



Quit tip: Don't be afraid to ask for help. Ask your family and friends to support you. Ask your spouse or friends to give up candy or another habit in support of you.

Fact: Smoking increases your risk for almost every type of cancer, not just lung cancer.

Quitting Smoking
We're here to help



BARBARA ANN
 **Karmanos**

CANCER INSTITUTE
Wayne State University



4100 John R, Detroit, MI 48201
1.800.KARMANOS (1.800.527.6266)
karmanos.org

KCI-102 (4.21)

BARBARA ANN
 **Karmanos**

CANCER INSTITUTE
Wayne State University

YOUR BEST CHANCE.

YOUR BEST CHANCE.

Welcome to the

Barbara Ann Karmanos Cancer Institute

Our facilities and grounds are smoke-free environments as required by state regulations. While you are a patient or visitor here please refrain from smoking.

Reasons for quitting

Whatever your reason for quitting – cost, your health or for your loved ones – you have to make the choice to quit and do it for a reason that is important to you.

Most smokers try to quit several times before they are successful. Just because you have tried to quit before doesn't mean you won't be successful this time. In fact, those who have tried to quit in the past know their triggers and are more successful than those who have never tried to quit before.

The good news is that anyone can quit with the right tools and support. Karmanos can help you choose the right smoking cessation method for you.

Smoking is not something that only affects you

Smoking is also harmful to the people around you, especially children. Second-hand smoke, or passive smoking, is linked to many diseases and health problems, including cancer, lung diseases, asthma, ear infections and increased illness in non-smokers.



Smoking's personal impact

You are probably well aware that smoking is harmful to your health and your finances. Cigarettes contain over 60 cancer-causing agents. On average, a pack a day smoker in Michigan spends over \$2,300 a year on cigarettes.

Karmanos can help you quit smoking

Michigan Tobacco Quitline
1-800-QUIT-NOW (1-800-784-8669)

The Michigan Tobacco Quitline, funded by the Michigan Department of Community Health, provides **FREE** information and referral services to Michigan residents who are ready to quit smoking. Services may include:

- Telephone coaches
- Individualized quit smoking plans
- Quit Guides and Tool Kits
- Assistance with obtaining medications for quitting

You can enroll by calling **1-800-Quit-Now** (1-800-784-8669).

Ask for assistance in the Karmanos Cancer Center's Education and Resource Center.

For More Information

American Cancer Society
Guide to Quitting Smoking
1-800-ACS-2345 • www.cancer.org

National Cancer Institute
1-877-44U-QUIT • www.cancer.gov