ASIAN-AMERICANS & TOBACCO

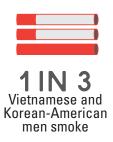
Tobacco use is the #1 cause of preventable disease, disability and death for Asian-Americans.

ASIAN-AMERICAN SMOKING RATES

12% of all Asian-Americans are smokers



31% of all Asian-Americans smoke menthol cigarettes





DISEASES CAUSED BY SMOKING







TIPS FOR QUITTING

CONSIDER USING A
NICOTINE
REPLACEMENT
THERAPY (NRT) SUCH
AS GUM OR A
LOZENGE IF YOU
SMOKE FEWER THAN 10
CIGARETTES A DAY.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD. SMOKE FEWER
CIGARETTES EACH DAY
BEFORE YOUR QUIT DATE
TO GIVE YOU THE BEST
CHANCE OF QUITTING
TOBACCO FOR GOOD.