

# CLEAR THE AIR

## QUITTING IS HARD. BUT HELP IS HERE.

Talk to your doctor about tools that can help you quit smoking.

### TOP TOOLS FOR QUITTING

These tools may help ease withdrawal symptoms and decrease the urge to smoke. Each is FDA approved and can double your chances for success.

Nicotine Replacement Therapy



Ask your doctor which medications best fit your plan to quit smoking.

### JOIN FORCES

Research shows that the most effective way to quit smoking is to use **cessation medicine in combination with counseling services.**



### GET SOME SUPPORT

Counseling support services can increase your chances for success.

quitSTART app

Smokefree.gov

Text "QUIT" to iQuit (47848)

1-800-QUIT-NOW

\*Prescription Medications

E-cigarettes are just as addictive as cigarettes.  
#vapingisnotquitting



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