

If at first you don't succeed

Anyone who has tried to quit smoking knows it doesn't always happen on the first try. But what many smokers don't realize is that they are not alone in their failed quit attempts. A quit attempt is defined as not smoking for at least one day with the intent of not starting again.

A survey from the American Lung Association (ALA) found that 6 out of 10 former smokers were not able to successfully quit on their first try and required many attempts to quit smoking for good.

"The American Lung Association wants every smoker to know that they are not alone in their unsuccessful quit attempts, and that with each quit attempt they become one step closer to becoming smoke-free," said ALA National President and CEO, Harold P. Wimmer.

The ALA's Quitter in You campaign (www.QuitterInYou.org) acknowledges that multiple quit attempts are normal and are necessary steps along the way to quitting for good.

