

LOS 7 PASOS PARA DEJAR DE FUMAR

1

¡Lo más importante es tomar la decisión de parar de fumar!

2

Anticípate a los retos que puedan aparecer.

3

Define una fecha para dejarlo en las próximas 2 semanas.

4

Cuéntale a tus familiares y amigos que planeas dejar de fumar.



- ▶ El consumo de tabaco es responsable de la muerte de 2 de cada 10 adultos.
- ▶ 70% de los fumadores quieren parar de fumar. Y tú, ¿Qué esperas?



5

Bota todos los cigarros de tu casa, del carro, de la oficina.

6

Si necesitas ayuda, busca a un especialista o usa algunas de las opciones disponibles para disminuir los efectos que puede causar la abstinencia:

PARCHES DE NICOTINA

En contacto con la piel libera una dosis constante de nicotina a la sangre. Disponibles en dosis de 5, 10 o 15mg.



CHICLES DE NICOTINA

En presentación de 2mg (para fumadores de <25 cigarros por día) y 4mg (>25 cigarros por día). Las primeras semanas cada 2 horas y luego ir disminuyendo.



CIGARROS ELECTRÓNICOS

Dispositivo con un líquido para producir vapor. Se puede escoger por su concentración de nicotina y por sabores (tabaco, fresa, uva, sandía, menta; entre otros).



MEDICAMENTOS

Actúan bloqueando las transmisiones químicas en el cerebro, que generan las ganas de fumar. Necesitan receta médica.



7

¡Debes celebrar cada logro del proceso con el orgullo de haberlo conseguido y cuanto mejor te sientes!

¡Recuerda que frente a cualquier duda lo más importante es consultar a tu médico de confianza!

Doktuz

7 Pasos Para Dejar De Fumar

Yijin Wang



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