



Smoking Cessation

Smoking increases the risk of lung disease, cardiovascular disease and many types of cancer. Quitting smoking almost immediately reduces blood pressure and heart rate. In addition, quitting smoking is not a simple process, but it is possible. Quitting smoking is important to maintain good health and help you live longer.

Benefits to your body from quitting smoking

- You will be able to breathe more easily.
- The sensitivity of your five senses will improve.
- It will help your circulation, and blood pressure may return to normal.
- Your blood becomes thinner, which makes your heart spend less work moving it from one place to another in your body.
- Reduces the likelihood of erectile dysfunction.
- It will improve skin elasticity and hydration.
- Reduces symptoms related to respiratory infections.

Why is smoking so addictive?

Nicotine is as addictive as heroin. When the brain stops receiving nicotine, the withdrawal effect occurs. This can cause you to feel anxiety, irritability, difficulty concentrating and a strong urge to start smoking again.

It's never too late to try!

Some people try to quit smoking several times, others quit right away, and others use step-by-step manuals, such as counseling, medications or products to reduce addiction. At this time, switching to e-cigarettes has not been proven to be effective in helping you quit smoking. Also, your doctor can help you find the best option for quitting.

Prepared by Licensed Health Educators.
Revised February 2024. ©First Medical Health Plan, Inc.

Recommendations for smoking cessation

Talk to your doctor about using a nicotine patch.

Think about when and why you reach for a cigarette. Identify other things you could do instead of smoking.

Stay away from places that tempt you to smoke.

Make a list of your reasons for quitting. This will help strengthen your decision.

Make every effort to focus on the benefits you will get.

Choose a date to quit for good.

Telephone help to quit smoking Puerto Rico
Department of Health:
Quit Now! 1-877-335-2567

Social and Emotional

For recommendations, tools and resources about how you and your family can address any emotional and physical concerns that may arise, please visit your primary doctor or contact the following phone lines:

Medical Advice Line
1-844-347-7801
TTY/TDD 1-844-347-7804
APS Health 787-641-9133

References:

<https://smokefree.gov/>
https://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/smoking-cessation-fast-facts/index.html 2023