



Support is key to increase your chances of quitting smoking and staying smoke-free!

During National Non-Smoking Week (January 15-21, 2012), the Canadian Lung Association encourages people to talk to a professional who can help them quit

(Ottawa) For National Non-Smoking Week, the Canadian Lung Association is launching three new videos to celebrate quitters and to encourage people who smoke to get support and learn how to quit.

One quitter featured in a video is Kevin Dormody, who had smoked for 50 years since starting at age 15. Kevin had tried to quit several times on his own, but wasn't successful until he got some professional help. "My doctor and a smoking cessation counselor provided me with the support I needed. "They were so compassionate, so understanding and so helpful. They were key in helping me get where I am – smoke-free – today." Kevin has been smoke-free for eight years now.

There are many proven ways to quit smoking. "Many people think they can quit on their own, but getting counseling can greatly increase your likelihood of quitting and staying quit," says Mary-Lynn Pender, a smoking cessation counselor with the Canadian Lung Association.

"Some people feel awkward or embarrassed about talking to their health-care provider or a quit counselor. "Don't be afraid," encourages Mary-Lynn. "They really want to help you improve your lung health."

Another quitter featured in a video is Nikhil Joshi, a fourth-year medical student. He's counseled people to quit smoking, both before and after he quit. He urges those who want to get professional support, whether it's a doctor, nurse, or a smoking cessation counselor. "As a health-care provider, when someone comes to us when they're ready to quit, we're really happy and excited because they are trying to make a positive change in their life." Nikhil has been smoke-free for 6 months now.

How to talk to your health-care provider about quitting

Here are some tips to help start the conversation with your health-care provider:

- Tell him/her that you are thinking of quitting smoking and why.
- Ask about nicotine replacement therapy and medications that might be right for you.
- Ask him/her about developing a quit plan for you.
- Ask him/her knows of any resources in your community.

It can sometimes take many attempts to quit smoking. “If you’ve tried before, don’t give up,” adds Mary-Lynn. “Talk with your counselor, doctor or pharmacist about your experience. With each quit attempt, you can learn what works and doesn’t work for you.”

Celebrate your success!

“If you have quit, don’t forget to celebrate your success! It could be something small, like celebrating a whole day smoke-free or longer term goals, like going on a trip or buying a new car with the money you’ve saved.”

[Watch a video on how to quit smoking](#)

[Watch Kevin story: smoke-free for eight years](#)

[Watch Nikhil, a medical student, talk about quitting smoking](#)

[Read more about how to quit smoking](#)

[Find out where to get help to quit smoking](#)

About the Canadian Lung Association

Established in 1900, The Lung Association is one of Canada’s oldest and most respected health charities, and the leading national organization for science-based information, research, education, support programs and advocacy on lung health issues.

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