

# Be Tobacco-Free



Tobacco use is a top preventable cause of illness and premature death in the U.S. Each year, over 480,000 people in the U.S. die from tobacco-related illnesses.

## REASONS TO BE TOBACCO-FREE

Not using tobacco (smoking, chewing, etc.) is one of the best things you can do for your health. Why? Using tobacco products is linked to many serious illnesses. These include:

- Cancers of the lungs, mouth, throat, bladder, cervix, kidney, and stomach, as well as a certain type of leukemia
- Heart disease, emphysema, pneumonia, and abdominal aortic aneurysm
- Cataracts, gum disease, and tooth decay

## WAYS TO QUIT USING TOBACCO

- Use an over-the-counter nicotine replacement product, such as a patch, gum, or lozenges. Use as directed.
- Talk to your health care provider about prescribed medicines. Some have nicotine. Others do not have nicotine, but alter brain chemistry to help reduce cravings.
- Take part in a class or online program or counseling to help you quit.

## BEHAVIOR CHANGE TECHNIQUES

- Throw away all your cigarettes, cigars, etc. Hide all smoking items like matches, ashtrays, etc.
- Whenever you have an urge to smoke or use tobacco, take a deep breath through your mouth. Slowly exhale through pursed lips. Repeat 5 to 10 times.
- Get rid of familiar tobacco triggers. Change your daily routine. Do things you don't associate with tobacco use.
- In place of tobacco products, use other things that will give oral gratification, such as sugarless gum, mints, and toothpicks.
- Create a "ciggy bank." Put the money you used to spend on cigarettes, cigars, etc. in a jar. Buy yourself a reward.
- Place a rubber band on your wrist. Snap it when you get an urge to smoke, dip, or chew.
- Talk to a nonsmoking friend for support.
- Make a list of good things you've noticed since you quit.
- Each day, renew your commitment to not use tobacco products.

