

Quit Smoking For Good!

Smoking is one of the most difficult unhealthy habits to quit. The nicotine in tobacco is highly addictive and the 7,000 other chemicals a cigarette contains cause numerous health issues, including heart and lung disease, cancer, changes in brain function, decreased vascular health, and nutrient deficiencies. The following are some of the resources and techniques used to help you quit smoking for good:



Counseling

Recommendation: regular, on-going visits

Effective alone or used with other interventions, quitlines offer a broad reach for those interested in quitting (CALL: 1-800-QUIT-NOW).

Nicotine Patch Replacement

Recommendation: 8-week program

Patch is applied each morning to a relatively hairless location between the neck and waist. Dosage decreases gradually.



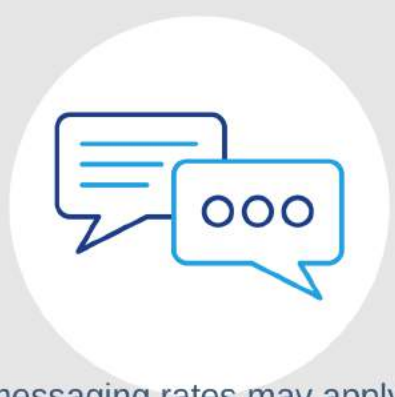
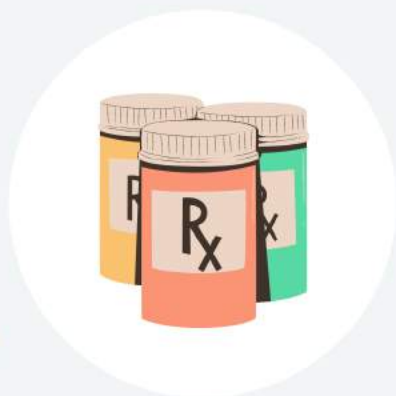
Special Considerations

Medicare, the Veteran's Health Administration, and the U.S. military provide coverage for tobacco-dependence treatment. Ask your doctor for information.

FDA-approved Medications

Many options are available. Visit:

<https://www.fda.gov/consumers/consumer-updates/want-quit-smoking-fda-approved-and-fda-cleared-cessation-products-can-help>



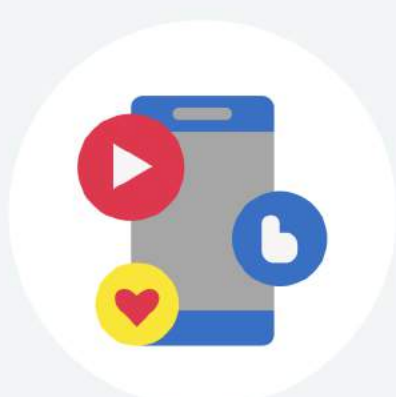
Free* Text Messages

National Cancer Institute's SmokefreeTXT program is a text messaging service to help you quit. Messages are evidence-based & encouraging. **Text QUITNOW to 333888.**

*messaging rates may apply

Social Support

Follow **CDC Tobacco Free** and the **Tips from Former Smokers®** campaign on Facebook and Twitter, watch videos on YouTube, and pin images on Pinterest.



A Friendly & Important Reminder

Practice grace with yourself. Remember that quitting may take multiple attempts. If you happen to lapse, use it as a learning experience in order to prevent a full relapse. Using more than one of these interventions will increase chances of success.