



SMART HEALTH: TOOLS FOR MANAGING HYPERTENSION

TOBACCO CESSATION

Tobacco products, including cigarettes, cigars, chewing tobacco, e-cigarettes, and hookahs, can raise blood pressure and damage blood vessels; reducing or quitting tobacco use is essential for lowering blood pressure and improving overall cardiovascular health.



Quitting or reducing tobacco intake is a crucial step in controlling high blood pressure, as tobacco use damages blood vessels and elevates blood pressure. Strategies for quitting include:

- Seek support through smoking cessation programs, counseling, or support groups, which can provide guidance and accountability.
- Use nicotine replacement therapies (e.g., patches, gum, lozenges) or prescription medications can help manage withdrawal symptoms and reduce cravings.
- **Develop healthy habits**, such as engaging in physical activity or stressreducing practices, which can replace the urge to use tobacco and improve overall cardiovascular health.

Resources for Quitting	
Telephone	Text Messaging (Message and data rates may apply)
1-800-QUIT-NOW (1-800-784-8669) 1-855-DÉJELO-YA (1-855-335-3569) (Español)	Text QUITNOW to 333888 Texto DÉJELO YA al 333888 (Español)
1-800-838-8917 (中文) 1-800-556-5564 (한국어) 1-800-778-8440 (Tiếng Việt)	Smartphone App: quitSTARTapp

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