

It's Never Too Late to Quit Smoking

Cigarette smoking is the leading cause of chronic obstructive pulmonary disease (COPD) in the United States. Quitting smoking, at any age, can have a positive impact on your COPD symptoms and can reduce your risk for many other diseases. We know it's not always easy to quit, but it is worth it. And so are you.

Take the First Step

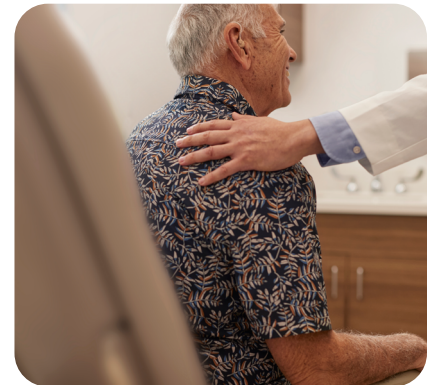
It is often difficult to know where to begin on your journey to quit smoking. There isn't one right way to start, but a strong first step is to make the firm decision to quit and pick a definite date to stop.

Some people may need a few tries before they quit smoking for good. If you slip and have a cigarette, you are not a failure. You can try again and be successful. It's never too late to get benefits from quitting smoking.

Your Health Care Team is Here for You

Your doctor, advanced practice provider (APP)*, care manager, pharmacist, and other members of your health care team are not here to judge – they're here to provide support and help you in any way you need to achieve a smoke-free life.

It's important to talk with your primary care provider (PCP) about the different options available to help you quit smoking. They can help you decide if patches, gum, medication, or other treatment options are best for you. They will also help you make a plan to deal with the situations that trigger your urge to smoke and teach you ways to cope with cravings.



We recommend staying away from vaping and e-cigarettes. They often do more harm than good when you're trying to quit. Remember, not every tool works for everyone, so keep trying and working with your care team until you find what works for you.

Additional Resources to Help You Quit

- Join the COPD Foundation's online community, COPD360social (copd360social.org) and join the many active discussions on the topic of quitting smoking.
- You can find more information about the steps you can take to quit smoking by visiting smokefree.gov.
- Call the National Quitline, Quit Partner, at 800-QUIT-NOW (800-784-8669) to connect directly to your state's Quitline and get access to free local resources.

Village Medical is proud to partner with



*An advanced practice provider is defined as a nurse practitioner or physician assistant.