

SPECIAL SITUATIONS OR CONDITIONS

Studies suggest that everyone can quit smoking, but for some, their situation or condition can give them a special reason to quit.

- Pregnant women or new mothers: you protect your baby's health and your own.
- Hospitalized patients: you reduce health problems and help healing.
- Heart attack patients: you reduce your risk of a second heart attack.
- Lung, head and neck cancer patients: you reduce the chance of a second cancer.



STAMP OUT SMOKING

Arkansas Department of Health
Tobacco Prevention and Education Program
4815 West Markham, Little Rock, AR 72205
stampoutsmoking.com

Call it quits
1-866-NOW-QUIT
(669-7848)



**Healthy
Arkansas**

*For a Better
State of Health*

**Become
A Quitter**

