

# THE HELP YOU NEED TO QUIT SMOKING



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## FACE THE FACTS

You know smoking is bad for you. You've probably thought about quitting. You may even have tried to quit. But if you're still smoking, you may need help to quit. This booklet serves as a guide to help you become a nonsmoker.

**Smoking is the number-one preventable cause of death in the United States.** Smoking does great harm to your health. And it harms the health of people around you, too. Every time you puff on that cigarette, you're breathing in more than 4,000 chemicals, mostly poisons, into your lungs. Besides nicotine, there is

- Formaldehyde (for-mal-da-hide)—used to preserve dead animals
- Cyanide (sy-uh-nide)—used to kill rats
- Carbon monoxide (car-bun mun-ox-ide)—found in the exhaust fumes from cars
- DDT—a poison used to kill insects
- Arsenic—another poison

Cigarette smoking is the biggest risk for lung disease. Pipe and cigar smokers are also at risk.

It's time to help yourself. Do it for your health, your quality of life, and for those who love you. It's time to stop smoking for good.

It's not easy, but it can be done. Many, many people have kicked the habit. You can too.

This booklet will serve as a guide to help you get started—and stay committed—to do what you need to do: **Become a nonsmoker.**

## ABOUT THIS BOOKLET...

**This booklet can help you think about why you smoke. It can help you remember why you need to stop. Our simple, step-by-step guide can help you in your journey to becoming a nonsmoker. The topics are**

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## WHY DO I SMOKE?

People smoke for lots of different reasons. You may have gotten into the smoking habit as a way to

- Deal with stress, boredom, and/or anger
- Relax
- Be social on a night out with friends
- Control your appetite
- Feel more alert

Smoking is not worth the damage it causes—no matter what.



# HOW DOES SMOKING AFFECT ME—AND THOSE AROUND ME?

Smoking causes damage to your whole body. If you smoke, you face three types of health risks:

## Short term

- Includes symptoms you may have now, such as coughing and trouble breathing
- If pregnant and smoking, you could have a baby with low birth weight

## Long term

- Includes diseases you may get over time, such as
  - Heart disease
  - Stroke
  - Various types of cancer
  - Lung diseases, such as lung cancer and chronic (kron-ick) obstructive (ob-struck-tiv) pulmonary (pull-muh-nair-ee) disease, also called COPD, which includes chronic bronchitis, emphysema, or both
  - Cataracts (an eye problem)

## Environmental [en-vi-ron-men-tal]

Also called “secondhand smoke,” which contains more than 50 cancer-causing chemicals

- Includes possible health problems that may occur in people who do not smoke but are around smokers, such as
  - Many diseases, including cancers, heart disease, and lung problems
  - In children: low birth weight, sudden infant death syndrome (SIDS), asthma, and respiratory and ear infections

Have any of these things happened in your own life? Have family members become sick from your smoke?

If so, don't wait any longer to quit!



# QUITTING STEP-BY-STEP

## Step 1: Focus on the Benefits of Quitting

If you're looking for reasons to quit, there are many to choose from. Look at this list. Which are most important to you?

- Breathing easier
- Having more energy
- Creating a cleaner and healthier home for your family
- Stopping more damage to your lungs
- Reducing your chances of getting diseases, such as
  - COPD, which includes chronic bronchitis (bronk-eye-tis) and emphysema (em-fuh-zee-muh)
  - Stroke
  - Heart disease such as heart attack, chest pain
  - Cancer (including cancers of the lung, throat, bladder, kidney, and pancreas)
- Reducing the signs of early aging such as wrinkles
- Having fresh-smelling breath, hair, and clothes
- Saving lots of money
- Improving your sense of taste and smell

## How Quitting Smoking Helps

After you smoke your last cigarette, your body starts to make changes fast. These changes go on for years:

**20 minutes** after you quit, your heart rate drops.

**12 hours** after you quit, the carbon monoxide level in your blood drops to normal.

**After 2 weeks to 3 months**, your heart attack risk begins to drop. Your lungs start to work better.

**1 to 9 months** after you quit, you have less shortness of breath and coughing.

**After 1 year**, your chance of getting heart disease is half that of a smoker.

**5 to 15 years** after you quit, your chance of having a stroke is the same as that of someone who never smoked.

**10 years** after you quit, your chance of dying from lung cancer is half that of a smoker. Your chance of getting some cancers decreases, including those of the

- Mouth
- Throat
- Esophagus ([ess-ah-fa-gus] food pipe)
- Bladder
- Kidney
- Pancreas

**15 years** after you quit, your chance of getting coronary heart disease is the same as that of a nonsmoker.





Quitting smoking can slow COPD from getting worse. It is never too late to quit smoking.

### **Why It's Important to Quit at ANY Age**

Some older adults may not see why they should quit smoking at their age. But quitting can improve your health at any age. If you're an older adult, quitting smoking can

- Reduce your chance of dying from heart disease and lung cancer
- Improve your circulation
- Increase your energy
- Help you to breathe easier





## Step 2: Learn When and Why I Smoke

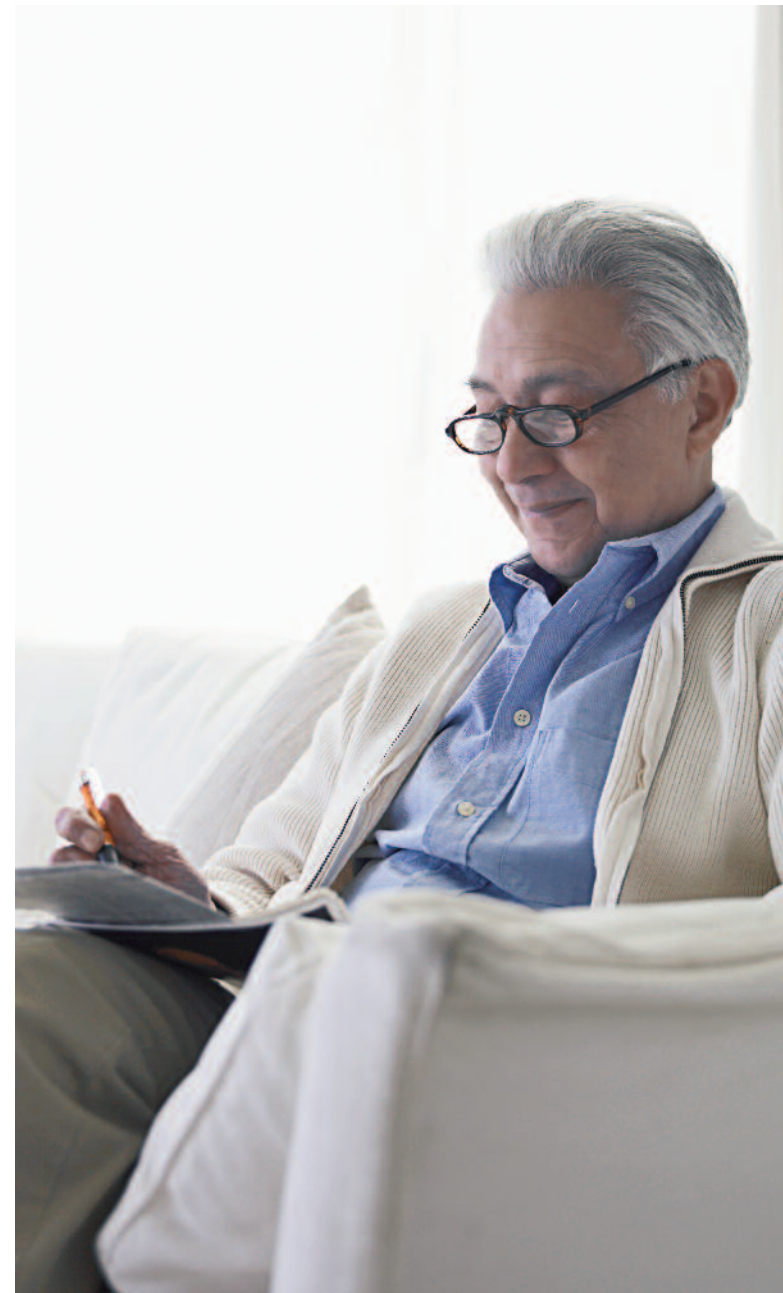
Smoking is a habit. It's something you've gotten used to doing. You may do it almost without thinking. To break that habit, you need to know why you do it. What things ("irritants") make you keep reaching for that cigarette?

Look at this list each time you have a cigarette. Put a checkmark in the box next to the statement(s) that is a trigger for you to light up.

- Getting up in the morning
- Drinking coffee
- Finishing a meal
- Taking a break from working
- Driving
- Spending time with friends who smoke
- Drinking alcohol
- Feeling good
- Needing to relax
- Feeling angry
- Feeling bored
- Wanting to feel more at ease in a social situation

Also ask yourself: Do I smoke more

- In the morning?
- In the afternoon?
- In the evening?
- On weekends?
- On weekdays?



## Track it!

For the next few days, write down each cigarette you smoke (example of form below). Keep the form with you. Each time you light up, write down

- The time
- What you are doing
- How you are feeling

Cigarettes, cigars, or pipes smoked	Time of day and what you were doing	Reason for smoking this cigarette, cigar, or pipe
1	10:30 A.M., working	stressed out
2		
3		
4		
5		
6		
7		
8		
9		
10		

Please refer to the **Quit Smoking Diary**.

## Instead of smoking...

- When you feel stressed out
  - Take a walk
  - Listen to soothing music
  - Do stretching exercises
- When you're driving
  - Chew gum
  - Listen to a book on tape
  - Sing along with the radio
- When you get up in the morning
  - Brush your teeth right away
  - Have a glass of orange juice
  - Do stretches, deep breathing, or yoga
- When you're bored
  - Read a magazine or book
  - Call a friend
  - Watch a movie

### Action Plan:

Get a small notebook. Write down ideas for things to do instead of smoking.

Think of options for everything that may make you want to smoke, such as time of day or feeling.

Keep this notebook in your purse or pocket. Then look at these ideas when you have the urge to pick up a cigarette.





## Step 3: Getting Ready to Quit

Give yourself at least 2 weeks to plan for quitting. Here are some things you can do for the best chance of success.

**Pick a quit date...**and stick to it.

**Make a plan.** Decide how you will quit. Ask your healthcare practitioner for help.

You may

- Go “cold turkey” (quit all at once)
- Cut back gradually on the number of cigarettes you smoke each day
- Join a quit-smoking program or support group
- Consider taking medicines called nicotine replacement products that can help make quitting easier (see pages 20 to 21). Talk to your healthcare practitioner about whether these are right for you. If you do use them, be sure to have them ready to start on your quit date



**Make lists.** These can help you stick to your plan. Write down

- All the reasons why you want to quit
- Things, such as drinking coffee or talking on the phone, that may bring on the urge to smoke—and how you avoid or deal with these situations

Put these lists where you will see them every day, as on your bathroom mirror.

**Plan for success.** Do all you can to plan for success:

- Ask friends and family for support. Ask those that smoke to join you in quitting. Or ask them to at least not smoke in front of you
- Get rid of any things—in your home, office, and car—that have to do with smoking, such as
  - Cigarettes
  - Ashtrays
  - Lighters
  - Matches

You may want to clean these areas. That way you can get rid of the smell of smoke, too.

- Learn what withdrawal symptoms you may get. Find ways to cope with them



# COPING WITH WITHDRAWAL SYMPTOMS

Withdrawing from smoking can be hard. Not everyone has the same symptoms. You need to plan how you can deal with yours. Here are some ideas:

Withdrawal Symptoms	Ways to Cope
Feeling nervous or on edge	<ul style="list-style-type: none"><li>• Take deep breaths</li><li>• Do some yoga or meditate</li><li>• Take a walk outside</li></ul>
Feeling tired	<ul style="list-style-type: none"><li>• Take a nap</li><li>• Get a good night's sleep</li></ul>
Having trouble sleeping	<ul style="list-style-type: none"><li>• Stop caffeine drinks late in the day</li><li>• Read a book before bedtime</li></ul>
Increased desire to eat	<ul style="list-style-type: none"><li>• Drink water and liquids low in calories*</li><li>• Eat vegetables and other healthy foods</li><li>• Chew sugar-free gum</li></ul>
Trouble staying focused	<ul style="list-style-type: none"><li>• Take a walk to relax</li><li>• Try not to do anything too demanding during the first couple of weeks</li></ul>
Craving a cigarette	<ul style="list-style-type: none"><li>• Work on a hobby or other interest</li><li>• Breathe deeply</li><li>• Take a shower</li><li>• Remember that the craving will pass</li></ul>
Constipation or upset stomach	<ul style="list-style-type: none"><li>• Add fruit, cereals, and grains to your diet</li><li>• Increase liquids in your diet*</li><li>• See a dietitian (die-eh-tih-shun) if you need more help</li></ul>

\*Call your doctor if you have fluid limits. Find out how much you can drink.



**Remember, your body is getting used to being smoke-free. These uncomfortable feelings will pass in time. Then you can enjoy life more.**

## MEDICINES THAT CAN HELP MAKE QUITTING EASIER

There are medicines that help you quit smoking. They may improve your chance for success. Ask your healthcare practitioner or pharmacist about them. Your health plan may cover them.

Some of the choices include:

### Nicotine replacement products

These medicines have nicotine in them. That may reduce your withdrawal symptoms. They come in several forms. See the following chart:

Nicotine Replacement Products	Requires Prescriptions	Comments
Gum	No	<ul style="list-style-type: none"> <li>Releases nicotine as you chew</li> <li>Takes several minutes for nicotine to reach your brain</li> </ul>
Nasal spray	Yes	<ul style="list-style-type: none"> <li>Gets nicotine into your bloodstream through your nose</li> <li>Provides a fast nicotine "hit"</li> </ul>
Inhaler	Yes	<ul style="list-style-type: none"> <li>A small device you hold like a cigarette</li> <li>Releases nicotine into your mouth when you breathe in</li> </ul>
Patch	No	<ul style="list-style-type: none"> <li>Placed on your skin</li> <li>Releases nicotine slowly and evenly through the layers of your skin into your bloodstream</li> </ul>
Lozenge	No	<ul style="list-style-type: none"> <li>Releases nicotine as lozenge dissolves in your mouth</li> </ul>

## Things to Know About Nicotine Replacement Products

**Don't use nicotine replacement while you are still smoking. You should start them on your quit date.**

Be sure to ask your healthcare practitioner before you take these products if you

- Are under age 18
- Are breastfeeding, pregnant, or trying to become pregnant
- Have other medical problems
- Are taking other medicines

### Non-nicotine treatment

There are also pills that don't have nicotine. These may help reduce withdrawal symptoms, too.

Some other medications and some conditions may prevent you from taking the pill.

- Tell your doctor about any other medications you are taking and all medical conditions you have
- The non-nicotine pills should be started about a week before you quit smoking



## Make It Easy on Yourself:

# REMINDERS FOR STAYING ON TRACK

Once you choose a quit plan, you can do some things that can make it go more smoothly. And you can avoid some things that can be problems.



### Do:

- **Drink lots of fluids (non-caffeine drinks) if you have no fluid limits.** If you have fluid limits, call your doctor. Find out how much you can drink
- **Get plenty of rest**
- **Get your mind off smoking.** Work on a hobby or go to a museum
- **Start a fitness program.** Talk with your healthcare practitioner first
- **Change your routine.** For example, instead of smoking after a meal, brush your teeth
- **Cope with stress.** Try soft music, a hot bath, or a yoga class
- **Plan fun things to do.** You could see a movie with friends, read a new book, or get a massage
- **See your dentist for a cleaning to get rid of smoking stains on your teeth**
- **Reward yourself.** Buy yourself a treat, such as flowers or a new CD, with some of the money you save by not smoking. Or set a goal, such as a vacation

### Do NOT:

- Be around people who are smoking or places that may bring up the urge to smoke
- Drink alcohol
- Overeat
- Let your moods get to you. If you're feeling down, call a friend. If you feel stressed, try deep breathing or get some fresh air



If you've tried to quit in the past, think about what helped and what did not. Then find ways to stay on track all the way this time.

## If You Get off Track...

People often have to make several tries to quit smoking for good. If you slip up and smoke one time or more, don't feel as if you failed. Here are some tips for what you can do:

- If you've been trying to quit on your own, join a support group. Or go for counseling
- Try using medicine, or use a different medicine than you used before
- Think about what made you start smoking again. And think of ways you can deal with the urge better next time

## GETTING SUPPORT AND HELP

You can get helpful tips for quitting smoking from

- Books
- Audio tapes
- Video tapes and DVDs
- Sources on the Internet, including

### **Smokefree.gov**

A program of The National Cancer Institute, The American Cancer Society, and Centers for Disease Control and Prevention  
1-800-784-8669

[www.smokefree.gov/guide](http://www.smokefree.gov/guide)

### **US Department of Health and Human Services**

1-301-443-4000

[www.surgeongeneral.gov/tobacco/](http://www.surgeongeneral.gov/tobacco/)

### **National Heart, Lung, and Blood Institute (NHLBI)**

1-301-592-8573

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

### **National Cancer Institute**

Smoking cessation fact sheet

1-800-422-6237

[www.cancer.gov/cancertopics/factsheet/tobacco/cessation](http://www.cancer.gov/cancertopics/factsheet/tobacco/cessation)

### **Centers for Disease Control and Prevention**

1-800-232-4636

[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)



