

## Tobacco Cessation



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### Improve Your Health

If you smoke or use tobacco, one of the best things you can do **for your health** is quit. When you quit tobacco, you start to improve your health in only a few weeks. Quitting can't stop all of the damage tobacco has done to your body, but within 2 months of quitting you will:

- lower your risk of heart problems
- improve blood flow
- move around and exercise more easily

Over time, you will also see other benefits, like breathing easier and reduced risk of some diseases. Learn about how smoking affects your lifespan [here](#).

### Decide to Quit

Quitting tobacco is hard but it can be done! Learn what to expect when you quit [here](#). It's ok if you can't quit on your first or even second try. The important thing is that you are trying to improve your health by quitting tobacco use. Having **a plan** will help:

- 1** Set a "Quit Date": Mark the date on your calendar when you will stop using tobacco and prepare yourself to quit.
- 2** Tell your family and friends: Make sure those close to you know you are trying to quit. Ask for their encouragement and support.
- 3** Plan for challenges: Make plans for what you will do instead when you start to crave tobacco or start to feel stressed. If there are places or times of the day that make you want to use tobacco, write down ideas of what you will do instead, like going for a walk or chewing gum.
- 4** Get rid of tobacco: Make sure there isn't any at home, in your car or at work. This way if you are feeling frustrated or having a craving there isn't any near you.
- 5** Talk to your health care team: Your doctor or pharmacist can help you find resources so that you can be successful in your quit attempt.

Learn more about quitting tobacco [here](#).

### Resources

When you quit tobacco, you will have to deal with **side effects** like cravings, stress or anger. Resources like the **Quit For Life** program can help you with changing your routines and handling the side-effects.

The Quit For Life program can connect you with specialists to help you quit tobacco. The program provides expert coaching and nicotine replacement therapy. This support along with resources in your community will help you quit for good. Visit [quitnow.net](http://quitnow.net) or call 1-866-QUIT-4-LIFE (1-866-784-8454) to get started.

### Other Resources:

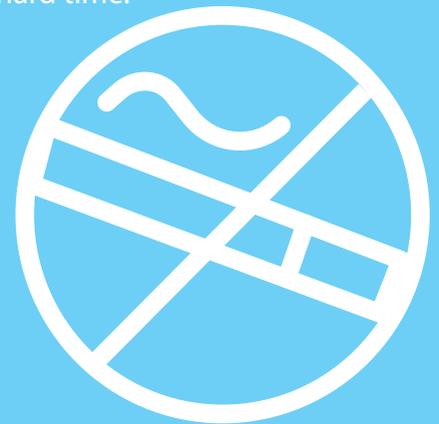
There are great online resources that can help you quit, like those from [www.smokefree.gov](http://www.smokefree.gov).

Get help for your teen at [www.teen.smokefree.gov](http://www.teen.smokefree.gov)

Learn how to help someone else quit tobacco [here](#).

### 5 Tips to to Successfully Quit Tobacco Products:

- 1** Get rid of all tobacco in your house, car and at work.
- 2** Take a walk or do another activity when you used to smoke or use tobacco products.
- 3** Keep mints or gum with you for when you crave tobacco.
- 4** Stay positive! You can quit, take it one moment at a time.
- 5** Ask your friends and family for help. Tell them when you are having a hard time.



## Resources

We have a number of resources and tools to keep you healthy and help you manage chronic conditions. Check out these additional resources:

[Health and Wellness A-Z Library](#)

[Children First Program](#)

[Quit for Life](#)

[New Arrivals](#)

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