

# Healthy Living Messages

*"Cigarette smoking is the leading cause of preventable disease and death in the United States."*

*-2004 Surgeon General's report*

◆  
Quitting smoking is the single most important thing you can do to improve your health and protect the health of your family members.

◆  
Smoking harms nearly every organ of the body.

◆  
Using tobacco causes many diseases and affects your overall health.

◆  
Quitting smoking or other forms of tobacco has benefits in the short- and long-term for you and your loved ones.



Make it your goal to start living a healthier life, tobacco free!  
Contact your Hines VA healthcare team today!

## **TOBACCO USE CESSATION GROUP**

**When:** Groups meet weekly at Hines Hospital and all Community Based Outpatient Clinics. Individual and telephone counseling are also available. Consult is required.

**Ask anyone on your health care team for a referral to the Tobacco Use Cessation Program today!**



# Ready to Quit Tobacco?



Developed by Tobacco Use Cessation Treatment Clinicians, and Hines Medical Media, approved by the VHEC, April 2011.

U.S. Surgeon General's Reports, 1988-2010  
[www.surgeongeneral.gov](http://www.surgeongeneral.gov)

Let the Tobacco Use Cessation Team at Edward Hines, Jr. VA Hospital help you out.