



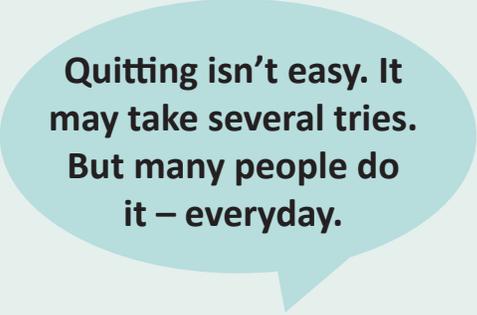
# 10

THINGS YOU SHOULD  
KNOW ABOUT  
QUITTING SMOKING



## Smoking – learn how you can quit\*

You may be 1 of the 46 million Americans who smoke cigarettes. You may have tried to quit before, or you may want to quit. For some people quitting isn't easy. It may take several tries. But many smokers do it – every day. More than 48 million Americans have quit smoking for good. You can be one of them!



**Quitting isn't easy. It may take several tries. But many people do it – everyday.**

To have the best chance of quitting, you need to know:

- Why it is so hard to quit
- How to make a plan to quit
- Where you can go for help
- What you can do to stay quit and prevent slips

Talk with your doctor. He or she can help you get started.

\*This brochure is meant to help you learn some things about quitting smoking. It doesn't tell you everything. You should ask your doctor for more information. Also, you should visit your doctor if you want to quit smoking.

# 1

## Quit smoking for your health and the health of those around you

Most people are aware of the harmful effects of smoking. But how much do you know about the many benefits of quitting? Learning what they are and reading them to yourself often may help you make the decision to quit.



### How your health will benefit

Quitting smoking is one of the best things you can do to improve your health. The good news is your body notices the benefits the day you quit.

TIME AFTER QUITTING	HEALTH BENEFIT
20 minutes	<ul style="list-style-type: none"><li>Your heart rate drops</li></ul>
12 hours	<ul style="list-style-type: none"><li>Carbon monoxide level in your blood drops to normal</li></ul>
2 weeks to 3 months	<ul style="list-style-type: none"><li>Your heart attack risk begins to drop</li><li>Your lung function begins to improve</li></ul>
1 to 9 months	<ul style="list-style-type: none"><li>Your coughing and shortness of breath decrease</li></ul>
1 year	<ul style="list-style-type: none"><li>Your excess risk of coronary heart disease is half that of a smoker's</li></ul>
5 years	<ul style="list-style-type: none"><li>Your stroke risk is reduced to that of a nonsmoker's 5 to 15 years after quitting</li></ul>
10 years	<ul style="list-style-type: none"><li>Your lung cancer death rate is about half that of a smoker's</li><li>Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases</li></ul>
15 years	<ul style="list-style-type: none"><li>Your risk of coronary heart disease is back to that of a nonsmoker's</li></ul>

### How the health of those around you will benefit

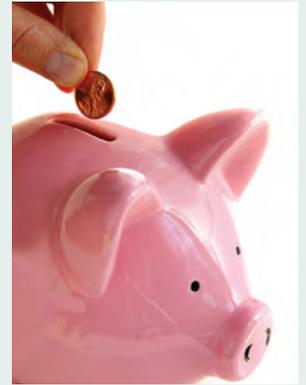
By quitting smoking you will be:

- Protecting your friends and family from the harmful effects of your secondhand smoke
- Setting a good example, especially to children
- Reducing the likelihood that children in your home will become smokers themselves

# 2

## More things to look forward to when you quit

If you want to quit for health reasons, that's great. But there are many other good reasons to quit smoking too. Here are some examples.



### Quitting can affect how you look and feel

- Your teeth and hands may become less discolored
- Your breath, hair, and clothes won't smell bad
- Food will taste better
- Your sense of smell will improve
- Everyday activities like climbing stairs or carrying groceries won't leave you feeling out of breath

### Quitting can affect how you live

- You may feel better about yourself for giving up smoking
- You won't have to worry if smoking is socially acceptable
- You may feel better physically to do activities you enjoy
- Your home and car won't smell like smoke

### Quitting can save you money

- When you quit smoking, the savings can really add up. While the cost of cigarettes does vary from state to state, the national average is about \$4.80 per pack. This means if you smoke one pack a day, quitting may save you \$1,700 or more a year

### Quitting can save you time

- The typical smoker takes about five minutes to smoke one cigarette. That means if you smoke one pack a day (20 cigarettes) and it takes you about five minutes to smoke a cigarette, quitting can save you more than one and a half hours each day. That adds up to more than 600 hours saved in one year!
- Also think about the time you could save by not having to buy cigarettes or take cigarette breaks. With your extra time, you could fit some physical activity into your day. You could also learn a new skill or begin a new hobby

# 3

## Why it's so hard to quit smoking

### For many, smoking is an addiction

Cigarettes contain nicotine. It is very addictive. When you smoke, nicotine goes deep into your lungs then quickly makes its way into your bloodstream and enters your brain. This causes your brain to release certain chemicals which have a pleasing effect. Some can make you feel calm and content. Others can make you feel alert and focused.



### The pleasure does not last long

The pleasing effect of nicotine wears off quickly. This makes you want to smoke more. However, as you continue to smoke, your body adjusts to the nicotine and feels less pleasure. When this happens, you may need more nicotine to feel the desired effect. This is why you keep craving cigarettes and may increase your smoking over time.

### Your triggers can make you want to smoke

Quitting is also hard because smoking becomes part of your life, a habit. You may develop a habit of smoking in certain places, when doing certain activities, or when you spend time with certain people. You may then feel the urge to smoke whenever you are in these situations. These things that make you want to smoke are called “triggers.” They make it hard to break the habit of smoking and can increase the risk of relapse. Common triggers include:

- Being around cigarette smoke or other people who smoke
- Drinking alcohol or coffee
- Stress

### Withdrawal symptoms can be unpleasant

Because nicotine is highly addictive you may have withdrawal symptoms when you quit. Some smokers start smoking again because they don't like the way quitting can make them feel. But don't worry. Withdrawal symptoms are temporary and will go away each day you don't smoke. Symptoms can include:

- Sleep problems/tiredness
- Trouble concentrating
- Feeling restless
- Headaches
- Irritability/bad moods
- Depression
- Increased appetite
- Urges to smoke

# 4

## Find the right path to help you quit smoking

More than 70% of all people who smoke say they want to quit. Each year, millions of smokers give it a try. Unfortunately most are unsuccessful. Among those who try quitting on their own, only about 4% to 7% succeed. For many people quitting smoking is hard work. But you can increase your chances of success by finding the path that's right for you.



### Your doctor can help you quit

Your doctor can help you choose the best way to quit smoking. He or she can help you make a quit plan. Your body needs to get used to being without nicotine. Your doctor may prescribe a medicine to help you feel better while you quit.

### Your doctor may use the “5 As” to help you quit:

- **Ask** – Ask about your smoking habit at every office visit
- **Advise** – Give you advice on how to quit
- **Assess** – See how willing you are to quit smoking
- **Assist** – Provide information and support on how to quit
- **Arrange** – Set up follow-up visits with you

Your doctor may even tell you about places in your community you can go to for support to help you quit.

### Ask your doctor if medicine is right for you

Using medicines to help you quit smoking can increase your chance of success. They can also reduce withdrawal symptoms. If you are interested in trying medicines to help you quit, talk with your doctor first. He or she can help you select the best medicines or combination of medicines for you, even if you can buy them over the counter.

Also, if you take any medicine for a health condition or illness let your doctor or pharmacist know. Smoking cigarettes can change how some medicines work. You may need to get your prescriptions changed after you quit.

### Combining counseling and medicine works better than either alone

Either counseling or medicine alone can help you quit smoking. But the US Department of Health and Human Services recommends that you use both when trying to quit. That's because the combination of counseling and medicine gives you a better chance of quitting successfully than if you tried either one alone. Talk with your doctor and ask if this plan is right for you.

# 5

## Make a plan to quit

**Making the decision to quit can only be yours.** No matter how you choose to quit smoking, it's important that you have a plan. When you are ready to put a plan together, it's a sign you're serious about quitting. Good for you!

**Putting a good plan together is the key to success.** If you've tried to quit before, think about what did and did not work for you. Use your experience to help you quit for good.

**List your reasons for wanting to quit.** Why do you want to quit smoking? Write your reasons down. Look at your list often.

**Set a quit date.** When you're ready, set a quit date. Ideally it should be within the next 2 weeks or so. Mark the date on a calendar and stick to it. During this time, put the rest of your plan together.

**Get support.** Tell family, friends, and coworkers about your plans to quit. Let them know you need their understanding and support. Ask them not to smoke around you. Decide who you can contact to help you get through rough spots. Also, talk with your doctor about getting counseling or joining a stop smoking program to help you quit. If you know someone else who would like to quit smoking, ask them to join you. Make quitting a team effort.

**Remove things you use to smoke from living spaces.** As your quit date approaches, get rid of all things that remind you of smoking. Throw out your cigarettes, lighters, and ashtrays the night before. Also remove the smell of smoke. Clean your house, car, and clothes, and clean your teeth. Once you've stopped smoking, you'll see that smoking stinks.

**Plan to reward yourself for not smoking.** Rewarding yourself can help boost your motivation to stay quit. Quitting is hard work and you deserve to be rewarded for your efforts. Put your tobacco money aside then spend it on something special for yourself or your family.



# 6

## What do to when your quit day arrives

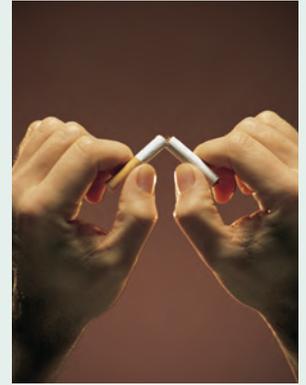
Your quit date is a big day. If you stick with your quit plan you can be successful. Here are some additional things you can do to help you get through the first days and weeks smoke-free.

**Don't smoke a single cigarette.** Remind yourself there is no such thing as just "1" cigarette. Even a single puff can lead you to start smoking again. If you get the urge to light up, wait it out. Within 10 minutes the desire to smoke should pass.

**Manage withdrawal symptoms.** Nicotine withdrawal symptoms are part of the quitting process. They tend to peak within days after you quit and may last a few weeks or more. Don't let them stop you from staying smoke-free. They will fade over time.

**Stock up on things to put in your mouth instead of a cigarette.** If you feel the need to put something in your mouth, try some carrot sticks, celery sticks, sugarless gum, or hard candy. Even a straw, toothpick, or coffee stirrer will do. But avoid munching on high calorie snacks.

**Spend time in places where smoking is not allowed.** Libraries, shopping malls, museums, and movie theaters are some examples. Stay away from places that remind you of smoking.



# 7

## Things you can do instead of smoking

Breaking the habit of smoking will take time. Often smokers light up a cigarette without thinking about it. To help you quit for good, you need to learn new behaviors and routines that do not include smoking.



**Change your daily routine.** When you first try to quit, find ways to change your routine, especially from things you connect with smoking.

Instead of smoking...	Try this...
During breakfast	Eat in a different place, eat different foods, or leave the table when you're done
While driving to work	Drive a different route
During coffee breaks	Go for a brisk walk or drink tea
When you drink alcohol	Drink water, juice, seltzer, or other low or non-calorie beverage
After dinner	Brush your teeth or chew gum

**Find new things to do.** Start a new hobby you've always wanted to do. Join a walking club. You might also try golf or gardening. Keep your hands busy with activities like needlework, woodworking, or painting.

# 8

## Don't let stress get the best of you

Many smokers use smoking to help them relax and relieve stress. Stress is also a reason some smokers find it hard to quit. If stress is a trigger for you, it's important you learn to handle stress without smoking.

Here are some things you can do:

- **Find out what causes stress for you.** For example, your job, money, family conflicts. When you know what causes you stress, you can take steps to resolve them
- **Learn how you respond to stress.** Some examples are headaches, nervousness, muscle tension, and sleep problems
- **Practice relaxation exercises.** To help you relax and feel calm try meditation, deep breathing, or yoga. Do what works best for you. Physical activity can also help





## Controlling your weight as you quit

Many smokers do gain some weight after they quit. For most, it is usually 10 pounds or less. If you are concerned about weight gain, keep in mind the dangers of continuing to smoke are far greater than gaining a few pounds. To help control your weight while quitting, focus on making healthy lifestyle choices to improve your overall health. Being stressed about your weight can make it harder to quit.



Here are some tips to help you:

- **Be physically active.** Regular moderate physical activity, like brisk walking, will help you burn calories and get fit. It can also help you keep your mind off smoking. Talk with your doctor or health care provider if you plan to start an exercise program or to increase your physical activity level. If you have not been active, start slowly
- **Make healthy food choices.** Eat plenty of fruits, vegetables, and whole grains. Limit foods that are high in calories, fat, and sugar. Drink plenty of water
- **Watch calories when cooking.** Instead of frying foods, bake, broil, or steam them
- **Limit alcohol intake.** Alcohol is high in calories and can increase your desire to smoke
- **Get enough sleep.** Getting enough sleep is part of healthy plan

# 10

## How you can stay quit for good

At times you may feel the urge to smoke. This can happen for a long time after you quit. To help you stay committed to quitting, think about how you will handle the temptation to smoke, no matter what comes up.

**Remember your reasons for quitting.** If you are quitting for health reasons, look for positive changes in your health. Are you coughing less? Do you have more energy than you did when you smoked? Also, remember the benefits to your finances and family. The more you notice the good things that are occurring since you've stopped smoking, the more you can appreciate your decision to quit.

**Avoid temptation.** Stay aware of the people, places, and things that may increase your urge to smoke. Avoid secondhand smoke. It may also be a good idea to skip parties and other events where people will be smoking or drinking. Over time, it should get easier to handle tempting situations.

**Stay positive.** Don't let the negative thoughts and feelings about quitting get the best of you. Think positive. Remind yourself that each day you don't smoke, you are successful. Tell yourself that you won't give up. Quitting smoking takes time. Be patient.

**Keep rewarding yourself for not smoking.** This is especially important during the first few weeks and months. Also praise yourself for your success. Tell yourself how proud you are for staying quit.

**If you slip, don't give up.** You can still quit smoking. A slip is a mistake you can correct. You can avoid a relapse. Get back on track, stay committed to your goal, and try again. Think about what led to the slip and learn from it. Keep in mind it takes most people several tries before they quit for good. Be confident. You can do it.



Quitting smoking may be the best thing you ever do for yourself. There are so many reasons to quit smoking. Do it for your health and quality of life. Do it for the money you'll save. Do it for your friends and family. Talk with your doctor. Set your quit date. Make it happen.

## Search the Web for more information

If you can access the Internet, you might want to visit some of these Web sites. They can give you more information about quitting smoking:

1. American Cancer Society: <http://www.cancer.org>
2. American Heart Association: <http://www.amhrt.org>
3. American Stroke Association: <http://www.strokeassociation.org>
4. American Lung Association: <http://www.lungusa.org>
5. National Center for Chronic Disease Prevention and Promotion: <http://www.cdc.gov/tobacco>
6. National Cancer Institute: <http://www.cancer.gov>
7. Nicotine Anonymous: <http://www.nicotine-anonymous.org>
8. Smokefree.gov: <http://www.smokefree.gov>
9. Smoking Cessation Leadership Center: <http://smokingcessationleadership.ucsf.edu>

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