




People With Disabilities
Quitting Smoking




**Quitting smoking
makes a difference.**

If you are a person with a disability, health risks from using commercial tobacco may be higher.



Smoking can make illnesses like diabetes or heart disease worse.

A woman with short brown hair, wearing sunglasses and a grey sweatshirt, is smiling broadly while sitting in a wheelchair. The background is a blurred outdoor setting with green foliage. A large, diagonal graphic overlay in shades of red and blue is positioned in the lower-left corner of the image.

That's why the benefit
of quitting smoking
can be big!

The Quitline can help.

All services are free! Get:

- Personalized support
- Nicotine patches, gum, or lozenge
- Call, chat, or text a Quit Coach
- Texting program, Learn2QuitNY

**For help to quit
smoking and vaping:**

Call
1-866-NY-QUITS
(1-866-697-8487)

Visit
NYSmokeFree.com

Or scan:



Developed by Roswell Park Cessation Services
for the New York State Smokers' Quitline.