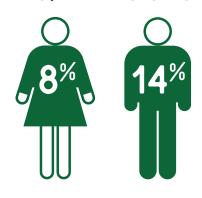
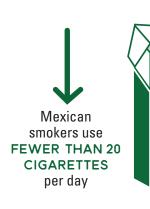
## TOBACCO USE IN THE HISPANIC/LATINO COMMUNITY

Tobacco use is the #1 cause of preventable disease, disability and death for Hispanics/Latinos.

## HISPANIC/LATINO SMOKING RATES







## DISEASES CAUSED BY SMOKING







**HEART DISEASE** 



STROKE



**ASTHMA** 



**DIABETES** 

## TIPS FOR QUITTING

ASK A MEDICAL PROVIDER FOR HELP WITH QUITTING.

WORK WITH A QUIT COACH AND USE QUIT MEDICATIONS TO HAVE THE BEST CHANCE OF QUITTING TOBACCO FOR GOOD. CONSIDER USING
NICOTINE REPLACEMENT
THERAPY (NRT) IF YOU
ONLY USE TOBACCO IN
SOCIAL SITUATIONS.