

You can live a life that is free from tobacco. Every attempt to quit is one step closer to quitting for good.




The FDA encourages people from diverse backgrounds to participate in clinical trials.


If you think a clinical trial may be right for you, talk to your health care provider.

You can also search for clinical trials in your area at www.clinicaltrials.gov.

FOR MORE INFORMATION

 www.fda.gov/healthequity

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 @FDAHealthEquity



**QUIT SMOKING:
START TODAY!**



**FDA Office of Minority
Health and Health Equity**



What is tobacco use?

Tobacco products come in a variety of forms such as cigarettes, vapes and other e-cigarettes, snuff, hookah, and gels. They contain nicotine, a toxic chemical compound present in the tobacco plant. When tobacco products are smoked, chewed, sniffed, or the vapor is inhaled, consumers may become addicted to nicotine.

Why is nicotine addictive?

Nicotine is a highly addictive substance that changes how the brain works. Continued use of tobacco products may lead to feeling irritable and anxious when you don't have nicotine in your system. Over time, you may become dependent on nicotine, which is when you crave nicotine and find it difficult to stop using tobacco products.



Why is smoking harmful?

Inhaling cigarette smoke exposes smokers to a toxic mix of chemicals like carbon monoxide, ammonia, and lead.

More than 70 chemicals in cigarette smoke are linked to cancer. Nonsmokers are also exposed to these chemicals in the air and in residues on surfaces in spaces occupied by people who smoke.

In addition to cancer, tobacco smoking can cause heart disease, stroke, lung disease, type 2 diabetes, and other health problems. On average, every cigarette you smoke reduces your life expectancy by 11 minutes.



What are the benefits of quitting?

Quitting lowers your risk of cancer, stroke, and other diseases. Quitting may also improve your senses of taste and smell.



Quitting smoking benefits your heart and cardiovascular system now and in the future.

How do I quit?

Quitting is a process, and many people are discouraged by their attempts to quit using tobacco products because of the symptoms of nicotine withdrawal. These may include strong cravings to smoke, increased appetite, depressed mood, and trouble sleeping. Many smokers do not quit on their first attempt and need several tries before they succeed.



Make a Plan!

Check out the FDA's public education campaigns at <https://www.fda.gov/tobacco-products/health-effects-tobacco-use/quitting-smoking-and-other-tobacco-public-health-resources> for quitting assistance tips and tools. Additional resources are available at <https://smokefree.gov/>, including information for veterans, women, non-English speakers, and older adults. You can also get help from a smoking cessation counselor at **1-800-QUIT-NOW (1-800-784-8669)**.

Consider Medications

You may double your chances of quitting successfully by using an FDA-approved smoking cessation product. Nicotine replacement therapies release nicotine, gradually allowing your body to adjust to withdrawing from smoking. Other products contain no nicotine and may help to ease the symptoms of withdrawal and the urge to smoke.



These products are available both over the counter and by prescription. Talk to your health care provider before using any smoking cessation product if you have diabetes, heart disease, asthma, stomach ulcers, or are pregnant or breastfeeding.