



American Heart Association.



Life's Essential 8TM for Women

DON'T BE TOXIC. QUIT TOBACCO.

Knowledge is Power

The first step to quitting toxic habits like smoking, vaping and using tobacco is to understand the risks and health effects for you and your family. You can be one of the millions of people who successfully quit every year.

- » Within 1 year after quitting, your risk of heart disease goes down by half.
- » Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- » Smoking damages your circulatory system and increases your risk of multiple diseases.
- » Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- » Tobacco use and nicotine addiction is a growing crisis for teens and young adults.
- » Roughly 40% of U.S. children ages 3-11 are exposed to secondhand smoke.



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

Whether physical or mental, learn your triggers and make a plan to address them. Pass on situations that make you want to smoke or use tobacco until you're comfortable and confident that you can handle them.

» GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too.

» HANDLE STRESS

Stress is a part of life and quitting tobacco can add to this. Learn healthy ways to manage the stress of quitting.

» GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. Learn more at 1-800-QuitNow.

» KEEP GOING

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on track as soon as possible and kick the habit for good.



GO RED TOGETHER

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

Learn more at goredforwomen.org/lifes8women

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