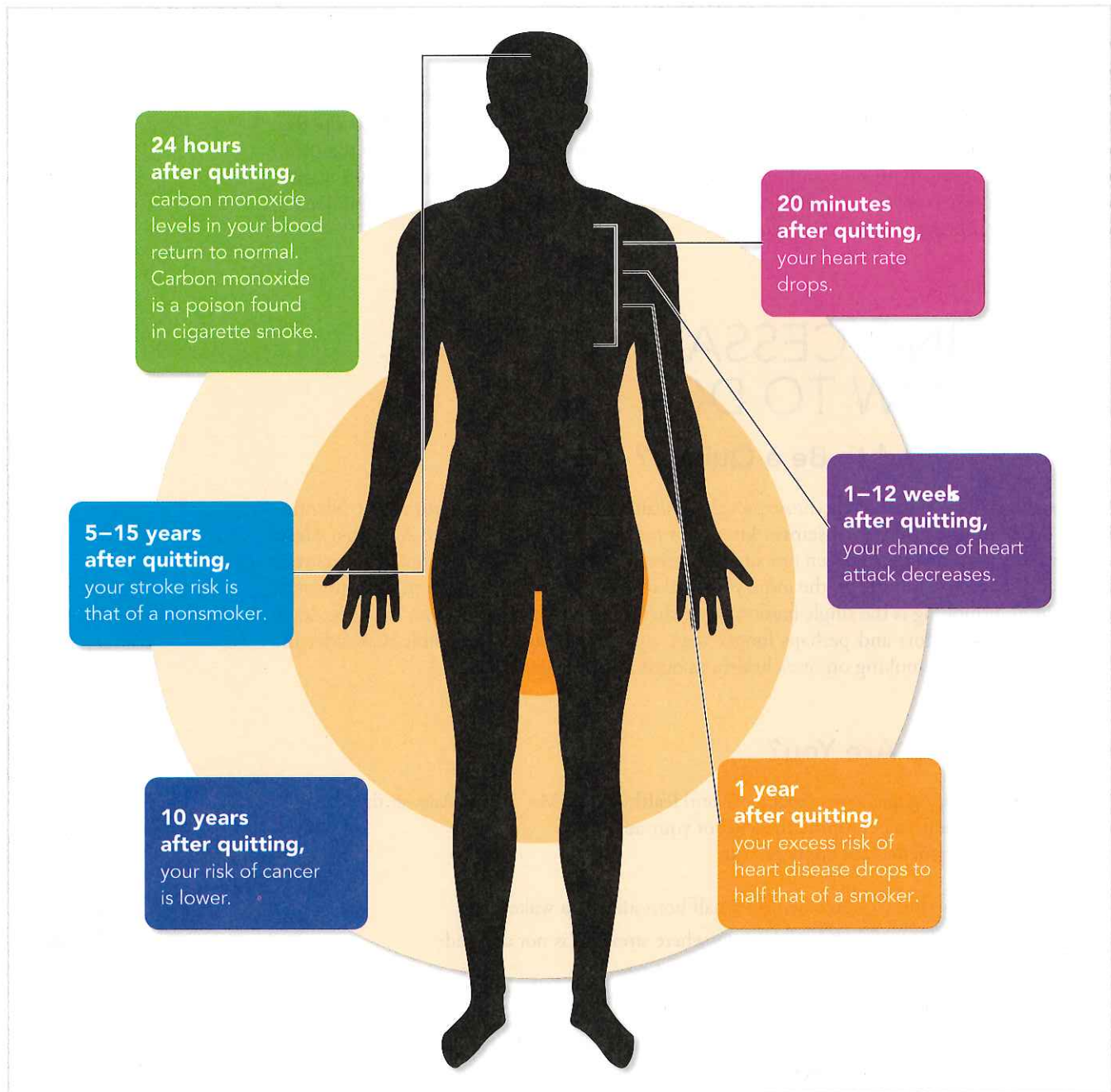


## Figure 14.4 The Effect of Stopping Smoking on the Body



Source: HealthCoach4Me (2012).

### You Can Stop!

As you begin to prepare to stop smoking, you may need a plan. Some people can do it “cold turkey,” but others need to develop a step-by-step plan to guide them along. Consider these tips from the U.S. Surgeon General’s Office (2012):

- Pay attention to *why* you smoke and think about your reasons for quitting.
- Tell your friends and family you’re planning to quit; ask for their help and support.
- Stop buying cigarettes.