American Heart Association.

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Life's Essential 8 *for Menopause*

Breathe Easier – Tobacco Free



It's never too late to quit smoking or vaping. Besides the harmful effects of tobacco on the lungs and heart, some research has found that it may increase the risk of women starting menopause early. Nicotine in tobacco products also affects the brain, blood vessels, and estrogen levels, which can make menopause symptoms worse.

Where to Start

Cravings are normal when quitting. When you feel the urge to smoke, vape, or use nicotine, wait for 10-15 minutes. Often, cravings pass in a short amount of time. Keep your hands and mouth busy. Try chewing gum, drinking water, or squeezing a stress ball.

What to Enjoy More of

- Stay social. Some studies have found that feelings of depression during menopause may lead some women to cope through smoking.
- Get support. A buddy system or support program can help you when quitting. Call 1-800-QuitNow (784-8669). This is a free phone service that helps people quit smoking.
- Keep trying. Relapsing is normal. It's okay to make a new plan and try again.

What to do Less

- Reduce your stress. Stress has been shown to increase the desire to use tobacco.
- Recognize what makes you want to smoke or vape such as stress, certain places, or social situations. Then make a plan to avoid these.
- Limit alcohol. Alcohol has been shown to increase some symptoms of menopause and can increase the desire to use tobacco.



GoRedforWomen.org/Lifes8Menopause

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