



# 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.
- Second-hand smoke has harmful effects on the heart and blood vessels as well.

## Make a plan to quit

- Set a quit date within the next 7 days.
- Decide if you need help from a healthcare provider, medication, or nicotine replacement therapy (NRT)
- Follow through quitting on your quit day.

## Resources

Consider the risks of smoking and the benefits from stopping smoking and learn how to live tobacco free.

Please see below free resources:

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

## HEALTHY TIPS

- ☐ Deal with urges and avoid triggers
- ☐ Increase your physical activity to help manage stress and cravings
- ☐ Learn other ways to manage stress, such as a new hobby!
- ☐ Find a buddy or support program that can help assist you with the struggles of quitting
- ☐ Hold yourself accountable, and stick with it!
- ☐ BE PROUD OF YOURSELF