

Why do you smoke?

The first step to stop smoking is up to you.
Have you found your reason to give up smoking?



It affects your health and quality of life.



It affects your family's health and the people around you



It stains your teeth, gives you bad breath, reduces your lung capacity...



Its production, distribution, consumption and waste affect the environment



It is an economic burden



It brings about addiction

Do you need support to give up?

You can do it. Contact your health centre for more information.
Navarra Health Service-Osasunbidea provides the following services:



Individual or group training sessions

- Ask what your health centre has to offer
- They will boost your motivation to quit
- They may or may not be combined with drug aids



Drug aids

- In order to access them, the smoker must follow the Smoking Stopping Assistance Programme
- Drugs are subsidised according to income
- Support can be applied for only once per person per year