

# EXPECT MORE

Everyone Deserves Good Health

7<sup>th</sup> Annual National LGBT Health Awareness Week

## SMOKING

The tobacco industry targets the LGBT community with marketing. One such project was named Project SCUM (that's Sub-Culture Urban Market). Quitting smoking is hard and may take you more than one attempt.

- Set a quit date
- Make a quit plan with free help from the Quit Line at 1-800-QUITNOW (1-800-784-8669)
- Talk to your healthcare provider or pharmacist about nicotine-replacement products that can help you quit.
- Get support from family, friends and other support networks in your community.
- Know that quitting now will improve your health
  - If you are taking hormones, smoking may cause blood clots. Blood clots can be fatal.
  - If you are planning surgery, it may be a good time to quit.
  - If you are planning on becoming pregnant, know that smoking can hurt your baby.
- Identify specific ways to deal with temptations, especially when you go out.

**EXPECT MORE: Smoking hurts you and your community!**

**For more information, please see:**

The Mautner Project ([www.mautnerproject.org](http://www.mautnerproject.org))

National LGBT Tobacco Control Network ([www.lgbttobacco.org/](http://www.lgbttobacco.org/))