

Quitting Smoking and Blood Cholesterol Management

If you smoke Quit! Quitting will help you to control your cholesterol and improve your overall health.

Smoking increases the chance of plaque building up in your blood vessels.

Quitting smoking can help to increase your HDL levels, the good cholesterol that makes your body happy.

And quitting smoking is the healthiest thing you can do for your overall health.

Some people quit cold turkey. Others try making gradual lifestyle changes to curb both the physical urge to smoke and the emotional one before a quit date.

Nicotine patches and gum help your body gradually ease off nicotine. Both are available over-the counter and without a prescription. But talk to your healthcare provider before using any over-the-counter choices to make sure they will not interfere with your current medications.

Prescription medications can also help reduce the physical urge to smoke and may be the best option for you. Talk to your healthcare provider about prescription choices that may work for you.

Avoid secondhand smoke. It can be just as damaging to your lungs as smoking.

Here are some tips that might help you quit:

When you feel the need for a cigarette eat a healthy snack, drink a glass of water, or go for a walk. These activities help relieve the need for tobacco and are good for you as well.

Don't replace cigarettes with other forms of tobacco, like chewing tobacco or cigars, as these can cause health problems as well.

Join a stop smoking support group, in person or online. There you'll find support in your journey to being smoke-free.

Also consider professional help. Hypnosis and acupuncture are techniques that can help you deal with cravings for cigarettes and lessen withdrawal symptoms.

You may need to try to quit a few times before quitting for good. The important thing is to keep trying until you never smoke again.

Talk to your healthcare provider about ways you can quit.