



## Tobacco Cessation for Life

Giving up the use of all tobacco products is one of the most important actions you can take to improve your health. It is also important for the health of those around you. Will it be difficult for you to quit using tobacco? It may be one of the hardest things you have done. Can you do it? **Yes, you can!**

### SMOKING AND TOBACCO USE HURTS YOUR HEALTH!

- Smoking cuts down on the amount of oxygen reaching your tissues. This can lead to a heart attack, stroke, miscarriage or stillbirth. It can also increase your blood pressure.
- Smoking increases your cholesterol levels and the levels of other fats in your blood, raising the risk of a heart attack.
- Smoking damages and constricts blood vessels. This damage can lead to heart and blood vessel disease and leg and foot infections.
- Smokers with diabetes are more likely to get nerve damage, kidney disease and are three times more likely to die of heart disease.
- Tobacco use can cause cancer of the mouth, throat, lung and bladder.

### About 10 percent of tobacco users can quit on their first attempt.

The other 90 percent may try at least seven times before being successful. If you are not successful on your first attempt, don't give up! Try not to be too discouraged. Use previous attempts to your advantage.

Nicotine is in all forms of tobacco. It is addictive. Nicotine is what makes it so hard to quit using tobacco. Quitting is about breaking the cycle of addiction. Breaking that cycle is a process. Nicotine Anonymous is a free 12-step program ([www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)).



## THE GOOD NEWS IS THAT HELP IS AVAILABLE.

### Getting ready:

1. Talk with your doctor about how to succeed in tobacco cessation.
2. Accept the fact that it may be hard.
3. Write down when you like to smoke or things that trigger you to smoke.
4. Make a plan of things you would do instead of using tobacco.

### Plans for Quit Day and beyond:

1. Remove all temptations. Get rid of cigarettes, ashtrays, and/or other tobacco products.
2. Get support from those around you.
3. Drink lots of water, take a brisk walk and get plenty of rest.
4. Cope with cravings. Realize the urge for tobacco will go away in a few minutes. Use nicotine replacement therapy if prescribed by your doctor.
5. Take one day at a time. Recognize that just one cigarette, cigar or chew can undo all your hard work.
6. Develop healthy eating habits and exercise regularly to reduce stress, working toward an ideal weight.

### Websites that may help:

**American Cancer Society**  
[www.cancer.org](http://www.cancer.org)  
Guide to Quitting Smoking  
800.227.2345

**American Heart Association**  
[www.americanheart.org](http://www.americanheart.org)

**American Lung Association**  
[www.lungusa.org](http://www.lungusa.org)  
Quit Smoking Action Plan

**MedlinePlus**  
(National Library of Medicine)  
Smoking Cessation  
[www.nlm.nih.gov/medlineplus/smokingcessation.html](http://www.nlm.nih.gov/medlineplus/smokingcessation.html)

**SmokeFree.gov**  
[www.smokefree.gov](http://www.smokefree.gov)