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the only proven strategy to protect yourself from harm is to never smoke and if you do smoke or use tobacco products to quit cdc s office on smoking and health offers links to government and other resources with helpful information and strategies on how to quit tobacco use how to quit smoking goal setting and available options smoking tobacco can lead to various harmful health effects such as various cancers chronic obstructive pulmonary disease copd and heart disease it is the leading cause of preventable death if you smoke you may worry about what it s doing to your health you probably worry too about how hard it might be to stop smoking nicotine is highly addictive to quit smoking especially without help can be difficult in fact most people don t succeed the first time they try to quit benefits of quitting as soon as you quit your body begins to repair the damage caused by smoking see the health benefits you ll experience starting as soon as 20 minutes after you quit how to quit don t know where to begin we have resources to help you get ready and then take the big step of quitting for good get started now what to expect quitting smoking can help most of the major parts of your body from your brain to your dna how to manage cravings when you have a craving it s important to have a plan to beat that urge to

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