

## Smoking Cessation

Quit smoking is important for your good health and can help you live longer. Tobacco use increases the risk of many types of cancer, lung, and cardiovascular diseases. When you quit smoking, almost immediately, your blood pressure and heart rate drop. The risk of heart attack decreases 24 hours after quitting smoking. Stop the smoking habit is not easy, but it is possible.

### Benefits of quitting smoking

- You will be able to breathe more easily.
- It will improve the sensitivity of your 5 senses because you will have better oxygenation in your body.
- Your circulation will improve, and your blood pressure will return to normal.
- The blood becomes thinner, which makes it less work for the heart to move it from one place to another in the body.
- Reduces the probability of having erectile dysfunction.
- It will improve elasticity and hydration, thus reducing the appearance of wrinkles and stretch marks on your skin.



### Why is smoking so addictive?

The nicotine in cigarettes is just as addictive as heroin. When the brain stops receiving the nicotine it is used to, the abstinence effect occurs, which can cause you to feel anxious, irritable, unable to concentrate, and have a strong urge to smoke again.

### It's never too late to quit smoking!

No matter how long you've smoked, it's never too late to quit. Many people try several times before succeeding. Some people can quit right away, and others use step-by-step manuals, counseling, medications, or products that help stop nicotine use. Switching to e-cigarettes has not yet been proven to be effective in helping you quit smoking. Your healthcare provider can help you find the best way for you to quit smoking.

### Five (5) Ways to Quit Smoking

Make a list of reasons to quit smoking. This will help strengthen your decision.

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

Talk to your doctor about the possibility of a nicotine patch.

Pick a date to quit smoking for definitively.

Stay away from places that may tempt you to smoke.

During this process, make every effort to focus on the benefits of quitting smoking.

### Social and Emotional Aspect

For recommendations, tools, and resources on how you and your family can cope with the emotional and physical concerns that arise, please visit your primary care physician, or contact the following phone lines:

#### Medical Advice Line

1-844-347-7801

TTY/TDD 1-844-347-7804

#### APS Healthcare

787-641-9133

References:

*Stop smoking*. Retrieved from:

<https://espanol.smokefree.gov/deje-de-fumar>

*Smoke*. Retrieved from:

<https://medlineplus.gov/spanish/smoking.html>

Prepared by licensed Health Educators.

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