

Quit Smoking

Although it may seem overwhelming to quit smoking while you're dealing with cancer treatment or recovery, it's never too late to quit.

TRY THIS

Build a quit plan. Set your quit date. Choose your reasons for quitting. Prepare to fight cravings.

Explore nicotine replacement options. These provide nicotine that can help you fight cravings.

Stay active. Find ways to fit regular exercise into your life.

CHECK THIS OUT

Visit the Springboard page Quit Smoking.

<https://smokefree.gov/springboard/wellness/quit-smoking>

Download the QuitGuide app on your mobile phone.

<http://go.usa.gov/xaKpH>

Sign up for the SmokefreeTXT text messaging program.

<http://go.usa.gov/xaKvW>

Build your Quit Plan online. <http://go.usa.gov/xaKvR>