



Kick the Habit: How to Quit Smoking

One of the leading causes of preventable illness and death in the U.S. is tobacco use. Smoking, and exposure to it, accounts for approximately 480,000 deaths each year.

Although it's difficult to kick the habit, the benefits of quitting smoking can be significant, including:

Improving night vision

Decreasing skin blemishes and premature aging

Decreasing heart risk

Lowering the risk of diabetes

Lowering cholesterol

Strengthening muscles and bones

Improving mental health

Preventing emphysema and COPD

Decreasing lung damage

Decreasing risk for cancer

Lowering chances of sexual dysfunction

Strengthening the immune system

Quitting is tough and can take multiple attempts. Feeling discouraged is normal and it can be helpful to develop a quit plan:

Set a goal "quit date"

Identify the reasons you want to quit

Identify smoking triggers

Prepare what you can do to fight cravings

Get rid of smoking reminders

Tell family and friends



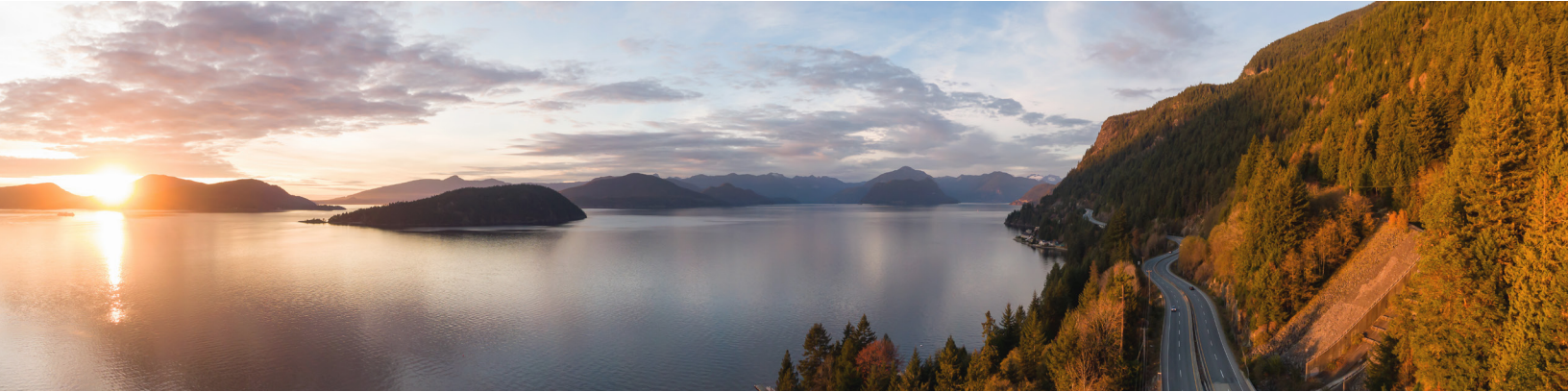
Smoking is the number one preventable cause of death in the U.S., killing over 480,000 people per year.

American Lung Association

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Get extra help from resources like SmokefreeTXT, QuitGuide phone app, 1-800-QUIT-NOW (1-800-784-8669), Smokefree.gov, BeTobaccoFree.gov and the LiveHelp chat with the National Cancer Institute.

Everything you need to know to quit smoking

One method that you should consider is Nicotine Replacement Therapy (NRT). This therapy helps to reduce cravings and reduces urges by controlling the amount of nicotine a person receives, without the other chemicals that can be found in cigarettes.

Patch (over-the-counter) — Place on the skin to provide a small and steady amount of nicotine.

Gum (over-the-counter) — Chew to release nicotine until you get a tingling feeling, then place between cheek and gums.

Lozenge (over-the-counter) — Place in the mouth like hard candy to release nicotine as it slowly dissolves in the mouth.

Inhaler (prescription) — Inhale through cartridge attached to mouthpiece, which provides a specific amount of nicotine.

Nasal Spray (prescription) — Place pump bottle into nostrils and spray.

Alternatively, medications such as bupropion (Zyban®) or varenicline (Chantix®) can be prescribed to help you quit. These medications do not contain nicotine and do not work like other NRTs, but they help to decrease cravings and withdrawal symptoms.

If you are interested in kicking a smoking habit with any of these tools, speak with your medical professional to find out what the best option is for you.

Smokefree.gov. (2018). Retrieved from <https://smokefree.gov/>.

SAMHSA. (2017). Tobacco. Retrieved from <https://www.samhsa.gov/atod/tobacco>.

#SupportSobriety

If you or someone you know is struggling with substance use or addiction, call the Substance Abuse and Mental Health Services Administration (SAMHSA) National Helpline at 1-800-662-4357.

