



If you are still unsure about your reasons for quitting, consider:

- What do you dislike about smoking?
- How does your smoking affect you and your loved ones?
- What do you want to do with the extra time and money you save by not smoking?
- What do you give up when you smoke?
- What will get better if you quit smoking?



## Get Help

Quitting smoking can be challenging and may require multiple tries. After all, smoking is a chronic condition that is driven by addiction. At Astera, we integrate proven treatments including medication, individual counseling, support groups, and education to help you improve your chances of quitting successfully and sustainably. Many of these interventions are available for free of charge or are covered by your insurance.

Talk to your insurance company to see if Tobacco Cessation is covered within your health insurance benefits.

When you are ready to quit, contact our Tobacco Cessation team to help get you started and determine which treatments are right for you. 732-390-7750 x QUIT or (7848)

**Email:** [Tobacco.Cessation@asterahealthcare.org](mailto:Tobacco.Cessation@asterahealthcare.org)

# Tobacco Cessation



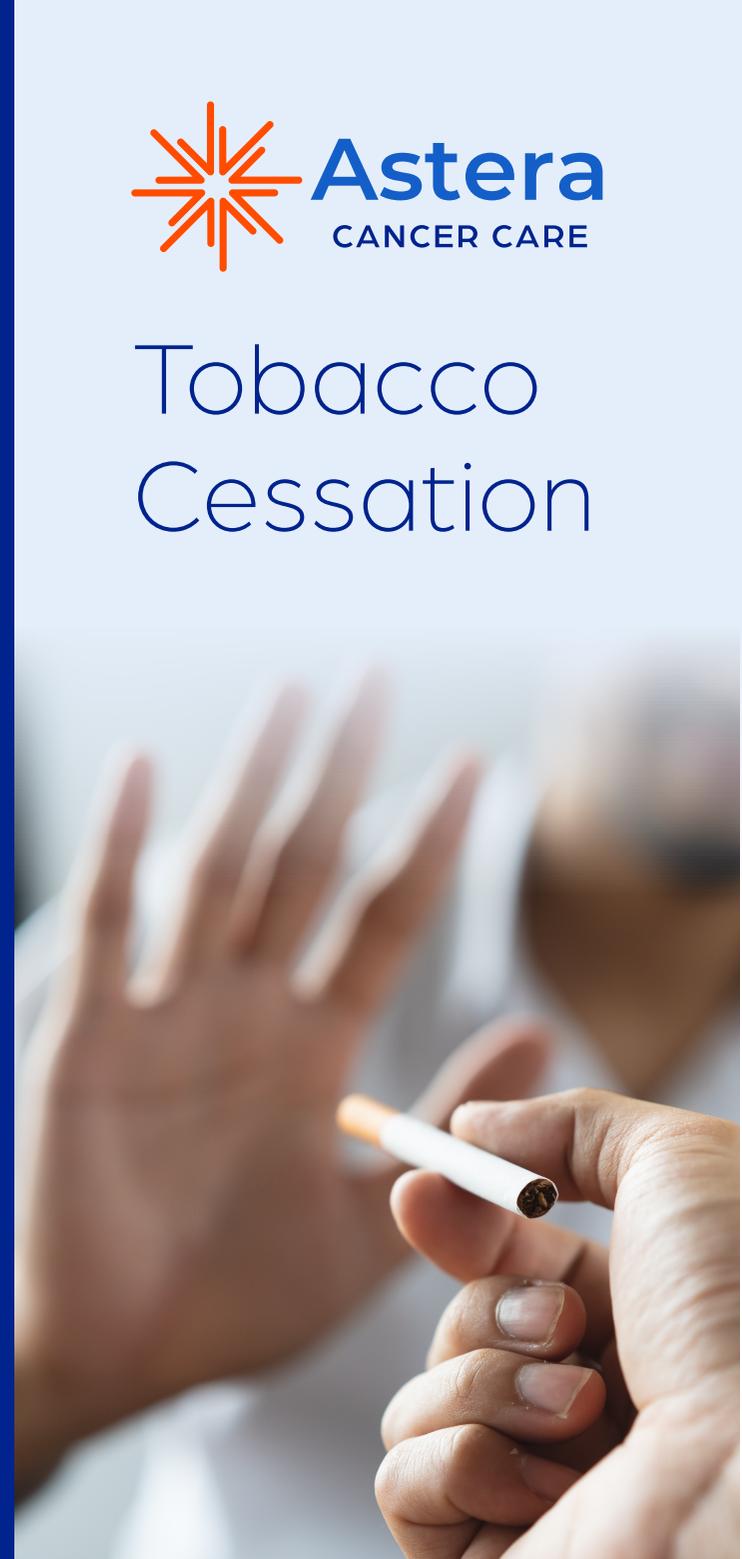
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# Tobacco Cessation



# Quitting smoking has a multitude of benefits, impacting nearly every aspect of your health and well-being. Here are some key advantages.



## Financial Benefits

- **Cost Savings:** Smoking is expensive. Quitting saves you money that would otherwise be spent on cigarettes and smoking-related products.
- **Reduced Healthcare Costs:** With improved health, you may experience fewer medical issues, reducing your overall healthcare expenses.



## Quality of Life Benefits

- **Increased Energy:** Many people feel more energetic and less fatigued after quitting smoking.
- **Improved Physical Health:** Better lung capacity and circulation enhance your ability to engage in physical activities.
- **Better Mental Health:** Some people experience reduced anxiety and stress levels after quitting smoking, though this can vary.
- **Enhanced Social Life:** You'll no longer be limited by smoking restrictions or the need to take breaks for smoking, which can improve social interactions and opportunities.
- **Improved Breath and Smell:** Your breath and personal odor improve, which can positively affect your social interactions and self-esteem. Your home, car, and clothes will smell better. Also, you will cough less.
- **Increased Activities:** You will have more time to do the activities that you love.
- **Improved Appearance:** You will look and feel younger by the increased energy and improved physical health. You may also notice less stains on your teeth and fingernails.



## Health Benefits

- **Reduced Risk of Diseases:** Quitting smoking lowers the risk of developing serious conditions like heart disease, stroke, chronic obstructive pulmonary disease (COPD), and various cancers (especially lung cancer).
- **Improved Lung Function:** Over time, your lungs will start to heal, leading to better lung capacity and reduced coughing and shortness of breath.
- **Lower Blood Pressure and Heart Rate:** Nicotine raises blood pressure and heart rate, so quitting helps normalize these levels, reducing cardiovascular risk.
- **Better Immune Function:** Your immune system becomes stronger, improving your body's ability to fight infections.
- **Enhanced Circulation:** Improved blood flow decreases the risk of peripheral artery disease and improves overall circulation.
- **Healthier Skin:** Your skin will look better as circulation improves and the premature aging effects caused by smoking are reduced.
- **Better Sense of Taste and Smell:** These senses can improve as the damaging effects of smoking on your taste buds and olfactory nerves diminish.



## Long-Term Benefits

- **Increased Life Expectancy:** Quitting smoking will improve your health and can add years to your life.
- **Improved Quality of Life in Later Years:** By reducing your risk of smoking-related illnesses, you increase the likelihood of enjoying better health and quality of life as you age.



## Family and Social Benefits

- **Reduced Secondhand Smoke Risks:** Your family and friends are less exposed to harmful secondhand smoke, which is beneficial for their health.
  - **Setting a Positive Example:** Quitting smoking can inspire and encourage others around you, particularly younger generations, to avoid starting or to quit as well.
  - **Increased Time with Your Loved Ones:** By adding on years to your life, you can enjoy more time and special moments with those you love most.
- Overall, quitting smoking is one of the most impactful health decisions you can make, leading to significant improvements in both your physical health and overall quality of life.