

Did You Know?

- **Medications** can double your chances of quitting. Nicotine patch, gum, nasal spray, oral inhaler, and lozenge and non-nicotine tablets can relieve the discomfort often experienced in the early stages of quitting.
- If you have the urge to smoke first thing in the morning, your body is probably **addicted to nicotine**. After 6 to 8 hours of sleep, your nicotine level drops and your body develops a need for a quick boost of nicotine when you wake up.
- There is enough **radioactive material** in cigarettes for the average smoker to be exposed to the equivalent of over 100 X-rays in a year.
- You practice a relaxation technique when you smoke. It is called deep breathing. When you smoke, you inhale slowly and deeply, and then exhale slowly and completely. This method of deep breathing can be used to combat your need for smoking.
- It takes most smokers several attempts before they finally succeed. So, *be understanding* because quitting smoking may bring on a host of symptoms, such as irritability, aggressiveness, difficulty sleeping, occasional headaches, and gastrointestinal discomfort.
- *LifeSolutions* can help you find smoking cessation materials, counselors and health plan programs. Please give us a call at 1-800-647-3432