

THE MYTHS OF SMOKING

“SMOKING RELAXES ME”

There are other ways to relax, rather than smoking:

- taking deep breathes
- taking a walk
- exercise
- practice *relaxation techniques*
- sleep
- reading
- go see a movie

“I WILL QUIT ONE DAY, JUST NOT RIGHT NOW”

You probably do not see yourself smoking for the rest of your life. What are you waiting for? It won't be any easier later, in fact, it may be easier to stop before you develop a tobacco caused disease.

“I AM AFRAID OF THE WITHDRAWAL SYMPTOMS”

Withdrawal symptoms are not a welcomed thought when it comes to quitting, BUT, they are only temporary, and generally disappear in 2 to 3 weeks.

THERE IS HELP! Using Nicotine Replacement products such as the patch, gum, lozenge, inhaler or nasal spray, as well as, bupropion can reduce or even eliminate these symptoms.

“I WILL GAIN WEIGHT IF I QUIT”

It is true, some people do gain weight after they quit tobacco use. But, by changing your lifestyle, such as establishing a regular exercise plan and eating healthy, will help to keep weight gain to a minimum. Also, the use of bupropion may also limit weight gain.

“IT’S TOO LATE...THE HARM IS ALREADY DONE”

No matter how old you are or how long you have used tobacco...it is never too late to quit! [Benefits of Quitting Page](#)

MAKE IT YOUR LAST NOW!

Before you or someone you love becomes sick from a tobacco related disease. PREPARE YOURSELF!

Instead of stopping alone, it is better to get help through a trained healthcare provider, tobacco treatment program or a support group. [Lehigh Valley Resources Section](#)

Did you know that using a Nicotine Replacement product can double or even triple your chance of being successful, always check with a trained healthcare provider first!

For more information click [Internet Resources.](#)