

Tobacco Cessation

Tobacco cessation methods can help you stop using tobacco for good. Nicotine is an addictive drug found in tobacco, which is what most people become addicted to. There are more people in the United States addicted to nicotine than any other drug. Tobacco use is the leading cause of cancer, preventable illness, and death in the United States.



Health Benefits of Quitting

Tobacco smoke contains a deadly mixture of more than 7,000 chemicals including 70 that are known to cause cancer. If you stop using tobacco, you can expect to:

- Lower your risk for developing many different types of cancer including lung cancer
- Reduce your risk for developing heart disease or stroke
- Reduce your risk for developing various respiratory diseases such as Chronic Obstructive Pulmonary Disease (COPD)
- Reduce the risk for infertility in women of child-bearing age
- Lessen the severity of respiratory symptoms (wheezing, coughing, shortness of breath)

Ways to Quit

Tobacco cessation can be hard and may require several attempts. People who stop using tobacco often start using again because of strong cravings for tobacco, irritability, anxiety, or increased feelings of stress and weight gain. Tobacco cessation methods include:

- Nicotine replacement products (nicotine patch, inhaler, nasal spray, gum)
- Individual, group, or telephone counseling
- Behavioral therapies and counseling

Maintaining a Tobacco-Free Lifestyle

Maintaining a tobacco free lifestyle is possible through management of your tobacco cravings, sticking to your cessation plan, and finding support and encouragement from family, friends and support groups. Finding healthy alternatives when cravings arise is also important. Turn to exercise, meditation or breathing exercises, and reach out for support.

Call 1.800.QUIT.NOW to find tobacco cessation resources in Kentucky.