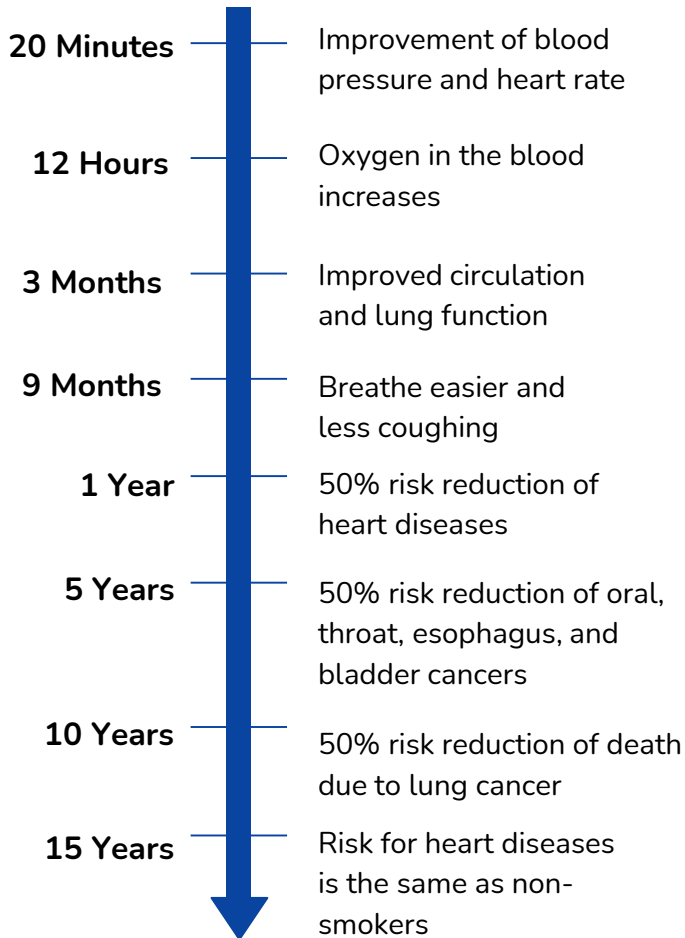


SAY NO TO TOBACCO

Journey to a healthier lifestyle



Benefits of quitting smoking over time:



The Risks of Smoking

- Smoking can cause harmful health effects, such as heart diseases, respiratory disease, brain damage, lung cancer and reduce attention span and concentration
- Second-hand smoking can harm family and friends' health
- E-cigarettes are advertised as "healthier alternatives," but are unregulated and also cause harmful effects

What to AVOID to quit smoking ❌

- Making excuses
- All talk, no action
- Giving into temptation
- Afraid to ask for help or seek support
- Poor diet and sedentary lifestyle
- Poor stress management

Tips to QUIT SMOKING ✅

- Create an efficient plan to quit smoking gradually and resist temptation
- Set SMART (specific, measurable, achievable, relevant, time-bound) goals
- Manage stress*
- Plan a healthier lifestyle*

Talk to your doctor about support services or medication to quit smoking; some health care insurances may cover services to quit smoking.

Smoking Cessation Programs & Hotlines

1. California Smokers' Helpline
1-800-NO-BUTTS (English)
2. Asian Smokers' Quitline
1-800-838-8917 (Chinese)
3. Text **QUIT** to **47848** - Free 24/7 text messaging smoking cessation service by Smokefree.gov
4. AAMG Health Education counseling services
Ask your doctor for a referral

**To find out more on this topic, please find it under the Health Education section at AAMGdoctors.net*



To learn more about our doctor's group, call Member Relations: (415) 590-7418



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