



Quitting tobacco for heart health

Tobacco use is the single largest preventable cause of disease and premature death in the United States. But it's never too late to quit. You CAN do it!

Giving up cigarettes is very difficult, but if you're telling yourself it's impossible, think again. While there are 34 million smokers in the U.S., there are at least 42 million former smokers. **If 42 million other people can quit, so can you!**

There are plenty of free resources to assist you in your quitting journey:

- **SC Tobacco Quitline (1-800-QUIT-NOW)** offers free, confidential, 24/7 quit support to all South Carolina tobacco users. Nicotine patches, gum or lozenges are available.
- Use a quitting app: **QuitNow!**, **Smoke Free-Quit Smoking Now** or **Dip Quit**.
- Sign up for **Smokefree TXT** by texting QUIT to 47848.
- Check out free online resources such as [CDC.gov/quit](https://www.cdc.gov/quit) and [Smokefree.gov](https://www.smokefree.gov).
- Ask your doctor about **nicotine replacement therapies** (nicotine patch, lozenge, gum, oral inhaler, nasal spray) and **quit medications** (varenicline and bupropion SR).