

*We are happy to assist you in any way on your "quit journey". We understand how difficult it can be to quit and want you to succeed.*

*Kicking the habit is especially important for decreasing your pain & optimizing your treatment.*

*We would like to provide the following resources as additional support for you.*



**Tobacco use can lead to tobacco/nicotine dependence and serious health problems. Quitting smoking greatly reduces the risk of developing smoking-related diseases & early death.**

- More people in the United States are addicted to nicotine than to any other drug. Research suggests that nicotine may be as addictive as heroin, cocaine, or alcohol.
- Tobacco smoke contains a deadly mix of more than 7,000 chemicals; hundreds are harmful, and at least 70 have been linked to causing cancer.

**Smokefree.gov tools can help you or someone you care about quit smoking:**



The **Smokefree.gov website** has information you need on the best ways to quit smoking and the tools to make it happen. You can build a quit plan, read articles, take quizzes, and get quick links to other resources.



The **SmokefreeTXT** text message program provides daily encouragement, advice, and tips to quit smoking successfully. It will send you texts for 6 to 8 weeks, depending on when you set your quit date.



**QuitGuide** is a free smartphone app that teaches you the steps to quit and the skills you need to become and stay Smokefree. You can tag the times and places that make it hard for you to stay Smokefree, and the app will give you extra support when you need it most. You can also track your Smokefree progress, cravings, triggers, and smoking slips.

**There is no one-size-fits-all approach to quitting.** These resources will help you during your "quit -journey" by providing tools that work for you. After all, when it comes to quitting smoking, it doesn't matter where you start. Just start. Get more information at:

[www.Smokefree.gov/QuitWithUs](http://www.Smokefree.gov/QuitWithUs) or 1-800-QUIT-NOW

\*See Reverse Side for "Maz's Techniques" for Smoking Cessation\*

**"Maz's Techniques" for Smoking Cessation**

Without smoking cessation, your pain may never fully resolve. Please, STOP SMOKING. Dr. Maz has designed this technique, which has helped over 3,000 people quit smoking. Many of these people smoked upwards of 3 packs/day & are now SMOKE-FREE.

**RULE #1 - EVERY SUNDAY, DECREASE ONE CIGARETTE.**

For example, if you are smoking 20 cigarettes per day, next Sunday decrease it to 19 per day, until the following Sunday. On the following Sunday, decrease your smoking to 18 cigarettes per day. Continue the same next Sunday there-after. It would take you 20 weeks, which is 5 months until you are fully able to quit smoking. CONGRATULATIONS!!!

**RULE #2 - SMOKE ON REGULAR INTERVALS.**

Once you smoke one cigarette, give it half an hour to one hour until you smoke the next one. Some people smoke 2-3 cigarettes in a row directly after waking up in the morning. Just like eating, the slower you go the better and more satisfied you might feel.

**RULE #3 – TRACK YOUR PROGRESS.**

Track exactly how many cigarettes you smoked every day/week. You may use a chart similar to the one below, or create your own. Decrease the number by 1 cigarette per day on every Sunday. Do not estimate, be sure to track every cigarette for this method to be effective. Bring this sheet to your clinic visit for additional accountability.

Date	How Many	Date	How Many	Date	How Many