**Wellness Articles**

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at [Wellness Articles | Alberta Health Services](https://www.albertahealthservices.ca/news/Page9966.aspx)

**Proposed publication date:** July 17, 2023

**Content provided by:** Alberta Health Services

​​​​​

**Tips on cutting down on your tobacco use**

Every year, more than 4,000 Albertans die because of commercial tobacco use, while tens of thousands more Albertans have serious tobacco-related illnesses. Tobacco and tobacco-like products can cause lung, heart, fertility and other health problems.

If you want to cut down on your tobacco use but aren’t yet ready to quit:

* Lower the number of cigarettes or other tobacco products you use.
* Add more time between cigarettes or tobacco products.
* Smoke or use tobacco only during odd or even hours.
* Limit your smoking or using tobacco to certain places.
* Wait as late in the day as you can before use.

If you are ready to quit:

* Create a quit plan. [AlbertaQuits.ca](https://albertaquits.healthiertogether.ca/preparing-to-quit/build-your-quit-plan/) has a [Tobacco Change Plan](https://albertaquits.healthiertogether.ca/media/uploads/tobacco_change_plan.pdf) to help you quit.
* Make a list of reasons to quit smoking or using tobacco and reflect on them.
* Set a quit day. Think about when your quit date should be. Try within the next three weeks. Let someone close know you are making a quit attempt. Try to have your quit day when your stress levels are lowest.

Here are more resources to help you quit:

* [AlbertaQuits.ca](https://albertaquits.healthiertogether.ca/preparing-to-quit/build-your-quit-plan/) provides information and tools to prepare for your quit.
* Talk to a counsellor at the AlbertaQuits helpline (1-866-710-7848). Free for all Alberta residents, it's open from 8 a.m. to 8 p.m., seven days a week.
* Register for [QuitCore](https://www.albertahealthservices.ca/findhealth/service.aspx?id=1022663) (albertaquits.ca), a free virtual or in-person group support program that provides Albertans (18+) with the tools and skills they need to quit using tobacco.
* Ask your doctor or other healthcare provider for one-to-one tobacco counselling.
* Sign up for AlbertaQuits by Text. It's a free, three-month text messaging program that delivers motivational messages, advice and tips to your cell to help you quit. Text the word ABQUITS to number 123456 to register.
* Get support 24 hours a day, seven days a week through the Addiction Helpline, 1-866-332-2322, or Health Link at 811.
* Talk to your healthcare provider or pharmacist about medications that can help you quit.