

According to the CDC, smoking remains the leading cause of preventable death and disease in the United States, killing more than 480,000 Americans each year. Smoking causes immediate damage to your body, which can lead to long-term health problems. For every smoking-related death, at least 30 Americans live with a smoking-related illness. The only proven strategy to protect yourself from harm is to never smoke, and if you do smoke or use tobacco products, to quit.

WHAT'S YOUR REASON TO QUIT?

Everyone has their own reasons for wanting to quit smoking. As you prepare to quit, think about your reasons and remind yourself of them every day. Let these reasons inspire you to stop smoking for good. You will be amazed at all the ways your life will improve once you become smoke-free.

Here are just a few of the reasons to quit smoking:

- Your life will improve
- You'll live a longer life
- You'll feel better
- You'll breathe more easily
- You'll exercise more easily
- You'll sleep better
- Your skin will look healthier
- Food will taste better
- Your family and friends will be proud
- Your family, friends, and pets will be protected from secondhand smoke
- You'll feel freedom from a bad habit
- You'll eliminate that smoky smell
- You'll have extra money in your pocket

DID YOU KNOW?

If you quit smoking right now:

- **Within 20 minutes**, your heart rate and blood pressure drop
- **Within 12 hours**, the carbon monoxide level in your blood drops to normal
- **Within 3 months**, your circulation and lung function improves
- **Within 9 months**, your coughing and shortness of breath decrease
- **After 1 year**, your risk of coronary heart disease is cut in half
- **After 5 years**, your risk of mouth, throat, esophagus, and bladder cancer are cut in half, and your risk of cervical cancer and stroke return to normal

- **After 10 years**, you are half as likely to die from lung cancer and your risk of kidney or pancreatic cancer decreases
- **After 15 years**, your risk of coronary heart disease is the same as a non-smoker

HOW DO YOU QUIT?

1. **Talk to your health care provider.** Ask about medications and other quit strategies that can help.
2. **Choose a medication that can help you.** This can increase your chance of success and you can try them while you are in the hospital. Your team can guide you with the right dosage and method, and help you deal with any problems or questions that arise. These medications can not only help reduce withdrawal symptoms and cravings but also make it easier to quit smoking for good. Some examples include Nicotine Replacement Therapies (like the patch), Bupropion, and Varenicline.
3. **Get free telephone counseling.** Call **1-800-QUIT-NOW** to talk to a counselor who can provide free advice on ways to quit and offer support while you are preparing to quit.
4. **Prepare.** Make a list of your reasons for quitting and refer to it often. Make your house and car smoke-free zones. Throw out any ashtrays and lighters.
5. **Pick a quit date.** Choose a day you can plan for, like the first of a month or someone's birthday.
6. **Watch out for triggers.** Alcohol, caffeine, stress, and other triggers can make you feel like smoking. Don't let triggers make you light up by planning ahead to deal with them.
7. **Get support.** Ask someone you trust to help you when it gets tough. Join a quit class, call a quit line, or download a mobile app designed to help you quit.

**Stay strong,
you can do this!**

Smoke-Free Campus Committee

HOW DO YOU PLAN FOR CRAVINGS AND TRIGGERS?

The urge to smoke will come and go. How are you going to handle it?

1. Identify smoking triggers. Some common triggers include:

- Feeling stressed
- Feeling sad
- Talking on the phone
- Watching TV
- Finishing a meal
- Taking a work break
- Drinking alcohol
- Drinking coffee
- Driving

2. Plan how to handle cravings. You won't be able to avoid all smoking triggers, so it's important to plan how to handle cravings when they hit. Here are some things you can do:

- **Distract yourself.** Go to a movie, store, or smoke-free public place.
- **Do something else.** Call a friend, listen to music, or take a walk.
- **Delay.** Challenge yourself to wait 15 minutes.
- **Discuss.** Call or text someone. Call **1-800-QUIT-NOW** or sign up to receive 24/7 texts with tips, encouragement, and advice at smokefree.gov/smokefreetxt.
- **Deep breathing.** Breathe through your craving by inhaling through your nose and exhaling through your mouth until you feel more relaxed.
- **Don't forget your reasons for quitting.** Just one puff will feed your craving and make it stronger.
- **Do your research,** and visit sheppardpratt.org for a list of resources to help you quit smoking.

Call **1-800-QUIT-NOW** or sign up to receive texts at smokefree.gov/smokefreetxt to get started now.

BE A QUITTER. YOU'LL LIVE A LONGER, HEALTHIER LIFE.



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