

Quit Smoking: Getting Started

Choosing to quit smoking takes courage and strength.

And it takes a plan. And we know you already have what it takes. How do we know? You're here.

So let's explore what else you may need to think about before you start your journey to quit smoking.

And that means quitting all tobacco and nicotine use including cigarettes, e-cigarettes, cigars, nicotine pouches, or vapes.

First, find your own reasons for quitting. Is it for your health? Is it to look and feel your best? What could motivate you to quit smoking? Having a reason can inspire you throughout your journey.

Next, make a quit plan. People who make a plan to quit smoking are more likely to stay on track and get through tough times. The plan will be your guide on your journey.

The first part of making a successful quit plan is to set a quit date. This is the day you will stop smoking. Give yourself time to prepare, but don't put it off longer than a week or 2.

It's also helpful to find support. Your friends, family, and your health care team want to help.

Take a little time to explore programs and tools designed to help you quit. Support can improve your chances of quitting.

Next, prepare for cravings and withdrawal symptoms. Medicines can help reduce your cravings.

Your health care team can prescribe medicines or suggest medicines that you can get over the counter.

Also, plan on setbacks. It may take a few tries before you quit for good.

This is normal. It can help to plan what you'll do if you slip up.

Know your triggers for craving a cigarette, cigar, e-cigarette, or vapes and make it a part of your plan to avoid or lessen them.

Lastly, look forward to the rewards. Within an hour after you quit, your body begins to repair damage caused by smoking.

Within three months, your heart and lungs begin improving. Within nine months, you'll breathe deeper and cough less. After a year of quitting, your risk for heart disease decreases.

And from 5 to 15 years after quitting, your risk for stroke and cancers including lung, mouth, or throat cancer goes down.

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Remember, you have what it takes to quit smoking.

And your health care team and family are here to support and guide you on your way to becoming healthier and feeling better.