

Prepare to quit

Get ready!

- Talk to your healthcare professional about how to quit
- Set a date for quitting. Choose a date that is within the next 2 weeks and make a strong commitment to quit on that day
- Tell your family, friends, and coworkers that you are quitting
- Get rid of any tobacco products from your home, work, or car (for example, any lighters, ashtrays, matches, and cigarettes)
- Make a list of things that may trigger your smoking. These things might include being around other smokers, drinking coffee, drinking alcohol, taking a break from work, or feeling stressed. Make a plan for how you will deal with these triggers

What if I slip up?

If you 'slip up' and smoke, don't give up. Here are some ways to try again:

- Don't be too hard on yourself, but don't be too easy either. It is important to get back on track
- Find the trigger that led you to smoke. Decide how you will deal with the trigger the next time it comes up
- Stay positive. Learn from your experience of not smoking, and remember what has kept you on track
- If you are taking a medicine to help you quit, talk to your healthcare professional before deciding to stop taking your medication

Questions to ask your healthcare professional

As you prepare to quit, you may have lots of questions. Here are some questions you might want to ask your healthcare professional:

- Will I feel better right away? Or worse?
- What antismoking medical treatments are available to help stay on track?
- Are there local support groups that help people trying to quit?
- What should I do if my friends and family smoke around me?

Internet links for support

Smokefree.gov: an online guide to help you quit
Created by The National Cancer Institute and
Centers for Disease Control and Prevention

www.smokefree.gov/quit-guide.aspx

Telephone: 1-800-QUITNOW (1-800-784-8669)

US Department of Health and Human Services

www.surgeongeneral.gov/tobacco

Telephone: 1-877-696-6775

National Heart, Lung, and Blood Institute

www.nhlbi.nih.gov/health/public

Telephone: 1-301-592-8573

National Cancer Institute—Smoking cessation fact sheet

www.cancer.gov/cancertopics/factsheet/tobacco/cessation

Telephone: 1-800-4-CANCER (1-800-422-6237)

Centers for Disease Control and Prevention, including
Tobacco Information and Prevention Source (TIPS)

www.cdc.gov/tobacco/how2quit.htm

Telephone: 1-800-CDC-INFO (1-800-232-4636)

American Cancer Society

www.cancer.org

Telephone: 1-800-ACS-2345 (1-800-227-2345)

Global Initiative for Chronic Obstructive Lung Disease.
GOLD Patient Guide: What You Can Do About a Lung
Disease Called COPD

www.goldcopd.org

COPD Foundation

www.copdfoundation.org

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You Can Do It!
Commit to quit smoking.



Reasons for you to quit!

If you need reasons to quit...consider these!

Quitting Smoking May:	Quitting Smoking May Reduce Your Risks for Diseases, Such as:
<ul style="list-style-type: none">• Stop more damage to your lungs• Help you breathe easier• Give you more energy• Help make your home cleaner and healthier• Save you money	<ul style="list-style-type: none">• Chronic obstructive pulmonary disease<ul style="list-style-type: none">• A lung disease that includes both chronic bronchitis and emphysema• Cancer (including cancers of the lung, throat, bladder, kidney, and pancreas)• Stroke• Coronary heart disease, heart attack, chest pain

Stopping smoking makes a difference

Why should you stop smoking?

Here's why. Your body starts to change for the better within 20 minutes...

Time After Quitting	
20 minutes	<ul style="list-style-type: none">• Your heart rate drops
12 hours	<ul style="list-style-type: none">• Carbon monoxide (car-bun mun-ox-ide) levels in your blood drop to normal
2 weeks to 3 months	<ul style="list-style-type: none">• Your heart attack risk begins to drop• Your lung function begins to improve
1 to 9 months	<ul style="list-style-type: none">• You have less coughing and shortness of breath
1 year	<ul style="list-style-type: none">• You have half the added risk of coronary heart disease as a smoker
5 to 15 years	<ul style="list-style-type: none">• Your stroke risk goes down to that of a nonsmoker
10 years	<ul style="list-style-type: none">• Your lung cancer death rate is about half the rate of a smoker• You have less risk of many kinds of cancers (mouth, throat, esophagus, bladder, kidney, and pancreas)
15 years	<ul style="list-style-type: none">• Your risk of coronary heart disease is now the same as a nonsmoker's

Coping with withdrawal

Be ready to deal with withdrawal symptoms.

The chart below shows some of the symptoms and what you can do.

Withdrawal Symptoms	Ways to Cope
Nervous or on edge	<ul style="list-style-type: none">• Take deep breaths• Soak in a hot tub
Fatigue	<ul style="list-style-type: none">• Take a nap• Get a good night's sleep
Insomnia	<ul style="list-style-type: none">• Avoid caffeinated drinks after 12 PM• Read a book before bedtime
Increased desire to eat*	<ul style="list-style-type: none">• Drink water and liquids low in calories• Eat vegetables and other healthy foods• Chew gum
Trouble staying focused	<ul style="list-style-type: none">• Take a walk to relax• Try not to do anything too demanding during the first few days
Tobacco cravings	<ul style="list-style-type: none">• Take your mind off the craving with a hobby or other interest• Breathe deeply• Remember that the craving will pass
Constipation or upset stomach	<ul style="list-style-type: none">• Add fruit, cereals, and grains to your diet• Increase fluids in your diet*• See a dietitian if you need more help

*Talk to your healthcare professional about any diet, fluid, or activity restrictions you may have.

Taking medicines that help you quit

Ask your healthcare professional whether you should consider a treatment to help you quit smoking.

Some things or some places may make you want to smoke. You will find it easier to stop if you have a quit plan. Some medicines may be helpful. You can ask for help from your healthcare professional, a counselor, or a support group.

There are medicines in pill form that decrease your desire to smoke, and there are nicotine replacement products.

Pills to reduce your desire to smoke

- Pills can help with withdrawal
- Some pills can block the effects of nicotine
- Tell your healthcare professional about any other medications you are taking and all medical conditions you have
- The medicine should be started about a week before you quit smoking

Nicotine replacement products

- These products provide nicotine to your body to reduce your withdrawal symptoms
- Start taking a nicotine replacement product on your quit date

Nicotine Replacement Product		Prescription	
		Yes	No
Nicotine gum	<ul style="list-style-type: none">• The gum releases nicotine in your mouth• The nicotine takes several minutes to reach your blood vessels		✓
Nicotine nasal spray	<ul style="list-style-type: none">• Nicotine gets into your bloodstream quickly through your nose	✓	
Nicotine inhaler	<ul style="list-style-type: none">• The inhaler is a small device that you hold like a cigarette• Nicotine goes into your mouth when you inhale	✓	
Nicotine patch	<ul style="list-style-type: none">• The patch is placed on your skin• Nicotine is released slowly and evenly through your skin into your bloodstream	✓	✓
Nicotine lozenges	<ul style="list-style-type: none">• They come in the form of a hard candy• The candy dissolves in your mouth and releases nicotine		✓