



HEALTH AWARENESS

Seven Tips To Help You Quit Smoking

(NAPSA)—Of the more than 1 billion people who smoke worldwide, half say they intend to quit smoking in the next six months. They have good reason. Quitting smoking makes a difference right away—you can taste and smell food better. Your breath smells better. Your cough goes away.

Quitting smoking cuts the risk of lung cancer, many other cancers, heart disease, stroke and respiratory illnesses.

Ex-smokers have better health than current smokers, fewer days of illness and less bronchitis and pneumonia than current smokers.

Quitting smoking also saves money. If you're a pack-a-day smoker who pays between four and five dollars a pack, you can save more than \$1,500 a year.

To help you succeed, here are some tips:

1. First, set a date for quitting. If possible, have a friend quit smoking with you.

2. When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking, such as chewing gum or drinking a glass of water.

3. On the day you quit, get rid of all your cigarettes and put away your ashtrays.

4. To help, you might try a stop-smoking coach. "My Stop Smoking Coach with Allen Carr" is an interactive approach that helps you break your nicotine addiction and quit smoking more easily. The game, developed for Nintendo DS, gives you instant access to an expert you can put in your pocket.



One way many smokers successfully stop smoking is to get a stop-smoking coach they can put into their pockets.

The game offers 15 innovative minigames to help you dispel the illusions about nicotine addiction. It also has a reward system that helps you track your progress as you move from dependence to freedom.

5. Don't worry if you are sleepier or more short-tempered than usual. These feelings will pass. Try to exercise—take walks or ride a bike.

6. Remember to eat regular meals. Feeling hungry is sometimes mistaken for the desire to smoke.

7. Finally, consider the positive things about quitting, such as how you like yourself as a nonsmoker and the health benefits for you and your family.

If you need more help, see your doctor. For more information on "My Stop Smoking Coach with Allen Carr," visit www.mycoachgames.com.