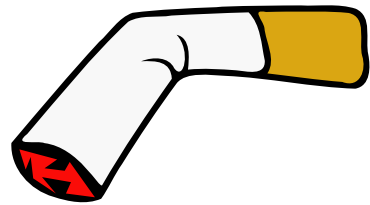
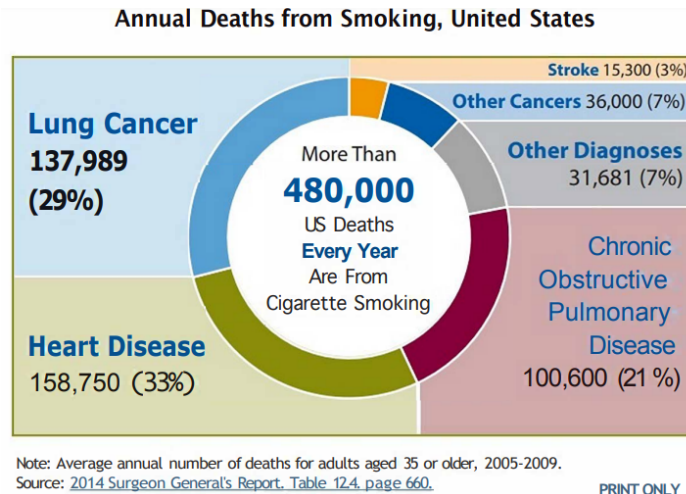


What is smoking cessation?

Smoking cessation is the process of quitting smoking.

What are the risks of tobacco use?

Tobacco use is the leading cause of preventable disease and death in the United States. Smoking can cause cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD). Nicotine, the drug naturally found within tobacco products, is an addictive chemical, making cessation difficult to achieve.



What are the benefits of smoking cessation?

Smoking cessation can improve your health status and quality of life. By quitting, you reduce the risk of premature death or adverse health effects, such as cardiovascular diseases, pulmonary diseases, and cancer. Cessation can also enhance the longevity of your life.

How can I quit smoking?

No matter how old you are or how long you have smoked, quitting is a great step in improving your health. Some steps you can take towards smoking cessation include:

- Counseling to make a plan and cope with stress, urges to smoke, and other issues when trying to quit
- Medications that help to manage withdrawal symptoms and cravings, including nicotine replacement therapy and prescription medications

Using counseling and medications *together* gives you the best chance of quitting for good. Research has shown that in the past 25 years, only 3 to 5 out of 100 people could achieve smoking cessation without any support or replacement medications. That means at least 95% of people who try to quit “cold turkey” are unsuccessful without counseling and medications.

If you are thinking about quitting smoking and would like some help, a quitline might be just what you need to succeed. Quitlines provide free coaching—over the phone—to help you quit smoking. When you call 1-800-QUIT-NOW, you can speak confidentially with a highly trained quit coach.

There is a FREE resource provided by smokefree.gov called the quitSTART app that you can download to your smartphone. This app provides you with a “Quit Kit” and tips to help you handle cravings, deal with slips, provide inspiration, and keep track of your progress.