

How to Quit Tobacco



Educate Yourself

- Smoking is the leading cause of preventable 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 healthcare 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 as you decide to QUIT! Your primary care physician can discuss options for quitting.

Consider the risks of smoking and the benefits when you stop smoking and learn how to live tobacco free.

Free resources are listed below:

- Quit With Us LA
 - (800) QUIT-NOW
 - QuitWithUsLA.org
- National Cancer Institute
 - (877) 44U-QUIT
 - SmokeFree.gov
- American Heart Association
 - (800) AHA-USA1
- American Cancer Society
 - (800) 227-2345

Top 5 Hospital Risks for Smokers

Longer Anesthesia Time
Higher Rate of Complications
Higher Rate of ICU Stay
Higher Rate of Infection
Longer Hospital Stay

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.