

5 Keys to Quitting Smoking

1

Get Ready:

Plan and prepare!

- Select a quit date
- Consider the ways quitting will make your life and health better
- Remove temptations
- Reflect on past attempts to quit

2

Rally Support and Encouragement:

Your odds improve if you have support from others.

- Talk to friends and family about why you want to quit and how important it is to you
- Request that they keep tobacco out of sight
- Ask a doctor, psychologist, or other health professional for advice

3

New Skills and Behaviors:

Plan different ways to distract yourself from urges.

- Keep alternatives around to hold in your hands or put in your mouth when you feel tempted
- Research activities that do not include tobacco
- Plan for withdrawal symptoms

4

Get and Use Medication Correctly:

Incorporating medication can greatly increase your chances of quitting for good.

- Nicotine Replacement Therapy (NRT) medications provide small, constant doses of nicotine to help stop cravings and reduce symptoms you might have while trying to quit smoking
- Certain NRTs are obtainable without a prescription, including gums, inhalers, nasal sprays, lozenges, and patches. Others must be prescribed by a physician



5

There may be a Relapse or Difficult Situation:

The biggest change of relapse occurs in the first three months after quitting, so be prepared for difficult situations to arise.

- Create new ways to handle stress and calm your nerves
- If you do slip up, do not get discouraged, use it as a learning experience
- Limit your exposure to triggers like coffee and alcohol
- Keep a good diet and exercise to help cope with weight gain and mood changes
- Remind yourself of all the benefits of quitting!

References:


Centers for Disease Control and Prevention. (2021, November 17). *Basic information*. Centers for Disease Control and Prevention. Retrieved August 11, 2022, from https://www.cdc.gov/tobacco/basic_information/index.htm

Centers for Disease Control and Prevention. (2022, August 3). *Burden of cigarette use in the U.S.* Centers for Disease Control and Prevention. Retrieved August 11, 2022, from https://www.cdc.gov/tobacco/campaign/tips/resources/data/cigarette-smoking-in-united-states.html?s_cid=OSH_tips_GL0005&utm_source=google&utm_medium=cpc&utm_campaign=TipsRegular%2B2021%3B5%3BWL%3BBR%3BIMM%3BDTC%3BCO&utm_content=Smoking%2B-%2BFacts_E&utm_term=smoking%2Bfacts%2BAnd%2Bstatistics&gclid=CjwKAjw9NeXBhAMEiwAbaY4lsk2dtVfpJ4PLVmqtmw6Q-2liJnHlw33gBEIfcM204_I9T84Q7zUoxoC_0YQAvD_BwE&gclsrc=aw.ds

This brochure is intended to promote healthy habits. It is not intended as a substitute for medical advice or professional care. Before making changes to your diet or exercise, consult your health care provider.



Take the necessary steps **TO QUIT!**



Taking the necessary steps to quit smoking is critical to improving your health, no matter how old you are or how long you have smoked.

Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking but there are proven treatments that can help you quit!

Effects of Smoking

Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis. Smoking also increases risk for tuberculosis, certain eye diseases, and problems of the immune system, including rheumatoid arthritis.

- Smoking leads to disease and disability and harms nearly every organ of the body.
- More than 16 million Americans are living with a disease caused by smoking.
- For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.
- Secondhand smoke exposure contributes to approximately 41,000 deaths among nonsmoking adults and 400 deaths in infants each year.
- Secondhand smoke causes stroke, lung cancer, and coronary heart disease in adults.
- Cigarette smoking kills more than 480,000 Americans each year.

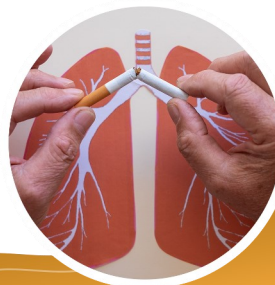
- Children who are exposed to secondhand smoke are at increased risk for sudden infant death syndrome, acute respiratory infections, middle ear disease, more severe asthma, respiratory symptoms, and slowed lung growth.
- Cigarette smoking remains the leading cause of preventable disease and death in the United States.
- Cigarette smoking cost the United States more than \$600 billion in 2018, including more than \$240 billion in healthcare spending and nearly \$372 billion in lost productivity.
- In 2020, an estimated 12.5% (30.8 million) of U.S. adults currently smoked cigarettes.

How Is Smoking Related to Cancer?

Smoking can cause cancer and then block your body from fighting it. Poisons released in cigarette smoke can weaken the body's immune system, making it more difficult to kill the cancer cells. Poisons in tobacco smoke can damage or change a cell's DNA. DNA is the cell's "instruction manual" that controls a cell's normal growth and function. When DNA is damaged, a cell can begin growing out of control and create a cancer tumor.

Smoking can be the source of cancer almost anywhere in your body, including the:

- Blood (acute myeloid leukemia)
- Bladder
- Cervix
- Colon and rectum
- Esophagus
- Kidney and renal pelvis
- Larynx
- Liver
- Lungs
- Mouth and throat
- Pancreas
- Stomach
- Trachea and bronchi




How Is Smoking Related to Heart Disease and Stroke?

Heart disease includes various types of heart conditions. The most common type in the United States is coronary heart disease (also known as coronary artery disease). This occurs when the blood vessels that carry blood to the heart are narrowed. This can cause chest pain, heart attack, heart failure and arrhythmia.

A stroke happens when the blood supply to the brain is blocked or when a blood vessel in the brain bursts and causes brain tissue to die. Stroke can cause paralysis, muscle weakness, trouble speaking, memory loss and death.

Smoking is a major cause of cardiovascular (heart and blood vessel) diseases (CVD) and causes one of every four deaths from CVD. Smoking raises triglyceride levels (a type of fat in your blood). It lowers your "good" cholesterol (HDL) and can make blood more likely to clot, which can block blood flow to the heart and brain.

Electronic Cigarettes (E-Cigarettes)



E-cigarettes come in many shapes and sizes, most have a battery, a heating element, and a place to hold a liquid. The product goes by numerous different names such as "e-cigs," "e-hookahs," "mods," "vape pens," "vapes," "tank systems," and "electronic nicotine delivery systems (ENDS)." Some people use e-cigarettes to deliver marijuana and other drugs.

E-cigarettes are still new and there is still much to learn about their long-term health effects. For now, we know most e-cigarettes contain nicotine, which is highly addictive, toxic to developing fetuses and can harm adolescent and young adult brain development. Besides nicotine, e-cigarette aerosols can contain other substances that harm the body, including cancer-causing chemicals and tiny particles that extend deep into lungs. Nonetheless, e-cigarette aerosols commonly contain less harmful chemicals than smoke from burned tobacco products.