

All About Quitting Smoking

Are you ready to quit smoking? You can find a way to do it. Once you've quit, you'll feel healthier right away. And you'll be healthier for the rest of your life. The benefits start within minutes after you've quit.

What are the benefits of quitting smoking?

You've probably already heard that smoking is bad for your health. But do you know all the benefits of quitting? When you quit smoking, you will

- lower your risk for a heart attack or a stroke
- reduce your risk for some kinds of cancer
- cut your risk for emphysema (a lung disease), chronic bronchitis, and cataracts
- be able to breathe easier
- (for pregnant women) lower your risk for delivering your baby too early and having a baby with a low birth weight
- increase your energy level
- have fewer wrinkles
- have better-smelling hair, breath, and clothes
- stop exposing your family and friends to secondhand smoke
- save money

Tips to help you quit smoking

Things to do before you quit

Take steps to get ready to quit smoking.

- Make a list of your own reasons for quitting. Put your list where you'll see it every day.
- Choose a date to quit. Make sure it's a time when your life is calm and you're not under a lot of stress.
- Tell your family and friends about your plan to quit. Ask them for their help and understanding.
- Ask a friend who smokes to think about quitting with you.



Once you've quit smoking, you'll be healthier for the rest of your life.

Ways to quit

There are lots of ways to quit smoking. Some people use a combination of ways.

- Talk with your health care provider about what would work best for you. Or get free telephone counseling by calling your state's "quitline." Find your state's program by searching online using the word 'quitline' and the name of your state.
- Quit all at once—also called "going cold turkey." Throw away your cigarettes, matches, lighters, and ashtrays.
- Taper off. Quit smoking by cutting back over several weeks.
- Use a nicotine patch, gum, inhaler, or nasal spray.
- Ask your health care provider for a prescription medicine to help you quit.
- Talk with your health care provider about whether counseling, acupuncture, or hypnosis would be helpful.
- Take a quit-smoking class or join a support group.

E-cigarettes should not replace smoking or be used to help quit smoking.

Diabetes and Smoking: Double Trouble

Smoking and diabetes can be a dangerous combination. Diabetes raises your risk for a heart attack, a stroke, blood vessel disease, nerve damage, kidney disease, and other health problems. Smoking also ups your risk for health problems. Diabetes and smoking means double trouble, but you'll earn double rewards when you quit.

My plan for quitting smoking

Get started with your plan to quit smoking by adding your answers.

- **I want to quit smoking because**

Example: I want to stay healthy and be around for my family.

- **I haven't quit smoking before because**

Example: I didn't think I could do it.

- **[Or] I've tried to quit smoking before but**

Example: I started smoking again when I was stressed out from my divorce.

- **To keep from starting smoking again, I'll do this:**

Example: I'll find new ways to cope with stress.

- **Instead of smoking, I'll cope with stress by doing this:**

Example: I'll take deep breaths for several minutes and relax.

- **The following people can help me quit smoking:**

Example: My kids will be my "cheerleaders."

- **I'll take these steps to quit:**

Example: I'll use a nicotine patch and take a quit-smoking class.

- **The hardest times to not smoke will be these times:**

Example: Right after meals.

- **When I feel like smoking, I'll do this instead:**

Example: I'll get up from the table right after a meal and brush my teeth.

- **To keep from gaining weight after I quit smoking, I'll do this:**

Example: I'll walk for 30 minutes a day, 5 days a week.

- **To reward myself, I'll do this:**

Example: I'll take the money I would have spent on cigarettes, put it in a jar, and spend it on something special.

- **I'll quit smoking on this date:**

Example: I'll quit on my birthday.



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