



# Tips for Quitting Smoking



It's never a bad time to quit smoking cigarettes. When you quit smoking, you improve your health by reducing your risk of heart disease, cancer, lung disease, and other smoking-related illnesses.<sup>1</sup>

Quitting smoking is hard, but millions of people have been able to quit and you can too. Even if you've tried quitting before and haven't been able to, you can still quit smoking for good. These tips can help you commit to the quit today!



## Decide to Quit<sup>2</sup>

- One of the first steps is to learn why you feel like you need to smoke.
- Once you understand why you smoke, you can prepare yourself to find the best ways to quit.
- Different people have different reasons for quitting smoking. Get ready to stop smoking by thinking about why you want to quit.



## Prepare to Quit<sup>3</sup>

- Set a quit date that is no more than a week or two away so you don't have time to change your mind or become less motivated.
- Tell your friends and family that you're quitting smoking.



## Stick to Your Quit<sup>4</sup>

- Get support by exploring free text and phone quitlines, like texting QUIT to 47848 or calling 1-800-QUIT-NOW.
- Stay busy to help keep your mind off smoking and distract you from cravings.
- Avoid the people, places, things, and situations that trigger your urge to smoke.



## Commit to Being Smokefree<sup>5</sup>

- Many smokers slip and smoke a cigarette while they're quitting smoking. A slip doesn't make you a failure or mean that you're relapsing.
- Think about the things that helped you avoid your triggers and beat cravings. Try to use them again.

## Enjoy the Benefits of Quitting<sup>6</sup>

- Quitting can lower your blood pressure and heart rate almost immediately and it will lower the levels of cholesterol circulating in your blood. Your risk of having a heart attack declines within 24 hours.
- Within 2 weeks of quitting, you might notice it's easier to walk up the stairs because you may be less short of breath.
- After a few days without cigarettes, your smile will be brighter. Not smoking will keep your mouth healthy for years to come.

Visit [Bridgetohealth.com](https://www.bridgetohealth.com) to find out more and connect to local programs and services



*Bridge to Health is a community partnership program brought to you by Quest Diagnostics.*

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<sup>1</sup> How To Quit Smoking. Centers for Disease Control and Prevention website. Reviewed June 21, 2021. Accessed July 14, 2021. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>.

<sup>2</sup> Make a Decision to Quit. Centers for Disease Control and Prevention website. Reviewed February 12, 2021. Accessed July 14, 2021. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/why-quitting-is-hard.html>.

<sup>3</sup> Take Steps to Quit. Centers for Disease Control and Prevention website. Reviewed February 12, 2021. Accessed July 14, 2021. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/steps-to-prepare.html>.

<sup>4</sup> Manage Your Quit Day. Centers for Disease Control and Prevention website. Reviewed February 12, 2021. Accessed July 14, 2021. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/steps-on-quit-day.html>.

<sup>5</sup> Prevent Slips. Centers for Disease Control and Prevention website. Reviewed February 12, 2021. Accessed July 14, 2021. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/slips.html>.

<sup>6</sup> Enjoy Benefits of Being Smokefree. Centers for Disease Control and Prevention website. Reviewed February 12, 2021. Accessed July 14, 2021. <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/rewards-of-quitting.html>.