

DO YOU WANT TO QUIT SMOKING?

Here are some good reasons to quit:

- 87 % of all lung cancers and most cases of emphysema and chronic bronchitis are caused by smoking.
- In addition to lung cancer, smoking contributes to the development of cancer of the mouth, larynx, throat, esophagus and bladder.
- Smokers are twice as likely to die from a heart attack as non-smokers.

Having the support of others is important when quitting smoking. Here are some classes in our area, all free of charge. Many will supply free quit aids such as nicotine patches if you attend class.

- **Wicomico County Health Department:** Sessions every Thursday at 12 noon. 108 E. Main Street, Salisbury, 4th floor. Call Jennifer Johnson at 410 334-3480.
- **Worcester County Health Department:** Classes offered in Berlin, Pocomoke and Snow Hill. Call 410 632-0056.
- **Somerset County Health Department:** 8-10 weeks of counseling. 8928 Signpost Road in Westover or 11545 Somerset Avenue in Princess Anne. Call 443 523-1760.
- **Dorchester County Health Department:** Sessions on Wednesdays 10-11:00 am and 5-6:00 pm, 3 Cedar Street in Cambridge. Call Julie at 410 901-8133.

For telephone support:

Maryland QuitLine 1 800-784-8669 (you must be 13 or older)

Delaware QuitLine 1 866-409-1858

Web Support: **www.smokingstopshere** (Maryland)

www.quitnow.net (Delaware)