



## Smoking cessation

Tobacco use increases the risk of lung and cardiovascular diseases, various types of cancer, and vision problems. Quitting smoking reduces health problems and adds years to your life. Quitting smoking isn't a simple process, but it is possible.

### Benefits to your body when you quit smoking

- Lower heart rate and blood pressure
- Blood becomes thinner, making it harder for the heart to move it from one place to another in the body.
- Reduces coughing and wheezing.
- Improves circulation.

### Why is smoking so addictive?

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

### It's never too late to try!

Some people try to quit smoking several times, others quit immediately, and others use step-by-step guides, such as counseling, medications, or anti-addiction products. At this time, switching to e-cigarettes has not been proven effective in helping you quit smoking. Your doctor can also help you find the best option for quitting smoking.



Prepared by Licensed Health Educators.  
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### Recommendations for quitting smoking

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.
Stay away from places that tempt you to smoke.	Make a list of your reasons for quitting. This will help strengthen your resolve
Make every effort to focus on the benefits you'll gain.	Choose a date to quit smoking permanently.

**Puerto Rico Department of Health –  
Quit Smoking Helpline:  
Quit Now! 1-877-335-2567**

### Social and Emotional Aspects

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

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

### References:

<https://medlineplus.gov/spanish/smoking.html>  
<https://medlineplus.gov/spanish/ency/article/001992.htm>  
<https://www.salud.pr.gov/CMS/54>