



## Tips for quitting smoking

An important step in reducing heart disease is quitting smoking. This is especially true for women smokers, who have a 25 percent higher risk of developing heart disease as compared to men who smoke.

Here is guidance from UC Davis Health System's tobacco cessation specialist, Cari Shulkin, on how to increase your chances of success.

- 1 Get ready.** Set a quit date and remove all cigarettes, ashtrays and lighters from your environment on that day.
- 2 Gather support.** Call 1-800-NOBUTTS, talk to your health-care provider and tell family, friends and coworkers. All of these resources are part of your “quit team.”
- 3 Learn new skills and behaviors.** Start before you quit by changing smoking-related behaviors such as where and when you smoke. Once you quit, distract yourself from urges to smoke by going for walks, talking with friends, getting busy with tasks or drinking water.
- 4 Ask for tobacco-cessation medication.** Your health-care provider can prescribe medication that can double your chances of success.
- 5 Be prepared for relapse and difficult situations that can trigger relapse, especially during the first three months.** Avoid alcohol and other smokers, reduce stress, have a plan to avoid weight gain, be aware of “bad moods” or depression, and join a smoke-free support group.

UC Davis Health System offers an evidence-based, comprehensive approach to smoking cessation that combines education, counseling and medication with nicotine replacement therapy such as patches and gum. For information, call UC Davis Health Management and Education at 916-734-0718 or visit [livinghealthy.ucdavis.edu](http://livinghealthy.ucdavis.edu)

*Women's Cardiovascular  
Medicine Program –  
caring for your heart*

For more information,  
contact the UC Davis  
Women's Cardiovascular  
Medicine Program by calling  
530-752-0718 or visiting  
[womenshearthealth.ucdavis.edu](http://womenshearthealth.ucdavis.edu)

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