

Life's Essential 8TM for Women

DON'T BE TOXIC. QUIT TOBACCO.

Knowledge is Power

The first step to quitting smoking, vaping and using tobacco is to know the risks and health effects. You can be one of the millions of people who successfully quit every year.

- » **Heart Disease:** Nicotine and tobacco can raise your blood pressure and heart rate as well as cause blood vessels to narrow, increasing the risk of heart attack.
- » **Stroke:** Nicotine and tobacco can damage blood vessels which can increase the risk of stroke by causing blood clots or blocking blood flow to the brain.
- » **Diabetes:** Nicotine and tobacco can increase the risk of developing type 2 diabetes.
- » **Cancer:** Smoking is the leading cause of lung cancer.
- » **Depression and Anxiety:** Nicotine and tobacco can lead to mood swings and heightened anxiety when their effects wear off.
- » **Premature Aging:** Smoking can cause memory problems and dementia later in life and premature skin damage, like wrinkles.



Queens Can Quit

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

- » **SET** a quit date within the next 7 days.
- » **CHOOSE** a method: cold turkey or gradually.
- » **DECIDE** if you need help from a health care professional, nicotine replacement or medicine.
- » **PREPARE** for your quit day by planning how to deal with cravings and urges.
- » **QUIT** on your quit day.

SECRETS FOR SUCCESS

Remember these tips to help you stay on track with your quitting tobacco goals.

» DEAL WITH URGES

When you feel the urge to smoke, vape or use nicotine, wait for 10-15 minutes. Often, cravings pass in a short amount of time. Keep your hands and mouth busy. Try chewing gum, drinking water, or squeezing a stress ball. Quitting is tough, and it's normal to have cravings.

» LEARN YOUR TRIGGERS

Recognize what makes you want to smoke, vape or use nicotine such as stress, certain places, or social situations. Try to avoid or manage these triggers, especially at the beginning. Deep breathing exercises can help calm your body and mind.

» GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. Call 1-800-QuitNow (784-8669). This is a free phone service that helps people quit smoking. You can talk to a counselor who gives you advice, tips, and support to stop smoking.

GO RED TOGETHER

Help other women in your life quit tobacco. Share resources from heart.org/tobacco with your friends.

goredforwomen.org/lifes8women

