



## Help with Quitting

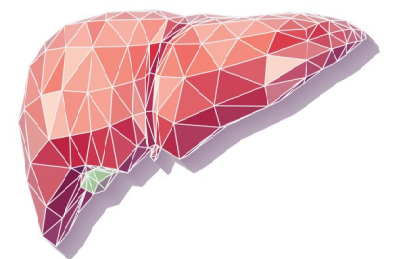
Make sure you have a support system. Smoking addictions can be hard to overcome and it is easier to do with support, which can come in many forms.

Try using nicotine medication products along with non-nicotine treatments to relieve physical withdraw symptoms.

Make a plan for quitting. This can include a set date, relaxation techniques, and planning on strategies to combat urges.

Talk to your doctors about quitting. They can provide you with information needed to have the greatest chance.

## Smoking And Your Liver



Smoking effects that hinder the liver's ability to process medications can be reversed with cessation.

Quitting smoking can decrease your chance of liver cancer.

Smoking cessation can help reverse liver disease by decreasing the inflammation caused by tobacco.

### Doctor's Tip

It often takes multiple attempts to quit smoking altogether. There is no need to think you have failed or to be discouraged if you are not able to quit smoking on your first, second, or even fifth attempts. Keep up the good effort and seek additional assistance from your doctor if you are having trouble.

- Dr. Ruben Khan, University of Illinois at Chicago

