

North Gilbert Breeze

Health & Fitness



Are You Ready To Quit Smoking?

According to the Centers for Disease Control (CDC), a smoker is 50 percent more likely to quit and stay quit if he or she attends a class and uses nicotine replacement therapy. The Maricopa County Tobacco Prevention Program offers free tobacco-quit classes at 25 Valley locations, including Mercy Gilbert Medical Center and Gilbert Health Center.

The program offers 50 percent off nicotine replacement therapy, like patches, gum and lozenges. Take the Are You Ready To Quit Smoking Quiz:

1. I am clear about why I want to quit.
2. I hate the negative aspects of smoking (smell, stained teeth and fingers, hunting for a place to smoke, health effects, bad example to kids, etc.).
3. I am worried about how smoking affects my health and my family.
4. I know why I haven't been able to quit in the past. I can overcome those problems.
5. I am quitting smoking because I want to, not because someone else is talking me into it.
6. I have a plan on how to quit.
7. I am ready to make quitting a priority.

If you answered "yes" to five or more questions, you are ready to quit. Call 602 372-7272 to register for a class. Funded by the Arizona Department of Health Services.