

## Quit Smoking

There are many reasons why you may want to quit smoking. You may worry about your health, you may be concerned about how second-hand smoke is harming those around you, or you may feel that your tobacco use is costing more and more. Whatever your reason, it is always a good time to quit.

### Featured Topics

#### Health Risks from Smoking

Smoking can increase your risk of dying from a heart attack and getting different kinds of cancer, such as lung cancer. To learn about the ways that smoking can affect your health, click on the links below.

- [Lung Cancer](#)
- [Smoking and Coronary Artery Disease](#)

If you smoke while pregnant it may harm your baby. If you are pregnant and would like information about quitting smoking, speak with your health care provider. For information about how smoking can affect your pregnancy, click on the link below.

- [Quitting Smoking and Avoiding Smoke During Pregnancy](#)

#### Quit Smoking

Quitting smoking can be difficult. Replacing cigarettes with other tobacco products can still negatively affect your health. For tips on how to quit, and how to deal with temptations and cravings, click on the links below.

- [Quitting Smoking \(HealthLinkBC File #30c\)](#)
- [Quitting Smoking: Getting Support](#)
- [Quitting Smoking: Preventing Slips or Relapses](#)
- [Quitting Smoking: Temptations and Cravings](#)
- [Tobacco Products are not a Safe Alternative to Cigarettes \(HealthLinkBC File #30b\)](#)

#### Second-Hand Smoke

Second-hand smoke is poisonous and has over 4000 chemicals, including 50 that can cause cancer. For information about how second-hand smoke can harm your health and those around you, click on the link below.

- [The Harmful Effects of Second-hand Smoke \(HealthLinkBC File #30a\)](#)

#### Smoking Cessation Aids

Smoking cessation aids include nicotine replacement therapy (NRT) products and prescription drugs. NRT products are non-prescription medications that reduce withdrawal symptoms by replacing the nicotine you would get through smoking. Prescription smoking cessation drugs do not contain nicotine, but work on your brain to manage withdrawal symptoms and cravings and reduce your urge to smoke. For more information about smoking cessation aids, click on the links below.

- [Comparing Nicotine Replacement Methods](#)
- [Comparing Stop-Smoking Medicines](#)
- [Nicotine Gum](#)
- [Nicotine Inhaler](#)
- [Nicotine Patches](#)
- [Quitting Smoking: Should I Use Medicine?](#)

For information about the BC Smoking Cessation program and how you can get NRT products or prescription smoking cessation drugs, visit the [BC Smoking Cessation Program](#).

## Lifestyle Checkup Tools

Use these tools to help measure your readiness to quit smoking, estimate the impact of smoking on your health, and more.

- [Are You Ready to Quit Smoking?](#)
- [How Does Smoking Affect Your Lifespan?](#)
- [How Does Smoking Increase Your Risk of Heart Attack?](#)
- [How Much is Smoking Costing You?](#)

## Useful Websites

### BC PharmaCare - BC Smoking Cessation Program

The BC Smoking Cessation Program helps people stop smoking or using other tobacco products by assisting them with the cost of smoking cessation aids. The program is open to B.C. residents who wish to stop smoking or using other tobacco products. To learn more about the program click on the link below.

- [BC Smoking Cessation Program](#)

### QuitNow

QuitNow is a partnership between The British Columbia Lung Association and HealthyFamiliesBC. They offer a free service to help you quit smoking and remain smoke-free. You can interact with other quitters, track your status and savings, and connect with Quit Coaches. For more information, visit their website.

- [QuitNow](#)

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For more HealthLinkBC File topics, visit [www.HealthLinkBC.ca/healthfiles](http://www.HealthLinkBC.ca/healthfiles) or your local public health unit. For non-emergency health information and advice in B.C. visit [www.HealthLinkBC.ca](http://www.HealthLinkBC.ca) or call **8-1-1** (toll-free). For the deaf and hard of hearing, call **7-1-1**. Translation services are available in more than 130 languages on request.