

Quitting Smoking in Older Adulthood

Why quit smoking?

QUITTING SMOKING IS ONE OF THE BEST THINGS YOU CAN DO FOR YOUR HEALTH.

QUITTING LOWERS RISKS OF:

- ✓ Heart disease
- ✓ Stroke
- ✓ Hearing and vision loss
- ✓ Diabetes
- ✓ Dementia
- ✓ Lung, mouth, pancreas, and kidney cancers
- ✓ Osteoporosis, broken bones



OTHER HEALTH BENEFITS:

- ✓ Breathing is easier, less coughing
- ✓ Needing fewer medications
- ✓ Faster healing from surgery or injuries
- ✓ Lower risk of infections such as COVID-19 and the flu
- ✓ More energy

IMPROVE YOUR QUALITY OF LIFE:

You have so much to gain by quitting smoking

- ✓ More energy for hobbies, going for walks, keeping up with children and grandchildren
- ✓ Time saved by not taking smoking break
- ✓ Increased confidence
- ✓ Feeling in control of your life
- ✓ Better relationships
- ✓ Freedom from addiction
- ✓ Save money

Someone who smokes a pack a day can save \$450/month by quitting smoking!

Tips to Quit Smoking

1 LIST YOUR REASONS FOR QUITTING

- Improve your health? _____
- Save money? _____
- Quit before surgery? _____

Write down your reasons and keep the list nearby.

SET A QUIT DATE 2

DD MM YYYY

Decide when you will quit.
Write it on your calendar and
commit to this date.

3 CHOOSE YOUR QUIT METHODS

- Behavioural Coaching with QuitNow's expert Quit Coaches
- Nicotine Replacement Therapy (NRT) or prescription quit medications
- Gradually reduce how much you smoke

PREPARE FOR CHALLENGES 4

Think about situations that
make you want to smoke,
and brainstorm how you will
handle them.

5 BUILD YOUR SUPPORT NETWORK

Tell your loved ones
you're quitting and
ask for support. _____



Visit www.quitnow.ca/join or call a
Quit Coach at 1-877-455-2233 to get started!

quitnow.ca