

Ever think about quitting smoking but don't know where to begin? *OK!* brings you simple tips from the experts on how to succeed once and for all

Stop smoking today

You may think to yourself, "I only have a cigarette when I'm drinking" or, "Once in a while is okay." But the truth is, if you ever smoke, you're a smoker. Bottom line. And whether you have a cigarette a week or a pack a day, it's time to re-examine the possible effects smoking is having on you and the people you love. It's time to kick the habit for good.

OK!

— Karen Berg

“I quit smoking completely last year and I don't miss it.”

— Kelly Ripa

10 tools to help you QUIT



Ben Affleck
 Filming *Smokin' Aces* was a blessing and a curse for Ben. "The whole week that I shot *Smokin' Aces*, I smoked, like, five packs a day. By the time the movie was over, I was so sick of smoking. I just didn't want to do it anymore, and I quit," he says. Keep it up, Ben!



1 Like any addiction, the first step is to realize that smoking is a physical addiction and you need help.

2 Choose a program that is right for you, whether it's nicotine patches or gum; speak to your doctor to decide on your treatment.

3 Ask your family members, co-workers and friends not to smoke around you.

4 Start meditating. It's amazing what a few short minutes of breathing exercises can do.

5 When you feel a craving, tough it out. Most cravings subside within five minutes.

6 Pamper yourself with long walks and spa treatments. You deserve it!

7 Realize that there are going to be stressful situations that will make you want to smoke, just don't let these overpowering urges take over. You've come so far!

8 Your appetite may increase, so keep healthy snacks with you at all times and be sure to drink plenty of water.

9 If you've unsuccessfully tried to quit before, know that many smokers try to quit a dozen times before they are finally successful. Don't be discouraged from trying again.

10 The National Cancer Institute has a free Quit Smoking line, 1-800-QuitNow, where you can speak to a trained counselor anytime you need support.



▲ Work Out
 Working out is a great way to get your mind off the unhealthy habit.



▲ Drink Water
 When you quit, drinking lots of water may help curb your newfound hunger.

10 SCARY STATS

If you didn't know by now, smoking kills. Patrick Reynolds, the Executive Director of TobaccoFree.org, and Dr. Norman H. Edelman, Chief Medical Officer of the American Lung Association, give OK! some scary statistics about the deadly habit.

- 1.** 60 percent of all smokers in the U.S. started smoking before they were 14 years old.
- 2.** 90 percent of all smokers in the U.S. became addicted to smoking before they turned 19.
- 3.** More women die from lung cancer than ovarian cancer, breast cancer and uterine cancer combined.
- 4.** Smoking kills approximately 1,200 Americans every day and roughly 438,000 Americans every year.
- 5.** It is expected that 500 million people worldwide will die in upcoming years due to smoking.
- 6.** Smoking is responsible for 86 percent of all cases of lung cancer — the remaining 14 percent may have developed the disease due to second-hand smoke.
- 7.** Smoking can cause premature births and other birth defects.
- 8.** 95 percent of people who try to quit without a program (nicotine replacement) are smoking again within 12 months.
- 9.** Women who smoke are 60 percent more likely than non-smokers to be infertile.
- 10.** Smoking kills 4 out of every 10 smokers.