American Heart Association.
Healthy for Good™

HOW TO QUIT TOBACCO AND NICOTINE PRODUCTS

Life's Essential 8™

EDUCATE YOURSELF

The first step to quitting tobacco/ nicotine products is to understand the risks and health effects for you and your family.

- **Heart Disease:** Nicotine and tobacco can raise blood pressure and increase heart rate. It can cause blood vessels to narrow, increasing the risk of heart attacks.
- **Stroke:** Nicotine and tobacco can damage blood vessels. It can increase the risk of having a stroke by causing blood clots or blocking blood flow to the brain.
- **Diabetes:** Nicotine and tobacco can increase the risk of developing type 2 diabetes. For people with diabetes, it can also make it harder to manage blood sugar levels.
- **Cancer:** Smoking is the leading cause of lung cancer.
- **Depression and Anxiety:** Nicotine and tobacco can lead to mood swings and heightened anxiety when their effects wear off.
- **Premature Aging:** Smoking can cause memory problems and dementia later in life and premature skin damage, like wrinkles.

MAKE A PLAN TO QUIT

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

SET a quit date within the next 7 days. It's best to pick a weekday that doesn't look like it will be too stressful.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a health care professional, nicotine replacement or medicine.

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

QUIT on your quit day.

TIPS FOR SUCCESS

DEAL WITH URGES

When you feel the urge to smoke, vape or use nicotine, tell yourself to wait for 10-15 minutes. Often, cravings pass in a short amount of time, and you'll feel better once the urge is gone. Keep your hands and mouth busy. Try chewing gum, drinking water, or squeezing a stress ball. Take it one day at a time. Quitting is tough, and it's normal to have cravings.

LEARN YOUR TRIGGERS

Recognize what makes you want to smoke, vape or use nicotine. This can include things like stress, certain places, or social situations. Try to avoid or manage these triggers, especially at the beginning. Practice deep breathing exercises to help calm your body and mind.

GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. Call 1-800-QuitNow (784-8669) today. This is a free phone service that helps people quit smoking. When you call, you'll talk to a counselor who gives you advice, tips, and support to stop smoking.

Learn more at heart.org/lifes8

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