

Top 10 Reasons to Quit Tobacco

- I will reduce my chances of having a heart attack or stroke.
- I will reduce my chances of getting lung cancer, emphysema and lung disease.
- I will have better smelling clothes, breath, hair, home, and car.
- I will be able to do activities without running out of breath.
- I will have fewer wrinkles.
- I will be free of my morning cough.
- I will reduce the number of coughs, colds and earaches my family, partner, or friend will have.
- I will have more energy to pursue physical activities I enjoy.
- I will treat myself to new things I enjoy with the money I save from not buying cigarettes.
- I will have more control over my life.

Cessation (Quit Resources)

- [Phone Call Support: 1-800-QUIT-NOW \(784-8669\)](#)
- Phone Call Support (TX): 1-877-YES-QUIT
- [QUITXT](#) text message support: Text “iquit0” to 57682, Institute for Health Promotion Research; UT Health Science Center
- [Quit Start](#) smart phone app
- [Health Education / Disease Prevention; University Health System](#), 210-358-7355
- American Cancer Society [Guide to Quitting](#)
- American Lung Association: [Freedom from Smoking](#)
- [Nicotine Anonymous](#) (NicA) 1-877-TRY-NICA
- [QuitNet](#) smart phone app
- [National Tobacco Cessation Collaborative](#)
- [Quitza](#): A online social support network to connect with other people quitting smoking locally and globally.