

TRYING TO DECREASE TOBACCO USE?



**DID
YOU?
KNOW.**

People who seek help
decreasing tobacco
use have a better
chance at succeeding.

HOW LIKELY WILL YOU SUCCEED?

**AFTER
3 MONTHS**



**People who complete a
cessation program are...**

5x more likely to quit
after 3 months than
those who try alone.

**AFTER
12 MONTHS**



4.7x more likely to quit
after 12 months than
those who try alone.

People who seek help through programs like our
HelpLine are experiencing a lot more success
than those who try alone.

Let us help you succeed.

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

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

 **AMERICAN
LUNG
ASSOCIATION®**

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HELPLINE
& TOBACCO QUITLINE**

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