



# DON'T LET SMOKING STEAL YOUR MEMORIES

Cigarette smoking has been linked to so many health risks.

Now there's one more. Recent research indicates that smoking can increase the risk of Alzheimer's disease and other dementias as much as 50%. But there is encouraging news. **Smokers who sign up for the free MAINE**

**QUITLINK program are 2-3 times more likely to quit.**

You don't have to go it alone. QUITLINK has the tools to help you stop smoking: phone coaching, web coaching, and positive, helpful advice — with no pressure and no putdowns. It's a proven, person-to-person support resource, with personalized strategies geared for your life whether you're ready to quit smoking or looking for ways to help a friend or family member break the habit. It's totally confidential, and getting started is easy. You can do this, especially when you work with experts who can help. Learn more today online, by phone, or simply by discussing it with your doctor or **local community health center**. Your health — and your memories — are too important to risk losing.

MAINE  
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1-800-QUIT-NOW  
[www.mainequitlink.com](http://www.mainequitlink.com)



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