



This education sheet explains reasons to stop using nicotine and ways to help you quit.

Key points

- Knowing your “why” – combined with counseling and medication – can help you quit using nicotine products.
- E-cigarette (vaping) products are dangerous and not a good way to help you stop using nicotine.

Why should I stop using nicotine?

Everyone has reasons that make quitting smoking and using nicotine products important. It may be because they want to be healthier, save money, or keep their family and friends safe. Here is a list of a few reasons you may – or may not – have considered.

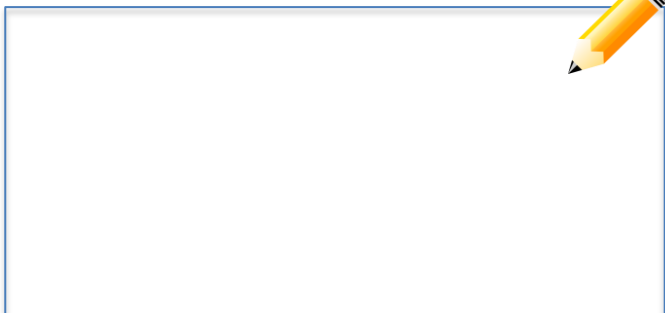
- Your chance of having cancer, heart attacks, strokes and other diseases will go down.
- You're less likely to get sick.
- It'll be easier to breathe.
- Your skin and appearance may look more youthful.
- You'll have more money to spend.
- Your clothes and home will not smell like smoke.
- You'll set a good example for others.
- Your loved ones will be healthier and less likely to get sick.

What can help me quit?

Make a list of the most important reasons why you want to quit.

- Keep the list in a place where you can see it often.
- Whenever you have the urge to smoke, look at the list and remind yourself why you decided to quit.

My “why”: Reasons to quit nicotine
Write your reasons to quit in the box below



As you start your journey to quit for either the first or 100th time, **keep in mind the following tips:**

- Know your triggers for wanting to use nicotine.
- Pick a “quit date” and mark it on your calendar.
- Plan for cravings with healthy snacks.
- Always focus on “why” you are quitting for motivation.
- Get rid of cigarettes, vapes and other supplies.
- Practice deep breathing exercises.
- Stay positive. Quitting is difficult.
- Smoking and vaping become a part of daily routines, so making changes to avoid the places and times you used to smoke or vape will be important.
- Don't give up! It takes several tries to quit successfully.
- Reward yourself frequently.



Is vaping a good way to quit smoking cigarettes?

No. Studies show that tobacco cigarette smokers who switch to vaping don't quit using nicotine. They keep vaping and often end up smoking both nicotine and vape.

Nicotine replacement therapy (like patches and gum) is 2.5 times more effective in helping you to quit smoking, according to the U.S. Food & Drug Administration (FDA).

Are vape products dangerous?

Yes. They are dangerous to your lungs and brain. Some reasons why they are dangerous:

- These products contain nicotine salt with benzoic acid. This numbs the throat and allows users to inhale higher levels of nicotine more easily. Nicotine salt crosses the blood-brain barrier, quickly leading to a faster “high.” Higher levels of nicotine make vaping more addictive.
- Vapes are **not regulated or approved by the FDA.**
- Nicotine and marijuana damage the growing brain. That damage can lead to problems with paying attention and changes in mood. Nicotine addiction from vaping is powerful and very hard to treat.

- Although vaping is often marketed as a safe way to stop smoking, it's clear that it isn't effective. The evidence on vaping's harms is adding up.

What strategies can help me quit?

There are several free strategies available. Quitting (cessation) strategies include a combination of counseling and medications. Doing both together gives you the best chance of quitting for good.

Counseling

Counseling can help you make a plan and a schedule for quitting. It can help you cope with stress and urges, and triggers that make you want to smoke or vape.

Counseling can come in various forms:

- Talking 1-1 or in a group with counselors or physicians and other people quitting
- Confidential coaching through a phone quit line, like 1-800-QUIT-NOW
- Using free online resources and apps. Take a look at some apps and websites listed here, but there are many resources, so be sure to look online and talk to your provider about what you think will work for you.

Medications

Medications can help manage withdrawal symptoms and cravings when quitting smoking. There are several medications available, and a doctor can help determine which may be best for you:

- Nicotine replacement therapy (NRT)
 - The patch, gum or lozenge
- Prescription medications
 - Bupropion or varenicline
- Combination of different types of NRT

Remember that there are different methods of quitting. What works for someone else may not work for you. Talk to your doctor about what you think may work best.

Are there resources to help with quitting?

Yes. Here is a list of resources to help with quitting. Be sure to try 1 or all of them since different methods help different people quit.

Smokefree.gov

- A website dedicated to helping smokers quit, including teens and Spanish speakers.
- Using the SmokefreeTXT program, you can get help free help and motivation to your phone 24/7.

CDC.gov/tobacco

- Find resources, including facts about smoking, tips from former smokers, information on nicotine replacement therapy and strategies for quitting.

quitSTART App

- The free app helps you quit smoking with tips and motivation/inspiration.

Nicotine Anonymous

- The group of former nicotine users offers free in-person, phone or virtual meetings to offer support and advice.

Here are some websites that can connect teens who smoke or vape to resources and support groups:

- [Teen.smokefree.gov](https://teen.smokefree.gov)
- [Thetruth.com](https://thetruth.com)
- [Mylifemyquit.com](https://mylifemyquit.com)