

Quit smoking

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There are many reasons why you may want to quit smoking, such as health concerns, second-hand smoke harm, cost or financial concerns. Whatever your reason, it is always a good time to quit.

Featured topics

Health risks from smoking

Smoking increases the risk of death from heart disease and various cancers, such as lung cancer. To learn more about the effects of smoking on your health, read below:

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

Smoking while pregnant can harm your baby. If you are pregnant and want to learn about quitting smoking, consult your health care provider. For more information, read [Quitting Smoking and Avoiding Smoke During Pregnancy](#).

Quit smoking

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

- [Quitting smoking \(HealthLinkBC File #30c\)](#)
- [Quitting Smoking: Getting Support](#)
- [Quitting Smoking: Preventing Slips or Relapses](#)
- [Quitting Smoking: Temptations and Cravings](#)
- [Risks of alternative tobacco and nicotine products \(HealthLinkBC File #30b\)](#)

Second-hand smoke

Second-hand smoke is poisonous and has over 4000 chemicals, including 50 that can cause cancer. For more information, read [The harmful effects of second-hand smoke \(HealthLinkBC File #30a\)](#).

Smoking cessation aids

Smoking cessation aids include nicotine replacement therapy (NRT) products and prescription medications. NRT products are over-the-counter medications that ease withdrawal symptoms by replacing the nicotine produced by smoking. Prescription smoking cessation medications help you quit smoking by managing withdrawal symptoms and cravings and reducing your urge to smoke. They do not contain nicotine. For more information, see:

- [Comparing Nicotine Replacement Methods](#)
- [Comparing Stop-Smoking Medicines](#)
- [Nicotine Gum](#)
- [Nicotine Inhaler](#)

- [Nicotine Patches](#)
- [Quitting Smoking: Should I Use Medicine?](#)

To learn 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

Learn about health and interactive tools to help you measure your willingness to quit, assess the health effects of smoking, and more.

- [Interactive Tool: Are You Ready to Quit Smoking?](#)
- [Interactive Tool: How Does Smoking Affect Your Lifespan?](#)
- [Smoking: Heart Attack and Stroke Risks](#)
- [Interactive Tool: How Much Is Smoking Costing You?](#)

Useful websites

BC PharmaCare - BC Smoking Cessation Program

The BC Smoking Cessation Program helps people quit smoking or using other tobacco products by helping them pay for smoking cessation aids. This program is open to B.C. residents who wish to quit smoking or using other tobacco products. For more information, visit the [BC Smoking Cessation Program](#).

QuitNow

QuitNow is a free program for British Columbians by the [BC Lung Foundation](#) on behalf of the Government of British Columbia. 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 [QuitNow.ca](#).

For more HealthLinkBC File topics, visit www.HealthLinkBC.ca/more/resources/healthlink-bc-files or your local public health unit. For non-emergency health information and advice in B.C. visit 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.