Quitting Smoking: A Guide to Better Health

Smoking is one of the leading causes of preventable illness. Quitting can be challenging, but every attempt brings you closer to success.

Why Quit?

- **Breathe easier** – lung function improves within weeks.
- **Save money** – the average smoker spends thousands per year.
- **Protect loved ones** – secondhand smoke harms family and friends.
- **Lower risk** – quitting reduces heart attack, stroke, lung disease, and cancer risks.

Tips to Help You Quit

1. **Set a quit date** – pick a day within the next 2 weeks.
2. **Identify triggers** – avoid situations that make you want to smoke.
3. **Find replacements** – chew sugar-free gum, sip water, or take a short walk.
4. **Use support** – counseling, support groups, or quit lines improve success rates.
5. **Consider medications** – nicotine patches, gum, lozenges, or prescriptions can help reduce cravings.

Resources

smokefree.gov – Tools, apps, and tips for quitting.

Florida Quitline: 1-877-U-CAN-NOW (1-877-822-6669) – Free coaching & nicotine replacement therapy.

Texas Quitline: 1-877-YES-QUIT (1-877-937-7848) to speak with a certified quit coach and begin the program

Remember: Quitting is a process. Most people try several times before succeeding. Every attempt makes you stronger.