

## 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 stress-reducing practices, which can replace the urge to use tobacco and improve overall cardiovascular health.

## Resources for Quitting

### TELEPHONE

1-800-QUIT-NOW (1-800-784-8669)

1-855-DÉJELO-YA  
(1-855-335-3569) (Español)

1-800-838-8917 (中文)

1-800-556-5564 (한국어)

1-800-778-8440 (Tiếng Việt)

### TEXT MESSAGING

Text QUITNOW to 333888  
Texto DÉJELO YA al 333888  
(Español)

Smartphone App:  
quitSTARTapp