

# Learn how to quit smoking for good.

Today there are more former smokers than current smokers. Be one of the thousands of Americans who have quit smoking.

## Take the First Step!

Deciding to quit smoking or using tobacco is the first step! Quitting smoking greatly reduces your risk for disease and early death. It can also make you look and feel better. It may take several attempts to quit, so don't get discouraged. Many others have done it and you can too!

## Benefits of Quitting Smoking

There are many benefits of quitting smoking. Here are just a few.

- Lowered risk for lung cancer and many other types of cancer.
- Reduced risk for heart disease, stroke, and peripheral vascular disease (narrowing of the blood vessels outside your heart).
- Reduced respiratory symptoms, such as coughing, wheezing, and shortness of breath.
- Reduced risk of developing some lung diseases (such as chronic obstructive pulmonary disease, also known as COPD, one of the leading causes of death in the United States).
- Reduced risk for infertility in women of childbearing age. Women who stop smoking during pregnancy also reduce their risk of having a low birth weight baby.

## How to Quit Smoking

- Develop your quit plan.
- Set a date to quit.
- Choose your reasons for quitting and develop a strategy to deal with cravings.
- Learn your triggers for smoking. These are the things you do throughout your day that make you want to smoke. Triggers can be things like driving, drinking coffee, or finishing a meal. Develop a plan to deal with the triggers.

- Get help. Talk to your friends and family about your plan and ask for their support.
- Try a nicotine replacement therapy. There are several over-the-counter and prescription medications. Talk to your doctor about which one is best for you.

## Dealing with Relapses

Do not get discouraged if you slip. You are human. It doesn't mean you cannot quit. Think about why you slipped and look for ways to avoid the reason for the slip in the future. Take pride in the time you went without smoking. Then start over. You can do this!

## Helpful Resources

There are many useful resources available to help you quit. Here are just a few:

- Talk to your doctor.
- Call 1-800-QUIT-NOW. This is a free telephone support service.
- Try a text message program. Text QUIT to 47848 for the smokefree.gov program.
- Download a free app. An app can help you track cravings and understand your smoking patterns.
- Call us! We can help you find a program and resources that are right for you.



Quitting smoking is not easy. It often takes several attempts to quit. And it may be the hardest thing you ever do. Thousands of people have been able to quit so you can too!

*Source: Office on Smoking and Health, National Center for Chronic Disease Prevention and Health Promotion*