## IT'S TIME TO QUIT

Tobacco use is dangerous to your health, no matter how you partake. Using cigarettes, e-cigarettes, and other tobacco products are the most preventative causes of death in the U.S. – they contain many toxic chemicals, as do their smoke, vapor, and liquids.<sup>1</sup>

MAKE A PLAN TO QUIT – you're more likely to quit, with fewer setbacks, if you create a plan that fits your lifestyle.<sup>1</sup>

Quitting Benefits Your Whole Body 2

#### **BRAIN**

Breaks the addiction cycle.

## HORMONES

For women, supports healthy estrogen levels.

#### HEAD AND FACE

Improves hearing and eyesight as well as keeping your mouth and skin healthy.

#### HEART

Lowers cholesterol and your risk of developing blood clots by thinning the blood.

#### LUNGS

Makes breathing easier and supports the regrowth of cilia.

### STOMACH

Reduces body fat and lowers risk of diabetes.

#### SEXUAL HEALTH

For men, improves vascular health which in turn reduces the risk of erectile dysfunction.

#### **BLOOD AND IMMUNE SYSTEM**

Supports the healing process and white blood cell count starts to return to normal.

### **MUSCLES AND BONES**

Brings more oxygen to your blood which in turn supports stronger muscles and reduces your risk of fractures.

#### EVEN ... DNA

Lowers your cancer risk by preventing new damage to DNA and repairing the damage that has already occurred.

## Make A Plan'

- SET A DATE to quit within the next seven days.
- CHOOSE A METHOD of quitting that suits you: immediately or gradually.
- **DECIDE IF YOU NEED HELP** from your healthcare provider.
- PREPARE; plan on how you're going to deal with cravings.
- QUIT when you say you're going to quit.

## Change Up Habits3

Studies show that environmental cues have a large effect on our behavior. To be successful in quitting, pay attention to where you usually smoke and avoid those places once you've decided to quit. Choose somewhere else to go, like the gym or ask a friend or coworker to go on a walk with you instead of your usual smoke break. A change of scenery will give you a better chance at developing new habits and behaviors.

# Manage Cravings

- SEEK OUT SUPPORT.
- REMEMBER YOUR WHY.
- STAY BUSY; distract yourself with a good deed.
- GO TO SMOKE-FREE ZONES when out in public.
- TRY NICOTINE REPLACEMENT THERAPY.

#### Sources

- 1 Life's Simple 7 Quit Smoking Infographic. www.heart.org, www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check--lifes-simple-7/ls7-quit-smoking-infographic.
- 2 Benefits of Quitting. www.smokefree.gov, smokefree.gov/quit-smoking/why-you-should-quit/benefits-of-quitting
- 3 Build Healthy Habits: Replace Smoking With Healthier Activities. https://www.healthline.com/health/build-healthy-habits-replace-smoking-healthier-activities

