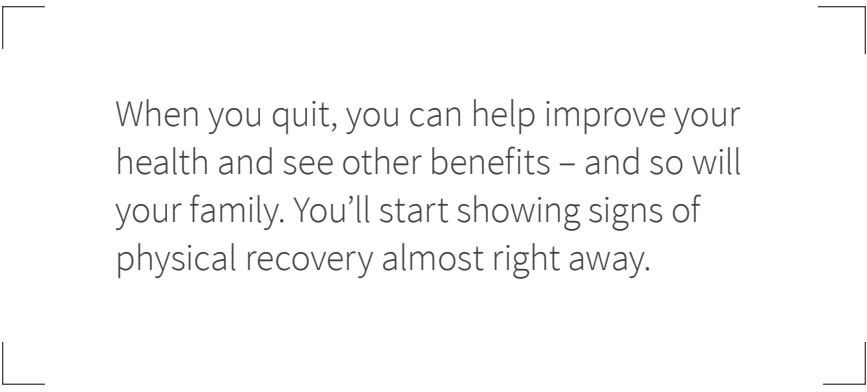




Set yourself free

Quitting Smoking or Smokeless Tobacco





When you quit, you can help improve your health and see other benefits – and so will your family. You'll start showing signs of physical recovery almost right away.

Health benefits of quitting tobacco

20 minutes after quitting

Your heart rate and blood pressure drop.

A few days after quitting

The carbon monoxide level in your blood drops to normal.

2 weeks to 3 months after quitting

Your circulation and lung function improve.

1 to 12 months after quitting

You'll notice less coughing and that you're breathing easier.

1 to 2 years after quitting

Your risk of heart disease decreases.

5 to 10 years after quitting

Your risk of cancers of the mouth, throat, and voice box (larynx) is cut in half. Your risk of having a stroke also decreases.

10 years after quitting

Your risk of lung cancer is about half of that of a person who is still smoking (after 10 to 15 years). Your risk of cancer of the bladder, esophagus, and kidney also decreases.

15 years

Your risk of coronary heart disease is close to that of a non-smoker's.

These are just a few of the benefits of quitting smoking for good. Quitting smoking lowers your risk of other cancers over time, including cancers of the stomach, pancreas, liver, cervix, and colon and rectum, as well as acute myeloid leukemia (AML). Quitting smoking also lowers the risk of diabetes, and helps the heart, lungs, and blood vessels work better.

Quitting while you're younger can reduce your health risks more, but quitting at any age can help give back years of life that would be lost by continuing to smoke.

It's not too late to quit tobacco

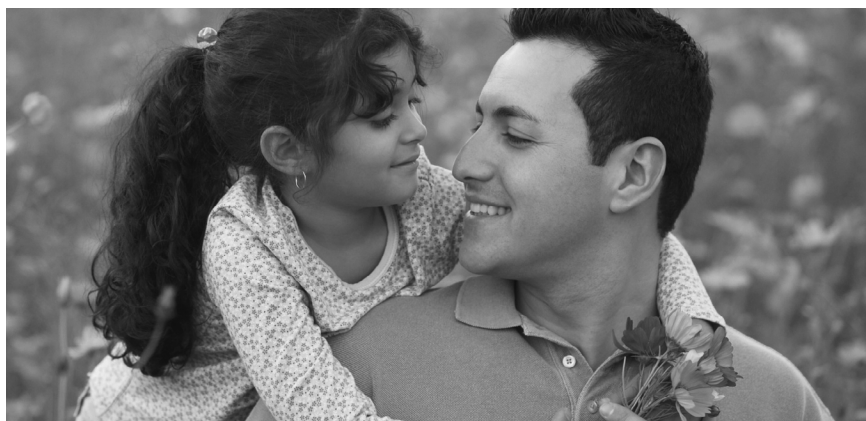
There is no safe form of tobacco, and no amount of smoking is safe. Smoking is the leading cause of preventable death in the US. And, smoking harms nearly every part of the body. It's linked to major health problems, including lung disease, heart disease, stroke, certain eye and immune conditions, and cancers of the lung, mouth, throat, stomach, esophagus, pancreas, liver, colon, rectum, cervix, kidney, and bladder, along with acute myeloid leukemia (AML).

It's important to know that diet and exercise are not enough to keep you healthy if you smoke. The best way to make up for the damage is to stop it from happening by quitting.

Why it can be hard to quit

The nicotine in cigarettes and other tobacco products is highly addictive, and it isn't easy to break that addiction. When you're first trying to quit, you can have cravings, and the withdrawal symptoms can make you feel uncomfortable because your body is used to having nicotine.

The average person tries to quit many times before they actually succeed in breaking the habit. You learn something each time you try, and each



time you try, you are more likely to succeed. It's important to know that millions of people have been able to quit smoking – and you can, too.

Making a plan to quit

There's no one right way to quit tobacco, but there are some steps that can help make a person's decision to quit a success:

- **Decide to quit tobacco:** The decision to quit smoking or to stop using smokeless tobacco is one that only you can make. Think about why you want to quit.
- **Set a date for your Quit Day:** Give yourself enough time to prepare.
- **Think about how you plan to quit:** Learn more about ways to quit so you can find the method that best suits you. It's also a good idea to talk to your doctor and get their advice and support. Also, check with your insurance company about coverage for quit programs and quit aids, such as medicine and counseling.
- **Prepare for your Quit Day:** Before your Quit Day, start cutting down how much tobacco you use, when and where you use it, and put off using tobacco when you have a craving.

Ways to quit tobacco

Quitting smoking or smokeless tobacco means you need to deal with the mental, physical, and emotional dependence on tobacco. For most people, the best way to quit will be some combination of taking medicine, changing personal habits, and getting emotional support and encouragement along the way.

Some tools that can help a person quit tobacco include:

Nicotine replacement therapy (NRT)

Nicotine is the main addictive chemical in tobacco. When a person quits tobacco, they also quit nicotine and will likely have withdrawal symptoms from it. NRT gives a person nicotine – in the form of gum, patches, nasal sprays, inhalers, or lozenges – but not the other harmful chemicals in tobacco.

NRT can help relieve some of the physical withdrawal symptoms so one can focus on the mental and emotional parts of quitting. Studies have shown that combining NRT with a program that helps to change behavior can improve a person's chances of quitting and staying quit compared to using only one method. The best time to start NRT is when you first quit.

Prescription medicines

There are prescription drugs that have been shown to help. Some can be used along with NRT. The most commonly used drugs include varenicline (Chantix) and bupropion (Zyban). Talk to your health care provider if you think you might want to use one of these drugs to help you quit.

If you plan to use a prescription drug to quit tobacco, talk with your health care provider about exactly when to start, how to use the medicine, and what side effects to watch for and report. Talk to your insurance company about coverage.

Support to deal with the mental part of tobacco addiction

Counseling services, self-help materials such as books and pamphlets, mobile apps, and support groups like Nicotine Anonymous can be helpful. All 50 states and the District of Columbia offer some type of free, telephone-based program that connects callers with trained counselors. You can call the American Cancer Society at **1-800-227-2345** to help connect you or call **1-800-QUITNOW**.

Visit www.cancer.org/howtoquit for more tips and tools to help you quit and stay tobacco-free.

Stopping gradually or cold turkey

Some people prefer to quit gradually or by going “cold turkey.”

Going cold turkey means that you stop smoking all at once with no medicines or nicotine replacement. Stopping gradually means you smoke fewer cigarettes each day. This slowly reduces the amount of nicotine in your body. Gradually stopping can help reduce nicotine withdrawal symptoms when you quit completely.

Some ideas for stopping slowly

Set a firm quit date. Make sure it’s no more than 4 weeks from the time you begin cutting down.

Smoke fewer cigarettes each day. When you reach half the number you usually smoke, stop smoking altogether.

Tapering off may be very helpful for people who smoke heavily. Pick a day to stop altogether, and cut out 1 or 2 cigarettes a day until then. By your quit day, you should be smoking less, and you may have fewer cravings when you stop altogether. One problem with this is that many people begin to smoke more, not less, if they start to have cravings. So, be prepared for this.

What we know about e-cigarettes

E-cigarettes are known by many different names and are available in many shapes and sizes. These devices heat a liquid that turns into an aerosol made up of tiny particles, which is inhaled.

Most e-cigarettes contain nicotine (some in very high amounts), as well as other chemicals, some of which might be harmful. The health effects of long-term e-cigarette use are not known.

E-cigarettes are not approved by the FDA as an aid to help people quit smoking. Even so, some people use e-cigarettes when trying to quit or cut down on the number of cigarettes they smoke.

It's important to know that people who switch to e-cigarettes when trying to quit other tobacco products still expose themselves to potentially serious ongoing health risks. It's best to stop using all tobacco products, including e-cigarettes, as soon as possible to reduce health risks and avoid staying addicted to nicotine.

Find out as much as you can about any method you're thinking about trying. Visit our website at www.cancer.org/howtoquit or call us at **1-800-227-2345** to learn more. Try to get correct and objective information before you invest any effort or money in an unproven quitting method.

Quitting is hard, but you can do it

Tips to help you quit

- **Stay positive.** When you wake up, promise yourself that you won't smoke that day.
- **Picture success.** Plan ahead, and think of how you'll deal with stressful situations without smoking.
- **Take a breather.** Relaxation exercises can help relieve urges to smoke. Remember, these cravings will lessen over time.
- **Work out.** Exercise can help relieve tension and reduce your urge to smoke.

Try these when times are tough

- Nibble on low-calorie snacks, such as carrot sticks, celery, and apples. Suck on sugar-free candy or chew gum.
- Stretch out your meals. Eat slowly, and pause between bites.
- After dinner, instead of a cigarette, try a mint or a cup of tea.
- Take deep breaths and exhale slowly. Remember, the desire to smoke will pass.

For more on how to quit:

American Cancer Society

1-800-227-2345 | www.cancer.org/quittobacco

National Cancer Institute

1-877-448-7848 | www.smokefree.gov

Office on Smoking and Health (OSH)

1-800-784-8669 | www.cdc.gov/tobacco

You can also contact your state's department of health to find a quit smoking program in your area.



Whenever you're ready to quit, we're here to help. Visit the American Cancer Society website at www.cancer.org/quittobacco or call us at **1-800-227-2345** for tips and resources that can increase your chances of quitting for good. We're here when you need us.



bbb.org/charity

cancer.org | 1.800.227.2345

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