



Tobacco Cessation

It's Never too Late to Quit!

All tobacco products contain dangerous chemicals. Using tobacco in any form—smoking, chewing, vaping, and inhaling from second-hand smoke— is harmful.

Stopping at any age is beneficial, but stopping as early as possible produces greater health benefits, reducing the risk for disease and early death.

Some people can quit cold turkey. Having the determination to quit is the most important part of quitting. However, nicotine is highly addictive and it's difficult to quit on your own. Below are some tips and brief information to help you successfully quit.

The Dangers of Tobacco:

- ✓ **Cigarettes** – Smoking is the leading cause of preventable death. Although nicotine is addictive, most of the severe health effects of tobacco use comes from the over 7,000 toxic chemicals.
- ✓ **Cigars** – Are not safer than cigarettes, contrary to belief. They're actually more harmful, even for people who don't intentionally inhale.
- ✓ **Smokeless Tobacco** – Causes oral cancer, esophageal cancer and pancreatic cancer. These products are not safer than other forms of tobacco.
- ✓ **Electronic Cigarettes/Vaping** – Is not just inhaling harmless water vapor. Both the user and those around them are exposed to chemicals. Some people still continue to smoke and vape due to the addictive nature of nicotine.
- ✓ **Secondhand Smoke** – Is the combination of smoke from the burning end of a cigarette and the smoke breathed out by smokers. This is a serious health hazard causing more than 41,000 deaths per year. There is no safe level of exposure to secondhand smoke.

You are Never too Old to Quit.

- ✓ After quitting, the health benefits are immediate and significant. The sooner you quit, the greater the benefits.
- ✓ Quitting smoking improves the prognosis of cancer patients and helps improve the body's ability to heal and respond to treatment.

Benefits of Quitting:

- ✓ Within one month of quitting, the nicotine receptors in your brain will return to normal, breaking the cycle of addiction.
- ✓ Your stroke risk can fall to that of a non-smoker after 2 to 5 years.
- ✓ You'll help protect your family, friends and pets from the health risks associated with breathing secondhand smoke.
- ✓ Your risk for a heart attack drops sharply just one year after you quit smoking.

Tips on How to Quit:

- ✓ **Make a list of the reasons you want to quit.** This could include: improving your health, saving money, lowering your risk for disease.
- ✓ **Make a plan to quit.** Set a quit date, tell your friends and family you're quitting and celebrate your successes.

Talk to your doctor about quitting. Advice and support from your provider that includes counseling and medication can double your chances of quitting smoking.



Use a tobacco cessation product. To help with the cravings and withdrawal symptoms and increase your success rate – talk to your doctor about what product is right for you.

Get connected with the Oklahoma Tobacco Helpline. This individualized, free support is available 24/7 to all Oklahomans. Your doctor can refer you to the quit coaches or you can call 1-800-QUIT-NOW.

