



HOW TO STOP SMOKING

1 EDUCATE YOURSELF

The first step to quitting smoking is to understand your risks associated with tobacco use, but there's a lot more to quitting than frightening statistics. Your journey to smoke-free living will have many positive health benefits.^{1,2}

20 minutes after quitting: your **blood pressure** and **heart rate** **recover** from the nicotine-induced spike.

12 hours of smoke-free living: the carbon monoxide levels in your blood **return to normal**.

2 weeks to three months of smoke-free living: your **circulation** and **lung function** **begin to improve**.

1 month to nine months of smoke-free living: clear and deeper **breathing** **gradually returns**.

1 year after quitting, your **risk** of coronary heart disease **is reduced** by 50 percent.

5 years after quitting, your **risk** of stroke is **similar to** that of a **nonsmoker**.

2 MAKE A PLAN TO QUIT

You're more likely to quit smoking for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a healthcare provider or nicotine replacement.

PREPARE for your quit day by planning how to deal with cravings and urges to smoke.

QUIT on your quit day.

3 TIPS FOR SUCCESS

Goal setting and making small changes can help set you up for success.



DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke until you're confident that you can handle them.



GET ACTIVE

Physical activity can help you manage the stress of not smoking.



HANDLE STRESS

Learn other healthy ways to manage the stress of quitting.



GET SUPPORT

A buddy system or support program can help you work through problems you might have when quitting smoking.



STICK WITH IT

Quitting smoking takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

1. U.S. Department of Health and Human Services. A Report of the Surgeon General: How Tobacco Smoke Causes Disease: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
2. U.S. Department of Health and Human Services. The Health Consequences of Smoking: What It Means to You. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004.