



Let's quit smoking.

Smoking tobacco

- Is the #1 cause of preventable disease and death in Canada
- Causes lung and other cancers, heart and lung disease and more
- Is hard to stop because nicotine is highly addictive

Tobacco has 7000+ chemicals

Get healthier.

Stopping smoking can

- Improve health and lead to a longer life
- Improve mental health and quality of life
- Lower the risk of heart disease, stroke and cancer



Quitting takes time.

Keep trying!

- People often need to try to quit many times
- Trying different things at the same time can help you quit

Things that can help you quit:

Things you can do

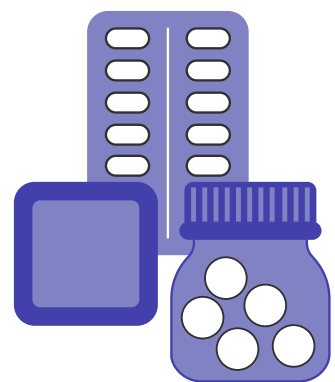
- Get advice or information from a doctor, nurse, pharmacist or other health care provider
- Get help from individual or group counselling from a trained counsellor
- Try text message-based programs
- Use self-help materials



**Can use
several at
same time**

Medications you can use

- Nicotine replacement therapy* (the patch, gum, lozenges, inhaler or spray, used alone or together)
- Varenicline
- Bupropion
- Cytisine



Talk to a health care provider about what may be best for you

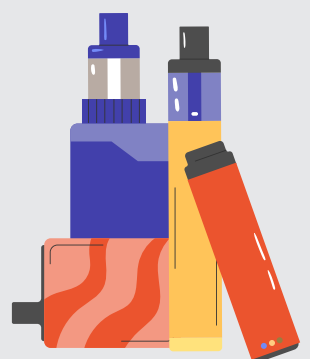
Not recommended:

- Acupuncture
- Hypnosis
- Laser therapy
- Electric current stimulation to head
- Ear acupressure
- St. John's wort



What about e-cigarettes?

- E-cigarettes may be used to help stop smoking tobacco cigarettes
- People should try other proven treatments FIRST
- E-cigarettes can help some people who could not quit other ways or who have a strong preference
- Know that e-cigarettes may have unknown negative health effects and there is no long-term safety information
- Don't use them longer than you need to quit



No e-cigarette products have been approved to help stop smoking in Canada

Want more information?

- [Canada.ca – Quit with confidence](https://www.canada.ca/quitwithconfidence)
- [Canadian Cancer Society](https://www.cancer.ca/)
- [Quitting smoking: Provincial and territorial services](https://www.healthycanadians.gc.ca/quit-smoking)
- [Tobacco Free Quebec \(Quebec sans tabac\)](https://www.quebec.ca/sans-tabac)

*Pouches were recently approved in Canada to help quit smoking but were not included in the guideline. Recommendations do not apply to traditional or ceremonial tobacco use by Indigenous groups or to pregnant or breast/chest-feeding people.