Getting ready to quit smoking requires the following:
1. Make a chart to track how much you smoke daily.
2. Work on the benefits you will get by quitting smoking.
3. Make a list of pros and cons of quitting smoking.
4. Estimate how much you spend on cigarettes.
5. Live in smoke-free environments.
6. Identify social and family support.
7. Be aware of the nicotine physical dependence and withdrawal symptoms.
8. Strengthen your commitment.
9. Pick a day to quit smoking.

**HOW DOES SMOKING AFFECT YOUR HEALTH?**
Smoking is directly associated to serious diseases:
- Different types of cancer: lung, larynx, pharynx, kidney, liver, bladder, among others.
- Cardiovascular diseases: acute myocardial infarction, aortic aneurysm, stroke.
- Respiratory diseases: chronic bronchitis, chronic obstructive pulmonary disease (COPD), and recurrent respiratory infections.
- The female reproductive system is affected by smoking: sterility, pregnancy and neonatal complications.

Cigarette smoke contains more than 4,000 chemicals.

**USEFUL RECOMMENDATIONS TO QUIT SMOKING**
Very few smokers manage to quit on their own once the decision has been taken. If quitting is not possible, healthcare professionals can offer different options, such as cognitive behavioral therapy with or without medication that greatly improves the chances of quitting smoking. Quitting and keeping away from smoking is difficult, but not impossible. No treatment to quit smoking is effective without enough motivation.

These recommendations help to plan an effective strategy to reach your goal.

**THE WEB**
- Calidad de vida para organizaciones saludables. Concienzicacion sobre el consumo de tabaco. www.fundacioncardiologica.org/fca/programas-institucionales/calidad-de-vida

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