



Substance Use Prevention Toolkit | *Article*

The Benefits of Quitting Tobacco

Tobacco use is one of the leading causes of preventable disease and death in the United States. While quitting can be hard, the health benefits can be life-changing. The sooner you quit, the sooner your body can begin to heal.

Some benefits of quitting include:

- Better night vision
- Healthier-looking skin
- Lower risk of heart disease
- Lower risk of type 2 diabetes
- Healthier cholesterol levels
- Stronger muscles and bones
- Better mental health
- Lower risk of lung diseases such as emphysema and COPD
- Less damage to the lungs
- Lower risk of many types of cancer
- Lower risk of sexual health problems
- A stronger immune system

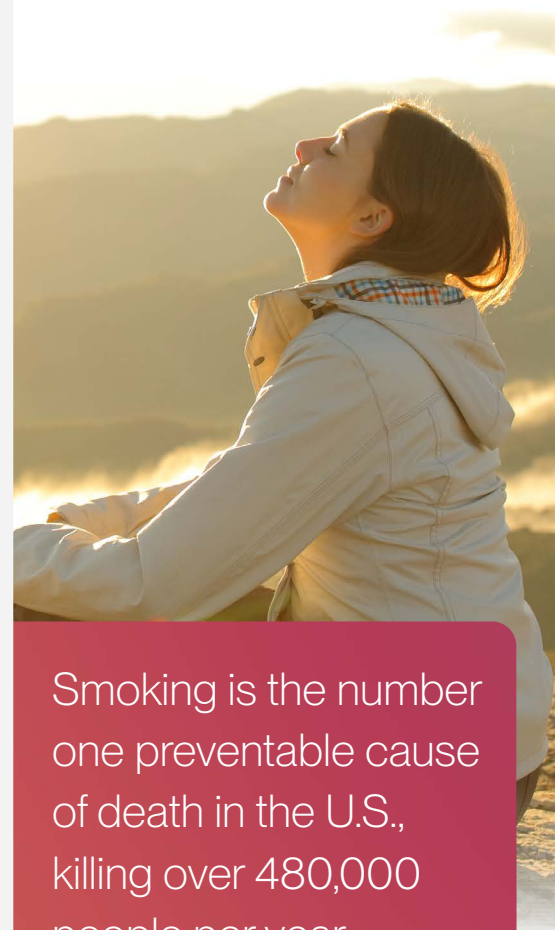
Make a Plan to Quit

Quitting tobacco is a process. Many people try more than once before they quit for good. If you slip up, don't give up. Each attempt can help you learn what works best for you.

A quit plan can help. Try these steps:

- Choose a quit date.
- Write down your reasons for quitting.
- Think about what makes you want to smoke.
- Plan healthy ways to deal with cravings.

[More on Page 2](#)



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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Steps to Quit CONTINUED

Remove cigarettes, lighters and other reminders from your home, car and workplace.

Tell family and friends about your goal and ask for support.

Find Support

You do not have to quit alone. Free resources are available to help you succeed, including:

- SmokefreeTXT
- QuitGuide mobile app
- 1-800-QUIT-NOW (1-800-784-8669)
- Smokefree.gov
- BeTobaccoFree.gov
- National Cancer Institute LiveHelp chat

Consider Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT) can help reduce cravings and withdrawal symptoms. It gives your body nicotine without many of the harmful chemicals found in cigarettes.

Common types of NRT include:

- Nicotine patch (over-the-counter):** Worn on the skin to provide a steady amount of nicotine.
- Nicotine gum (over-the-counter):** Chewed to release nicotine and help control cravings.
- Nicotine lozenge (over-the-counter):** Dissolves slowly in the mouth to release nicotine.
- Nicotine inhaler (prescription):** Delivers nicotine through a mouthpiece.
- Nicotine nasal spray (prescription):** Sprayed into the nose for fast nicotine delivery.

Other Medicines That Can Help

Some prescription medicines can also help people quit smoking. Examples include **bupropion (Zyban®)** and **varenicline (Chantix®)**. These medicines do not contain nicotine, but they can help reduce cravings and withdrawal symptoms.

Talk with your doctor or other health care provider about which option may be right for you.

#SupportSobriety #RealRecovery

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.

Reviewed by Medical Director, Doctor of Medicine.

