



## **The Great American Smokeout®**

# **BE A QUITTER**

## **Here's How to Cope**

### **Fight the Urge to Smoke: Do the 4 D's**

- Deep breathe
- Drink water slowly
- Distract yourself and do something else
- Decide on substitutes: chew on gum; nibble on apples, raisins, nuts, vegetables

### **Call a Help-line: 1-800-QUIT NOW**

### **Find a NicA Support Group Near You**

[nicotine-anonymous.org/find-a-meeting](http://nicotine-anonymous.org/find-a-meeting) or call 1-877-879-6422

**Check out** the American Cancer Society's [Guidelines for Diet and Physical Activity](#) and the [Great American Smokeout®](#) site

### **Make Contact**

- Get advice from former smokers among your friends, colleagues, or family.
- Talk to your primary care physician about quitting. Need a physician? Call 914-849-MyMD
- Learn about lung cancer screening at White Plains Hospital. Screenings are standard of care now for patients 50-80 with a 20-pack year smoking history.
- Lung cancer screenings can be authorized by a primary care physician or by contacting our Department of Thoracic Surgery at 914-849-7655.

