

# COPD and Smoking

## Quitting is the best medicine of all

### For patients with COPD...

- Smoking is the leading cause of COPD
- Quitting smoking slows the progression of COPD
- Secondhand smoke can worsen COPD symptoms



### For anyone who smokes...

- Smoking increases your chances of getting heart disease, having a stroke, and developing lung cancer
- Within 1 to 9 months after quitting smoking, most people cough less and are less short of breath

### Quitting is hard for anyone who smokes. Here are some tips to help you stop smoking:

- Try...and try again, even if you've tried before
- Set a quit date and stick to it
- Find out what makes you want to smoke. Then plan how to deal with these triggers
- Create a quit plan
  - Quitting "cold turkey" may not work best for you
  - Consider enrolling in a quit-smoking program
  - Ask a friend or family member for support
- Make your home smoke-free
  - Ask friends and family members to not smoke around you

Tell your healthcare provider you want to quit. He or she may be able to give you recommendations on how to quit. It's never too late to quit smoking!