



You never know when your tobacco use is going to catch up with you.

**-10 YEARS
OF LIFE**

On average, smokers die 10 years earlier than nonsmokers. The number of years of life lost are even greater for some smokers, like those with mental health or substance use challenges.

**480,000
DEATHS
ANNUALLY**

In the U.S., cigarette smoking causes approximately 480,000 deaths annually.

**MORE THAN
16 MILLION**

More than 16 million Americans live with a smoking-related disease that lowers their health-related quality of life.

**7,000
HEALTH-HARMING
CHEMICALS**

Nicotine is the addictive component in cigarettes, but cigarettes and other tobacco products also include 7,000 other health-harming chemicals.



If quittin' ain't stickin' ask for help and keep on tickin'!

Smoking more than a pack a day? Is smoking the first thing you do in the morning? Smoking even though you're sick? These are all signs of very high nicotine addiction. However, most people who smoke cigarettes are addicted to nicotine to some degree.

Nicotine medications can DULL cravings for a cigarette and can help you quit tobacco use more gently and easily than going "cold turkey." They help with cravings but do not deliver the other health-harming chemicals in conventional cigarettes. Nicotine medications, or Nicotine Replacement Therapies, include:

- Patches
- Gum
- Lozenges
- Nasal spray (prescription required)
- Inhalers (prescription required)

... and they increase the rate of successful quit attempts by 50-70%.

Talk to your provider about how they can help you successfully quit.

- **Call 1-800-Quit-Now for free help.**
- Join an online help group, like Freedom from Smoking on lung.org
- Explore the resources at www.takingtexasobaccofree.com