

How to Quit Tobacco



Educate Yourself

- Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- Cigarettes, e-cigarettes and tobacco products contain toxic chemicals, as do their smoke, vapor and liquids.
- Within 1 year after quitting, your risk of heart disease goes down by half.
- For adults who do not smoke, breathing secondhand smoke has immediate harmful effects on the heart and blood vessels.

Make A Plan To Quit

- Set a quit date within the next 7 days.
- Choose a method: cold turkey or gradually.
- Decide if you need help from a health care provider, nicotine replacement or medicine.
- Prepare for your quit day by planning how to deal with cravings and urges.
- Quit on your quit day.

Resources

There are many options that may be FREE/COVERED by your insurance to assist you as you decide to QUIT! Your primary care physician can discuss options for quitting.

Consider the risks of smoking and benefits of stop smoking and learn how to live tobacco free. Free resources are listed below:

- Local in-person Tobacco Cessation Program:
 - Commit to Quit, (866) 885-3509
- Phone/website support:
 - Quit With Us, Louisiana, quitwithusla.org or 1-800-784-8669
 - National Cancer Institute, www.smokefree.gov or 1-877-448-7848
 - American Heart Association (800) AHA-USA1
 - American Cancer Society 1-800-227-2345

Tips For Success

Deal With Urges

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you are confident that you can handle them.

Get Active

Physical activity can help you manage the stress and cravings when quitting. You'll feel better too.

Handle Stress

Learn other healthy ways to manage the stress of quitting.

Get Support

A buddy system or support program can help you with some of the common struggles of quitting.

Stick With It

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.