



HEALTHY LUNGS. HEALTHY BRAIN.

Smoking can affect your brain health. When you smoke, it increases the risk of problems with your heart and blood vessels. These heart and blood vessel problems are linked to common forms of dementia. Also, toxins in cigarette smoke are harmful. They can cause stress to your cells, which is linked to memory loss, problems with thinking, and confusion.

Quitting smoking is beneficial to your health at any age, even for people who have smoked for many years or have smoked heavily. After two weeks to three months, lung function increases. After one year, the risk of heart attack drops. Most people find that a combination of resources and tools work best to quit smoking.

Here are some tips to help:

- Use a date or event as a motivation for stopping such as a New Year's resolution.
- Know the triggers that make you want to smoke.
- Consider nicotine replacement products such as lozenges, patches, or gum.
- Don't get discouraged if you slip. Most people try several times before they can quit for good.
- Talk with your healthcare provider about other tools and approaches that can help you stop smoking.
- Calling the QuitLine can be the key to your success! 1-800-QUIT-NOW (1-800-784-8669)

For More Information

About Quitting Tobacco

- **What you Need to Know About Quitting Smoking: Advice from the Surgeon General**
<https://www.hhs.gov/sites/default/files/2020-cessation-sgr-consumer-guide.pdf>
- **National Cancer Institute Smokefree.gov**
<https://smokefree.gov/>
- **How to Quit Smoking**
<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>

About Brain Health

- **CDC Alzheimer's Disease and Healthy Aging Program**
<https://www.cdc.gov/alzheimers-dementia/>
- **National Association of Chronic Disease Directors Healthy Aging Programs**
<https://chronicdisease.org/healthy-aging>
- **Alzheimer's Association**
<https://www.alz.org>



**NATIONAL ASSOCIATION OF
CHRONIC DISEASE DIRECTORS**

Promoting Health. Preventing Disease.

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