

# TRYING TO STAY SOBER?

# SOBRIETY



**DID  
YOU?  
KNOW!**

Alcoholism is  
10 times higher in  
people who smoke.

# ALCOHOLISM + SMOKING

HOW COMMON?



10 people who smoke live with alcoholism for every one person who doesn't smoke.



People who give up drinking and smoking at the same time have a 25% greater chance at success with both.

Many treatment programs encourage you to focus on one addiction at a time. But the truth is, you are more likely to succeed if you give up both drinking and smoking at the same time.

Smoking increases your craving for alcohol. Quit smoking, and you have a greater chance of staying sober.

*We can help you quit.*

**LUNG HELPLINE & TOBACCO QUITLINE.  
YOU ASK. WE ANSWER. IT'S FREE.**

**WWW.LUNG.ORG/STOP-SMOKING | 1-800-LUNGUSA**

 **AMERICAN  
LUNG  
ASSOCIATION®**

**LUNG  
HELPLINE  
& TOBACCO QUITLINE**

**1-800-LUNGUSA**