

Tobacco Cessation

Smoking is the most preventable cause of death in the U.S.

Why is quitting important?

Smoking and/or vaping harms almost every organ in the body, including your heart and blood vessels. It also harms those around you while you smoke via second hand smoke. Deciding to quit is a big step. Following through is just as important. Quitting tobacco and nicotine addiction isn't easy, but others have done it, and you can too!

Is it ever too late to quit?

No, it is never too late to quit. In the year after you quit smoking, your excess risk of heart disease drops by 50%. After 10 years, your risk is as low as that of someone who has never smoked. While you may crave tobacco or nicotine after you quit, most people feel that becoming tobacco and nicotine-free is the most positive thing they have ever done for themselves.

What happens after I quit?

- Your sense of smell and taste come back.
- Your cough will go away.
- You'll breathe easier.
- You'll increase your chances of living longer and reduce your risk of heart disease and stroke.
- You'll have extra money that is not being spent on smoking.

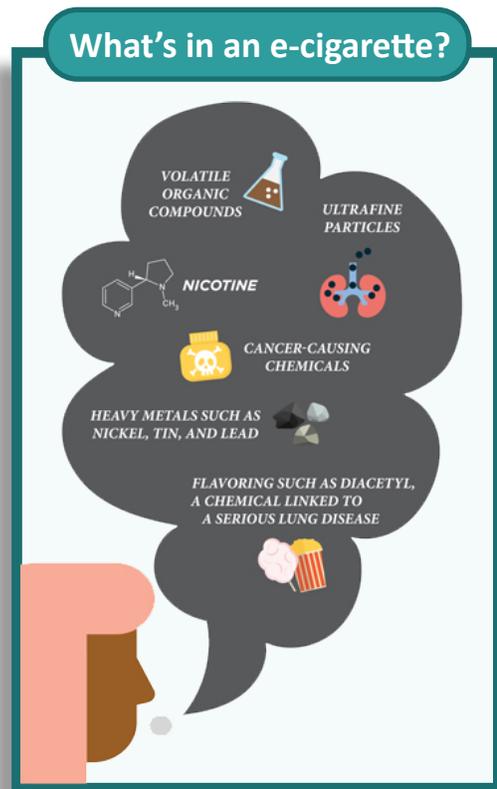


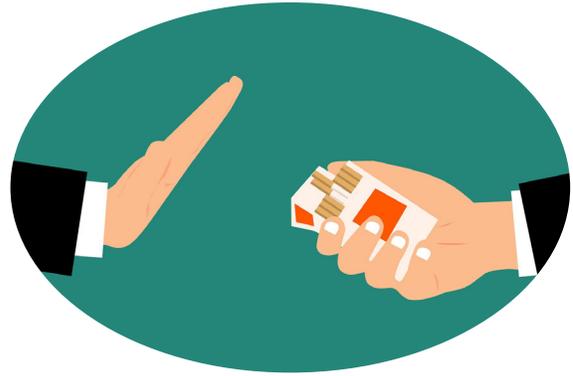
Image Source: www.cdc.gov

How do I Quit?

You are more likely to quit for good if you prepare.

1. Set a Quit Date.

Choose a date when you will quit smoking and/or vaping. Tell your family members, friends, and health care team, who are most likely to support your efforts.



2. Choose a method for quitting.

There are several ways to quit. Some include:

- Stop all at once on your Quit Day.
- Cut down the number of times you smoke/vape until you stop completely.
- Smoke/vape only a few puffs at a time. If you use this method, you will need to steadily decrease the amount of puffs you take daily.

3. Decide if you need medicines to help you quit.

Talk with your health care provider to determine which medicine is best for you. You could also get a referral for a cessation program in your area.

4. Plan for your Quit Day.

Be aware of the cravings, urges, and feelings that come with quitting. Get rid of all of your smoking accessories including ash trays, lighters, vape pens, etc. Find healthy substitutes for smoking. Go for walks. Keep gum or mints with you. Find healthy foods to snack on.

5. Implement your plan on your Quit Day.