

Everything You Need to Know to Quit Smoking

One of the leading causes of preventable illness and death in the U.S. is tobacco use. Smoking, and exposure to it, accounts for approximately 480,000 deaths each year.

Although it's difficult to kick the habit, the benefits of quitting smoking can be significant, including:

- Improving night vision
- Lowering cholesterol
- Decreasing lung damage
- Decreasing skin blemishes and premature aging
- Strengthening muscles and bones
- Decreasing risk for cancer
- Decreasing heart risk
- Improving mental health
- Lowering chances of sexual dysfunction
- Lowering the risk of diabetes
- Preventing emphysema and COPD
- Strengthening the immune system

Quitting is tough and can take multiple attempts. Feeling discouraged is normal and it can be helpful to develop a quit plan. Here are some steps to include in your quit plan:

- Set a goal “quit date”
- Identify smoking triggers
- Get rid of smoking reminders
- Identify the reasons you want to quit
- Prepare what you can do to fight cravings
- Tell family and friends

Get extra help from resources like:

[SmokefreeTXT](#) | [QuitGuide mobile app](#) | [1-800-QUIT-NOW \(1-800-784-8669\)](#)

[LiveHelp chat with the National Cancer Institute](#)

Lucet is here for you.

Connecting you to the care you deserve.