



# WOMEN'S HEALTH

## A New BFF To Help You Stop Smoking

(NAPSA)—If you're feeling increasingly alone with your smoking, there's an inviting new Web site extending a friendly, nonjudgmental hand. Developed by the National Cancer Institute (NCI), [Women.Smokefree.gov](http://Women.Smokefree.gov) gives you the latest science on tobacco addiction, recommended



approaches on how to quit and a wealth of free resources to get you started and keep you on track.

Cutting-edge, evidence-based tools available at [Women.Smokefree.gov](http://Women.Smokefree.gov) include:

- Live help via telephone or instant messaging from an NCI smoking cessation counselor;
- A professional step-by-step quit guide written by ex-smokers and smoking cessation experts;
- Tools you can use, including a cravings journal and medications to help you quit;
- Informative free publications you can download, print and order;

- Conversation with other women also trying to quit.

You can also join [Women.Smokefree.gov](http://Women.Smokefree.gov) on Facebook and Twitter and your friends, both old and new, can instantly support your efforts.

There are more reasons than ever for women to quit. Smoking affects more than just your lungs. Smoking can increase your risk for future heart attack, stroke, osteoporosis and cancers other than lung cancer. It can reduce your ability to get pregnant and increase your chances of problems during pregnancy.

Smoking can also worsen symptoms of a long list of chronic illnesses that women are already dealing with, including asthma, sinusitis, migraine, glaucoma, hypertension, rheumatoid arthritis, MS, diabetes (types 1 and 2), cystic fibrosis, depression, panic attacks and more. Also, it's long been accepted that smoking causes wrinkles and facial aging.

Visit [www.Women.Smokefree.gov](http://www.Women.Smokefree.gov) and get to know your new BFF today.