Smoking Cessation: Quitting Cigarette Smoking

Smoking is a common habit that can be very dangerous.

Every time you smoke a cigarette, you allow toxic chemicals into your lungs and body. Cigarettes also contain nicotine which is very addictive and makes it hard to quit. However, when you quit smoking you can save your money, your health and possibly even your life.

Health Effects of Smoking

Cigarette smoking increases your risk for many different types of cancer.

Smoking also increases your risk of:

- Lung disease
- Emphysema
- COPD (Chronic Obstructive Pulmonary Disease)
- Breathing issues
- Heart disease or heart attack
- Stroke
- High blood pressure
- Blood clots
- Dental issues, including gum disease

and many other serious health issues.

Suggestions for Making a Quitting Plan

When creating a quitting plan, you should:

- Identify your reason(s) for quitting
- Identify stressors or triggers that cause you to want to smoke and think of ways to avoid them
- Set a quit date
- Seek assistance from a doctor, counselor, friend or family member

Tips for Successful Quitting

- Keep yourself busy with hobbies
- Eat a healthy snack or chew a piece of gum when you get the urge to smoke
- Focus on your reasons for quitting, and take quitting one day at a time
- Stick to your plan and stay positive

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