

Tips to Quit

With the help of the American Lung Association, more than a million people have achieved success with their goal to quit smoking and using other tobacco products. The following tips can help those looking to quit tobacco use for good:

- 1. You don't have to quit alone.** Enrolling in a tobacco cessation counseling program, such as American Lung Association's [Freedom From Smoking®](#), can increase your chances of success by up to 60% when used in combination with medication.
- 2. Quit, Don't Switch.** Despite what e-cigarette companies want you to believe, switching to vaping (e-cigarettes) is not quitting tobacco use. E-cigarettes are tobacco products, they contain nicotine, and the FDA has not approved any e-cigarette as a quit smoking device.
- 3. Talk to a doctor about quit smoking medications.** Talking to a doctor can significantly increase your chances of quitting successfully; and using FDA-approved quit medication is safe and effective in helping you quit for good. There are seven FDA-approved quit medications that can help you recover from tobacco and nicotine dependence. Be sure to follow the directions and use the medications for the full duration they are prescribed.
- 4. Combine medication with a behavior modification program for the best results.** Counseling can double your chances of success and including a medication to your tobacco treatment plan can increase that success rate by an additional 21-44%.
- 5. Quitting is a process not an event.** It takes most tobacco users several tries before they're able to quit for good—on average 8-11 attempts.¹ Every tobacco user can quit. Keep trying. Find the right combination of techniques for you and above all, keep trying. Slip-ups—having a puff or smoking one or two cigarettes—are common but don't mean that a quitter has failed. The important thing is to keep trying to quit.
- 6. A slip isn't the same as relapse.** We encourage participants who experience a slip to get right back on track and continue in their cessation efforts.
- 7. Learn from past experiences.** Most people who use tobacco products have tried to quit before and sometimes get discouraged thinking about previous attempts. Instead, treat those experiences as steps on the road to future success. Think about what helped you during those tries and what you'll do differently in your next quit attempt. There is no "one size fits all." Tobacco users may need to try several different counseling and medication combinations before finding the one that works best for their needs.

Quitting isn't easy but more than 50 million people in the United States are proof that it is possible.

**For more information about quitting tobacco use,
visit the American Lung Association website at Lung.org
or call the free Lung HelpLine at 1-800-LUNGUSA (1-800-586-4872).**

¹ Chaiton, M., Diemert, L., Cohen, J. E., Bondy, S. J., Selby, P., Philipneri, A., & Schwartz, R. (2016). Estimating the number of quit attempts it takes to quit smoking successfully in a longitudinal cohort of smokers. *BMJ open*, 6(6), e011045. <https://doi.org/10.1136/bmjopen-2016-011045>