

Quitting smoking can help you with substance use recovery.



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- If you quit smoking, you are 25% more likely to quit alcohol and drugs in the long term.
- Quitting smoking is linked to a decrease in alcohol and other drug use, a decrease in relapse, and an increase in continuous sobriety over the past year.
- Tobacco use can reduce your success in recovery and result in continued substance use.
- Quitting smoking reduces stress and anxiety and promotes mental wellness, which in turn, promotes substance use recovery.

There are many myths that keep people in substance use recovery from getting the help they need to quit tobacco:

MYTHS	FACT
If you have a substance abuse problem, you don't want to quit smoking.	You likely do want to quit. Up to 80% of substance abuse treatment patients want to quit smoking.
You can't quit.	You can quit tobacco if you use proven treatments.
Quitting smoking will slow or stop quitting other substance use.	Quitting smoking lowers the risk of non-nicotine substance use and relapse and promotes long-term abstinence.

Unfortunately, more than 50% of substance abuse patients may die from tobacco-related disease, rather than alcohol or drug use, if they do not get the help they need to quit.



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What You Should Know

- Smoking both tobacco and marijuana in blunts can cause higher carbon monoxide levels in your blood, which can cause heart and lung disease.
- Using both alcohol and tobacco can also increase your chances of lung and heart disease.
- Tobacco users are seven times more likely to get mouth and throat cancer than non-users, and alcohol users are six times more likely to get mouth and throat cancers than non-users. When you use both alcohol and tobacco, you are 38 times more likely to get mouth and throat cancer.
- Smoking and using opioid substances at the same time can increase your experience of chronic pain.

Quitting smoking is the best thing you can do for your health.

HOW TO GET HELP

- Ask your doctor or substance use counselor for help quitting.
- Call 1-800-Quit-Now for free help.
- Visit www.smokefree.gov for a step-by step guide to quit smoking.
- Explore the resources at www.TakingTexasTobaccoFree.com.

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