

# Smoking Cessation for Adults



**Smoking can affect many organs in your body, can lead to serious illness and can make other health issues worse.**

## In addition, smoking:

- Increases the risk of cancer.
- Increases blood pressure, which increases the risk of heart attack and stroke.
- Can cause serious issues in pregnant women, such as bleeding, miscarriage, stillbirth and birth defects.

**If you slip up, don't dwell on it.  
Get right back to your plan and  
keep going!**

**Smoking is one of the leading causes of death, but quitting has both IMMEDIATE and LONG-TERM benefits. By quitting smoking, a person can add around 15 years to his or her life.**

**Quitting isn't easy—it may take several attempts.  
Try these tips to quit smoking for good.**

- Get support from others—family, friends, coworkers, healthcare providers, a smoking cessation support group, an online community. Create your personal team of people who believe you can do it and help keep you on track.
- Write down the reasons you want to quit and read them when you're feeling tempted to smoke. You can also hang up pictures at home and at work to remind yourself of why you want to quit. These can be negative (e.g., a picture of a lung black with tar) or positive (e.g., a picture of someone jogging in a park with ease).
- Create a plan, choose a "quit date" within the next few weeks and stick to it.
- Set goals. When you reach your milestones, reward yourself with something healthy and fun. For example, after two weeks of being smoking-free, treat yourself to a funny movie. Quitting is a big deal, so remember to celebrate your accomplishments!
- Take advantage of nicotine replacement products such as patches or gum. Visit [www.nysmokefree.com](http://www.nysmokefree.com) or call 866-697-8487 to see if you're eligible for a free nicotine replacement therapy starter kit.
- Add more physical activity to your daily routine, such as walking more, and drink extra water to keep stress down, avoid gaining weight and stay hydrated.
- Identify your triggers (situations that make you want a cigarette) and then think of strategies to avoid these situations and to find other ways to manage stress besides smoking.



**Montefiore**  
Inspired Medicine

**More Resources on Next Page...**

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We believe you can do it!

**Check out these resources for additional support.**

## Websites

### Quit Smoking Today!

SmokeFree.gov

[www.smokefree.gov](http://www.smokefree.gov)

This site has a step-by-step quit guide for people who are thinking about quitting, preparing to quit or staying quit. It has articles on stress, withdrawal and depression, and resources for support.

### Quit Tobacco. Make Everyone Proud

[www.ucanquit2.org](http://www.ucanquit2.org)

This site for military service members and veterans helps create a plan for quitting. It has an online quit tracking program, blogs and online games for fun and distraction.

### Guide to Quitting Smoking

American Cancer Society

[www.cancer.org/healthy/stayawayfromtobacco](http://www.cancer.org/healthy/stayawayfromtobacco)

This guide gives information on everything from "Why Should I Quit?" to "How to Quit?"

## iPhone Apps

### Livestrong MyQuit Coach

[Quit It Lite—Stop Smoking](#)

## Telephone Hotlines

### 800-QUIT-NOW (800-784-8669)

Call this toll-free Quitline to speak with a trained coach who can help with quitting. You can also listen to motivating messages and tips to quit.

### 877-44U-QUIT (877-448-7848)

Call to speak with a trained quit coach from the National Cancer Institute. Available in English or Spanish, Monday–Friday, 8am–8pm.

### NY Smokers Quitline

1-866-NY-QUITS (1-866-697-8487)

Call 311 in New York City

[www.nysmokefree.com](http://www.nysmokefree.com)

## Online, Text & In-Person Support

### Nicotine Anonymous

[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Weekly meetings to support people in quitting smoking. Several meetings are held in Upper Manhattan.

### Quitnet

[www.quitnet.com](http://www.quitnet.com)

An online community to support you as you quit smoking. There are support forums, chat rooms, clubs and a blog. Free online registration required.

### QuNity: Your Smoke-Free Community

New York State Smokers Quitline

[www.qunity.nysmokefree.com](http://www.qunity.nysmokefree.com)

This site has tools to help with quitting that include personalized messages for phone, text or email, a savings calculator, and an online personal journal. Free online registration required.

### Smokefree Women Facebook Page

[www.facebook.com/smokefree.women](http://www.facebook.com/smokefree.women)

"Like" this page to join a community of women who are quitting smoking. Visit [www.women.smokefree.gov](http://www.women.smokefree.gov) for helpful tips.

### Smokefree TXT

This mobile service, designed for young adults, provides 24/7 encouragement, advice and tips to help smokers quit. To sign up, text the word QUIT to IQUIT (47848) from your cell phone. For help, text the word HELP. To unsubscribe, text the word STOP.