

## **Stop Smoking Now !**

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By Dr. March

MICHAEL R. MARCH, M.D., P.A.  
Obstetrics and Gynecology  
The Medical Plaza at Rex  
4414 Lake Boone Trail, Suite 311  
Raleigh, NC 27607

### **STOP SMOKING NOW !!!**

Smoking carries many detriments to your life and health via pulmonary, cardiovascular and cancer diseases. Some of these problems will kill you; others will simply make your life miserable. Additionally, if you are pregnant and smoking, the well-being and life of your developing baby is put a significant risk. Quitting smoking is likely to be the single most important action you take to benefit your health in your entire life. There are many roads to quitting and we would like to help. Here are some ideas.

Quitline NC: 800-QUIT-NOW [www.QuitlineNC.com](http://www.QuitlineNC.com)  
Pairs you with a ?Quit Coach?

NC Medical Society Foundation: 919-733-1881

NC GASP (Group to Alleviate Smoking Pollution): 828-669-6406

National Cancer Institute: 800-4-CANCER (800-422-6237)  
Connects you with local resources.

American Lung Association: 800-LUNG-USA

American Cancer Society: 800-ACS-2345

American Heart Association: 800-284-6601

ZYBAN Advantage Program by GlaxoSmithKline, Inc.  
Free 3-mo program, educational material, counseling  
800-822-6784

National Cancer Institute: 800-4-CANCER (800-422-6237)

Timeless Acupuncture: 919-850-0208

There are other methods that some people find useful, such as hypnosis and acupuncture. Consult your local phone directory for assistance.

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