



Presented by Veritas Risk Services

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A Breath of Fresh Air

Cigarette smoking is a life-threatening habit, decried by every major health organization across the globe. The tobacco epidemic is so pervasive that the World Health Organization (WHO) supports World No Tobacco Day, held annually on May 31. This day is meant to “demonstrate the threats that the tobacco industry poses to the sustainable development of all countries,” according to the WHO website.

The largest threat comes from preventable deaths, with about 6 million people dying each year from tobacco use. Do your part to help curb tobacco consumption with these cessation tips:

- Think of the innumerable benefits to quitting, like saving money, lowering your cancer risks and feeling healthier overall.
- Put other things in your mouth instead of cigarettes. Try carrots, pickles, sunflower seeds, apples, raisins or sugar-free gum.
- Think about when you smoke and why you smoke-keep track of when you light up. Identifying your triggers can help you prepare to quit.
- If you are using medication to help you quit, make sure to follow the instructions carefully.

Quitting smoking is not easy. Talk to your doctor, friends and family to develop a support network for the journey. The sooner you begin, the sooner you can quit for good.