



Quit Smoking

Can't climb that stairs today?

These materials are intended for informational purposes only, and not as a substitute for professional medical advice. Always seek the advice of a qualified health provider for a medical diagnosis and before starting or changing any course of treatment.

Quit Smoking

Smoking is a proven cause for hypertension, heart and lung disease. Smoking is also a big contributor in increasing triglycerides. It is never too late to quit smoking. Stop smoking and your body will start healing right away. Within an hour, your heart rate and blood pressure drops. Within a day, the carbon monoxide in your blood returns to normal. In one year your excess risk of heart disease is half that of an active smoker's.

To successfully quit smoking, you must first have a real desire to give up the habit. A strong will to stop smoking is the first step. You must also learn about the effects of smoking, understand its consequences and face the fact that you need to stop smoking and follow and maintain a "quit smoking" plan.

If you're thinking about quitting or have stopped smoking but failed to quit, don't lose hope because smokers often try to quit more than once before they actually succeed.



Tips to help you stop smoking:

1. Set up a stop date.
2. On that day, throw away all your cigarettes.
3. Avoid places and situations that would prompt you to lighting up a cigarette. For example if you light up your first cigarette with your morning coffee, avoid it during the first few weeks.
4. Nicotine patches or gums may help you. Consult your doctor.
5. Start saving the money that you used to spend on cigarettes and use it to reward yourself!
6. Start any cardio intensive activity (jogging, swimming, soccer, or other sport activities). They will help avoid cravings. Check with your doctor before starting a new exercise or sports regimen.
7. Ask your family and friends to be supportive. The first week after you put away the cigarettes you could be a little nervous and irritable. So it is vital that they understand your behavior and help you.
8. Perseverance is key. If you have tried to quit and failed, don't lose hope because smokers often try to quit more than once before they actually succeed.

Live Healthy!



Health Support Systems (HSS) helps people who are living with diabetes, obesity, hypertension or heart disease better manage their conditions through a combination of online self-monitoring tools, education and qualitative analysis, while reducing cost for care givers, employers and insurance providers.