



# HEALTHY YOUNIVERSITY

## SMOKING CESSATION

**Welcome to Healthy yoUniversty!** For 8 weeks we will be exploring ways to exercise our mind and body with skills that will enable us to reclaim a healthy balance in our lives. Each week, you will receive a packet of information that focuses on a different health topic. The first page of the packet has four tickets with activities based on the information in the rest of the packet. Complete as many of these activities as you like. Then fill out the tickets for the completed activities, cut them apart, and submit them in the box located at our Information Desk. For every ticket you submit, you will receive an entry in to our drawing to win a \$50 Amazon Gift Card. Good Luck!

Read the Smoking Cessation Packet

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Do the Cigarette Substitutes Word Find

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Fill this out if you don't smoke

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_







# How Can I Quit Smoking?

Smoking harms almost every tissue and organ in the body, including your heart and blood vessels. Smoking also harms nonsmokers who are exposed to second-hand smoke.

If you smoke, you have good reason to worry about its effect on your health, your loved ones and others. Deciding to quit is a big step, and following through is just as important. Quitting smoking isn't easy, but others have done it, and you can too.



## Is it too late to quit?

No matter how much or how long you've smoked, when you quit smoking, your risk of heart disease and stroke starts to drop. In the year after you quit smoking, your excess risk of coronary heart disease drops by 50 percent. After 15 years, your risk is as low as someone who has never smoked. While you may crave a cigarette after quitting, most people feel that quitting is the most positive thing they've ever done for themselves.

## How do I quit?

It's never too late to quit. You are more likely to quit smoking for good if you prepare for two things: your last cigarette, and the cravings, urges and feelings that come with quitting. Think about quitting in five steps:

- 1. Set a Quit Date.** Choose a date within the next seven days when you will quit smoking. Tell your family members and friends who are most likely to support your efforts.
- 2. Choose a method for quitting.** There are several ways to quit smoking. Some include:

- Stop smoking all at once on your Quit Day.
- Reduce the number of cigarettes per day until you stop smoking completely.
- Smoke only part of your cigarette. If you use this method, you need to count how many puffs you take from each cigarette and reduce the number every two to three days.

**3. Decide if you need medicines or other help to quit.** Talk to your healthcare provider to discuss which medicine is best for you, and to get instructions about how to use it. These may include nicotine replacements (gum, spray, patch or inhaler) or prescription medicines such as bupropion hydrochloride or varenicline. You may also ask about referral to a smoking cessation program.

**4. Plan for your Quit Day.** Get rid of all cigarettes, matches, lighters, ashtrays from your house. Find healthy substitutes for smoking. Go for walks. Carry sugarless gum or mints. Munch carrots or celery sticks.

**5. Stop smoking on your Quit Day.**

(continued)





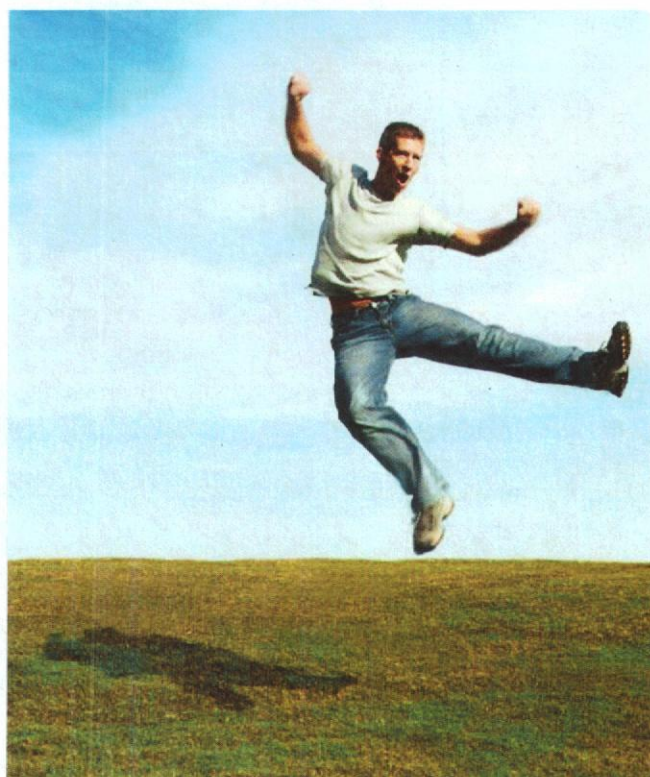
### What if I smoke after quitting?

It's hard to stay a nonsmoker once you've had a cigarette, so do everything you can to avoid that "one." The urge to smoke will pass. The first two to five minutes will be the toughest. If you do smoke after quitting:

- This doesn't mean you're a smoker again — do something now to get back on track.
- Don't punish or blame yourself — tell yourself you're still a nonsmoker.
- Think about why you smoked and decide what to do differently the next time.
- Sign a contract to stay a nonsmoker.

### What happens after I quit?

- Your senses of smell and taste come back.
- Your smoker's cough will go away.
- You'll breathe much easier.
- You'll be free from the mess, smell and burns in clothing.
- You'll increase your chances of living longer and reduce your risk of heart disease and stroke.



### HOW CAN I LEARN MORE?

- 1 Call **1-800-AHA-USA1** (1-800-242-8721), or visit **heart.org** to learn more about heart disease and stroke.
- 2 Sign up to get *Heart Insight*, a free magazine for heart patients and their families, at **heartinsight.org**.
- 3 Connect with others sharing similar journeys with heart disease and stroke by joining our Support Network at **heart.org/supportnetwork**.

### Do you have questions for the doctor or nurse?

Take a few minutes to write your questions for the next time you see your healthcare provider.

For example:

**When will the urges stop?**

**How can I keep from gaining weight?**

### My Questions:

We have many other fact sheets to help you make healthier choices to reduce your risk, manage disease or care for a loved one. Visit **heart.org/answersbyheart** to learn more.



**American Heart Association**  
life is why™

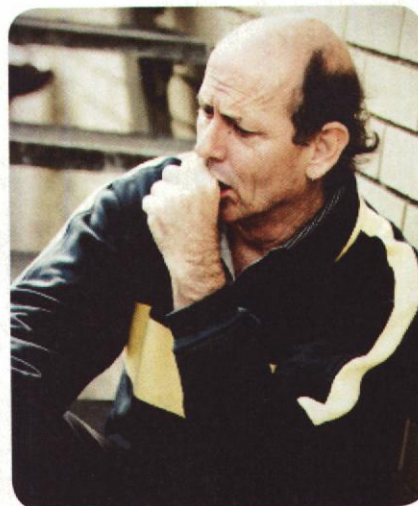


## What's Slowing You Down?

Your age or your smoking? Among people aged 50 and older, smokers are more likely to report health problems, such as trouble breathing, coughing, and getting tired more easily than nonsmokers. Smoking can also lead to premature aging.

### Have you had any of these problems over the past few years or more?

- ☐ Getting very tired in a short time
- ☐ Sores in the mouth, bad gums, stale breath
- ☐ Voice deepening or becoming gravelly
- ☐ Frequent coughing or heavy chest colds
- ☐ Wheezing, trouble breathing, or shortness of breath
- ☐ Tingling in hands and feet, bad circulation
- ☐ Heart disease or heart attack



- ☐ Having difficulty sleeping
- ☐ Cataracts
- ☐ Pain or tightness in the chest
- ☐ High blood pressure
- ☐ Emphysema, chronic bronchitis, chronic obstructive pulmonary disease (COPD), or asthma
- ☐ Stomach ulcers
- ☐ Diabetes complications
- ☐ Bone density loss

You could be making an existing medical condition worse from your smoking, or causing conditions that you might not have if you didn't smoke.

## What's Holding You Back?

Did you know that most smokers want to quit? Two out of three smokers say they want to quit completely. More than half of all current adult smokers tried to quit last year.

The reasons preventing smokers from quitting are often similar. Are any of these worries standing in your way?

**Check all that apply to you:**

☐ **Smoking relaxes me.**

But why are you tense to start with? Is it because you are low on nicotine? A lot of what you think is relaxation is relief from nicotine withdrawal. Most former smokers say they feel happier without cigarettes.

☐ **I've tried before and didn't make it.**

You didn't fail. You practiced not smoking. Research shows that it usually takes a few tries before smokers quit for good.

☐ **I'll gain a lot of weight if I stop smoking.**

The truth is that former smokers sometimes gain up to 10 pounds after quitting; however, the benefits of quitting are far greater than gaining a small bit of weight. If you are really worried about gaining weight, this guide has lifestyle and exercise tips that can help you.

☐ **When I've tried to quit before, I was uptight and restless, and I had trouble concentrating.**

These are common symptoms of nicotine withdrawal, but look at these symptoms as signs of recovery from nicotine addiction. They may be quite strong in the first few weeks after quitting, but they will go away soon. This booklet will show you ways to deal with them.

☐ **I'd feel deprived if I quit smoking. I wouldn't have as much pleasure in my life.**

Think instead about what you will be gaining—a new lease on life, freedom from being tied down to an addiction, better health, more energy, and renewed self-esteem.

☐ **I've had a lot of changes in my life, will I be able to add quitting smoking to the list?**

We live in times of change. You may be facing new pressures at work, or you may have recently lost a friend or a family member. All of these changes can be hard. But most former smokers found they had more energy to deal with these changes once they stopped smoking.

You may have checked one or more of these boxes. It's okay. This guide will show you how to move past these roadblocks and quit successfully, once and for all.

*Did you know that most smokers want to quit?*



## There Is Hope for Quitters

### Quit for Yourself

Why should you quit now? You can look forward to dramatic changes the moment you quit smoking. Within 20 minutes of smoking that last cigarette, your body starts making healthy changes that will continue for years.

You will add healthy days and years to your life and the lives of your loved ones when you quit.

Within just a few weeks of quitting many people start to feel better—more energized, more relaxed, more confident, and proud that they were able to quit.

### Quit for Those Around You

Your smoking harms those around you, too, particularly young children. This can be hard to hear, especially before you are ready to quit. But ...

- Children who breathe in secondhand smoke get sick more often with ear infections, bronchitis, and pneumonia.
- Children's allergies and asthma get worse if they live with a smoker.
- Breathing in secondhand smoke at home or work increases the chances of dying from lung cancer or heart disease.

### Did You Know ...

- **20 minutes after quitting**  
Your heart rate drops to more normal levels.
- **12 hours after quitting**  
The carbon monoxide level in your blood returns to normal.
- **2 weeks to 3 months after quitting**  
Your heart attack risk begins to drop. Your lung function begins to improve.
- **1 to 9 months after quitting**  
Your coughing and shortness of breath decrease.
- **1 year after quitting**  
Your added risk of coronary heart disease is half of a smoker's risk.
- **5 years after quitting**  
Your risk of stroke begins to decrease. In 5–15 years, you can reduce your stroke risk to that of a nonsmoker.
- **10 years after quitting**  
Your chance of dying from lung cancer is about half that of a smoker's.
- **15 years after quitting**  
Your risk of coronary heart disease is about the same as a nonsmoker's.



## The Addictive Power of Nicotine

We understand how the idea of quitting now can seem pointless or too daunting since you have probably been smoking for many years. Actually, what's holding you back are more than just *your* reasons. We have known for many decades that smoking is not just a bad habit, but that the nicotine in cigarettes causes a deep addiction in your brain and body.

**Nicotine is the chemical in tobacco that causes addiction.**

Nicotine is a powerful, fast-acting drug that causes changes in heart rate, blood pressure, brain chemistry, and mood. Over time your body gets used to having a certain amount of nicotine each day. When your nicotine level falls below this comfort zone, you may experience cravings.

**Each puff delivers a "hit" of nicotine to the brain within 10 seconds.**

Assuming that you take only 10 puffs per cigarette, if you smoke a pack per day, you are receiving over 200 hits of nicotine each day, over 1,400 per week, and over 73,000 each year! If you have smoked for 25 years, then you have taken almost 2 million hits of nicotine during your life.



### Are You a Veteran Who Started Smoking During Military Service?

If so, you are not alone. Many veterans started smoking while serving in the military. People who have served in combat situations and/or are diagnosed with post-traumatic stress disorder (PTSD) are at increased risk of smoking, but anyone can still quit. Many veterans express a desire to quit smoking, but don't know where to start. Well, if you are a veteran and reading this booklet, you are on your way to starting a smoke-free life. Become one of many veterans to quit today.

**Nicotine causes addiction in the same way that other drugs do.**

The need to overcome cravings and withdrawal reactions when you first quit is the same as for other drugs and alcohol. Smokers take many more hits of nicotine each day than drug users.

If you smoke every day, especially if you smoke 10 or more cigarettes a day, the chances are that you are addicted to nicotine. If you have a hard time going for long periods without smoking, or if you have noticed strong withdrawal reactions when you have tried to quit before, you may be highly addicted.

Take the **Nicotine Addiction Test** on the next page to see how addicted to nicotine you are.



## Nicotine Addiction Test

The following test will give you an idea of your level of addiction to the nicotine in cigarettes.

Circle one answer for each question.

Nicotine Addiction Test		Points	Your Points
1. How soon after you wake up do you smoke your first cigarette?	Less than 5 minutes	3	
	6–30 minutes	2	
	31–60 minutes	1	
	After 1 hour	0	
2. Do you smoke more frequently in the hours after waking than during the rest of the day?	Yes	1	
	No	0	
3. Do you find it difficult not to smoke?	Yes	1	
	No	0	
4. Which cigarettes would you most hate to give up?	The first one in the morning	1	
	Any other	0	
5. How many cigarettes do you smoke a day?	10 or less	0	
	11–20	1	
	21–30	2	
	31 or more	3	
6. Do you smoke when you're so sick that you're home in bed?	Yes	1	
	No	0	
Your Score			

Your score will help you understand how smoking affects your lifestyle. The higher your score, the more you rely on the nicotine in your cigarette. If you scored even a single point, you may be addicted to nicotine. If you scored 5 points or more, you may be highly addicted to the nicotine in cigarettes. Medications that help control cravings and withdrawal may be especially helpful for you. There is more information on these medications later in the booklet.

Remember, no matter what your score, you will have to work hard to quit. Quitting smoking will take a lot of patience and perseverance, but once you have quit for good, you will be free of your reliance on the nicotine in cigarettes. You will control your life, nicotine won't. You and your loved ones will live happier and healthier lives. This guide will give you the tools to help you.

Don't forget, *no matter how addicted you are, you can stop smoking!*



## Know What You're Putting Into Your Body

There are 7,000 known chemicals in cigarette smoke. At least 69 are known to cause cancer in humans.

**Some of the chemicals in cigarette smoke are:**

<b>Acetone</b>	Used to make fingernail polish remover
<b>Ammonia</b>	Found in urine and used in fertilizer
<b>Arsenic</b>	An effective rat poison and weed killer
<b>Beryllium</b>	A toxic metal used for X-ray tubes, nuclear weapons, aircraft brakes, and rocket fuel additives
<b>Butane</b>	Cigarette lighter fluid
<b>Cadmium</b>	Used in paint and to make batteries and plastic
<b>Carbon monoxide</b>	Found in car exhaust fumes
<b>Ethylene oxide</b>	Used to make antifreeze and pesticides
<b>Formaldehyde</b>	Used to preserve dead people
<b>Hydrogen cyanide</b>	Gas chamber poison
<b>Naphthalene</b>	Used for mothballs
<b>Nitrobenzene</b>	A gasoline additive
<b>Stearic acid</b>	Candle wax
<b>Toluene</b>	Used to make gasoline, paint, paint thinner, fingernail polish, glue, and rubber
<b>Vinyl chloride</b>	Used to make plastics

Every time you smoke a cigarette or your loved one breathes secondhand smoke, these harmful chemicals enter your bodies.

Don't be fooled by claims that some cigarettes are "natural" or "light." There is no such thing as a natural or light cigarette. All types of cigarettes contain chemicals known to cause cancer and other diseases.

### Also Consider ...

- Almost all insurance premiums are higher for smokers: life, disability, home, fire, and auto. Ask your insurance agent if your rates will go down after you quit.
- Think of how your home will be free from ash residues on your furniture and how your clothes will be free of the smell of smoke.



## Make a List of Reasons To Quit

Now that you understand how your addiction controls your health, loved ones, and pocketbook, take a minute to think about your own reasons for why you should quit.

Many former smokers aged 50 and older say that their main reason for quitting was for their health or due to their doctor's advice. Another common reason smokers quit is to be in control of their lives and to be free from cigarettes. A lot of former smokers also said that pleasing or helping a loved one was a big part of their decision to quit. These all are good reasons. The most important reasons for quitting are your own.

**Mark all the reasons that are important to you:**

### **For my family and loved ones:**

- ☐ I will no longer expose my family and friends to secondhand smoke.
- ☐ I want to set a good example for my children/grandchildren.
- ☐ I will make my family, friends, and coworkers proud of me.
- ☐ I want to please or help a loved one.

### **For my health:**

- ☐ I want to improve or maintain my health.
- ☐ I want to avoid an illness that would cut down on my freedom.
- ☐ My doctor said to quit.

- ☐ My body will start healing right away.
- ☐ I will lower my risk of cancer.
- ☐ I will lower my risk of heart attack and stroke.
- ☐ I will lower my risk of lung diseases, such as emphysema and chronic bronchitis.
- ☐ I will lower my risk of developing cataracts (clouds in the eye that affect vision).
- ☐ I will have whiter teeth and healthier gums.
- ☐ I will cough less and breathe easier.

### **For myself:**

- ☐ I will have more money to spend.
- ☐ I will feel more in control of my life.
- ☐ I will look more attractive and prevent myself from developing premature wrinkles.
- ☐ I will have more energy and focus.
- ☐ I will feel more physically fit.
- ☐ I will be proud of myself.
- ☐ I will save time by not taking cigarette breaks, buying cigarettes, or searching for a lighter.

Keep your list somewhere where you will see it often. When you reach for a cigarette, find your list of reasons for quitting. Share your list with family and friends. These reasons will remind you why you want to stop.

Good places for your list include:

- Where you keep your cigarettes
- In your wallet or purse
- In your kitchen
- In your car

*The most important reasons for quitting are your own.*



## Commit To Quit

Making the decision to quit smoking is the first step to being smoke-free. Cigarettes might have been part of your life for a long time. You *can* live without them. You will be healthier, happier, and more energetic without nicotine holding you back.

You might be a little nervous about quitting. That's okay. This guide will help you prepare for your Quit Date and the days, weeks, and months ahead as you become smoke-free. Smoking is an addiction you can overcome. Millions of other people have done it before you, and you could inspire a few others to quit too.

Committing to quit is the first step, and one that should make you proud. You have made one of the most important choices of your life!

### Tell Yourself "I'm Ready!"

Take a minute to think again about your own reasons for wanting to quit smoking.

Pressure to quit smoking can make you feel resentful or defensive about your decision to smoke. Don't let these feelings cloud your *own* desires. Tell anyone who pressures you that only you can decide if and when you want to quit.

Remember that you might want to quit for yourself and to protect your loved ones. You might want to be a role model for your children or grandchildren. Watching you become a former smoker might help guide them in their own choices about tobacco. You need to remind yourself often of these reasons to quit because they will help you through the hard times.

### Quit for Good

Once you are ready to quit smoking, you will need a Quit Date and a Quit Plan. This section shows you how to get ready and explains several proven ways to make it easier to quit.

### Your Quit Date

Pick a date you are comfortable with, but remember there is no perfect time. Life is filled with ups and downs, so maybe today is the day or maybe a day not too far away.

**My Quit Date is:**

\_\_\_\_\_.

### Cutting Down Does Not Work for Most Smokers

Quitting smoking means scrapping *all* of your cigarettes. Going from 20 cigarettes per day to 10 per day still means you're feeding your addiction to nicotine. Most people need to stop smoking completely on their Quit Date in order to become smoke-free.



## Your Quit Plan

Now that you have picked your Quit Date, you need to have a solid Quit Plan in place.

The following pages will show you some quit strategies that may help you. You can use some or all of these strategies as you prepare for your Quit Date.

### ☐ Call a Smoking Quitline

Quitlines are **free**, anonymous telephone counseling services. These programs have helped more than 3 million smokers. When you call a quitline, you talk to a trained counselor who can help you develop a strategy for quitting or help you stay on track. The counselor can provide material that could improve your chances of quitting.

- You can call the National Cancer Institute's Smoking Quitline at **(877) 44U-QUIT** or (877) 448-7848 between 8:00 a.m. and 8:00 p.m. Eastern Time.
- You can also call your state's quitline. Call **(800) QUIT-NOW** or (800) 784-8669 to be connected with free resources about quitting and counseling information in your state.

### ☐ Visit a Quit Smoking Website

The National Cancer Institute sponsors Smokefree.gov (<http://smokefree.gov>), SmokefreeWomen (<http://women.smokefree.gov>), and SmokefreeEspanol (<http://espanol.smokefree.gov>), where you can find **free**, accurate information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.

The U.S. Department of Health and Human Services has also created Be Tobacco Free (<http://betobaccofree.hhs.gov>) to provide additional information on quitting.

- Most states also have quit-smoking websites that have resources, such as free supplies of nicotine replacement therapy, informational mailings, and more.

### ☐ Chat With an Online Counselor

You can chat online with a quit-smoking counselor through the National Cancer Institute's **LiveHelp** instant messaging (IM) service.

This **free** service provides personalized information and advice to help you quit smoking. Trained specialists are available to chat Monday through Friday between 8:00 a.m. and 11:00 p.m. (Eastern Time) at <https://livehelp.cancer.gov>.



## Get Support To Help You Quit

Most smokers who form a Quit Plan can make some changes in their smoking behavior before they quit. You are more likely to quit for good if you start to think carefully about your nicotine addiction and your smoking patterns before you quit.

### **Talk to Your Friends and Family**

People who get support from family and friends have an easier time stopping smoking and staying smoke-free.

Identify people in your life who can help, such as:

- Your spouse
- Your children or grandchildren
- Other close family members
- Friends
- Coworkers
- Friends who are former smokers
- Neighbors
- People in your religious or community groups

*Let people know that you will be grateful for their support. Tell them that you may not be your usual self for a few days or weeks after you quit. Ask them to be patient.*

Suggest ways your loved ones can help you quit:

- Add to your supply of cigarette substitutes (like cinnamon sticks or healthy foods). See page 29 for more ideas.
- Fix a favorite meal or invite you out for lunch or dinner.
- Help you change routines to cut down temptations to smoke, like joining you for an after-dinner walk instead of staying at the table.
- Help you to find ways to keep busy.
- Praise or celebrate your progress.
- Remind you that things will get easier.
- Take your mind off smoking with a movie.
- Ask how you are doing and let you know they care.

Suggest ways they can keep from getting in your way, like:

- Not doubting that you can quit or stay smoke-free.
- Never offering you a cigarette.
- Not joking about you going back to smoking.
- Not being critical of your smoking or your efforts to quit.

Be specific about ways they can help. Only you know what kind of support will be best for you.



## Deadly in Any Disguise

Maybe in addition to cigarettes you also occasionally smoke a cigar, pipe, or chew tobacco. As it turns out, these tobacco products are just as harmful to your body as cigarettes.

Even if you do not inhale the smoke, you can still be at risk for mouth and throat cancers, among others. Older adults who smoke cigars are at a greater risk for heart disease than nonsmokers. Cigars may even release more toxic secondhand smoke than cigarettes to those around you.

Maybe you don't smoke cigarettes, but you roll your own tobacco. This tobacco can still be dangerous and is not a safe alternative to cigarette smoking. Roll-your-own tobacco is not "organic" and it has the same toxins that cause cancer and other health problems as cigarettes.

Pipe smoking can also increase risks for stroke in addition to heart disease. Cigars, pipes, and roll-your-own tobacco are not healthy alternatives to cigarettes and may lead to many of the same diseases as cigarettes.

If you also use smokeless forms of tobacco like chewing tobacco or snuff, you are still putting yourself at risk for oral health problems and cancer. Just because these products do not involve smoke, doesn't mean they are safe. Smokeless tobacco is addictive and isn't a healthier substitute for cigarettes. All tobacco is dangerous.

The best way to protect yourself from the harms related to tobacco products is to quit altogether!

*It is time to break these patterns.*

## Break Your Smoking Patterns

### Identify Your Trigger Situations

Over the years, you have built up your own patterns around smoking. It is time to break these patterns.

Think back over your daily smoking patterns. Think about when and why you smoke. There may also be certain activities you do in combination with smoking, like consuming alcohol. Over the course of a few days, note when and where you smoke each cigarette in the Quit Journal provided in the back of this guide (page 40). These are your "trigger situations."

Be specific about the time and place—such as "lighting up while watching the news after dinner" instead of "smoking in front of the TV." Make sure it is something that happens at least once a day.

**Write your three main trigger situations here:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Now that you have identified your trigger situations, try to not smoke during those times. It will be hard at first. Try going 10 to 15 minutes without lighting up or change the situation (for example, leave the table after a meal rather than sitting, or grab a glass of water instead of a cigarette if a stressful situation arises).



## Resist Negative Thinking

### Social Networking and Quitting

Don't forget that there are a variety of social networking websites (like Facebook) you can use to ask for support and help you track your progress as you quit.

Negative thinking can lower your confidence and get in your way. You should be on guard against four common kinds of negative thinking.

**Faulty thinking about dealing with a crisis.** Smoking will not help you deal with a crisis or feel better. Cigarettes are not a solution to problems. Besides, you would feel worse, not better, if you smoked. Also, be on guard against thinking, "After all I've been through, I deserve a cigarette." You deserve a better reward so choose one!

**Self-doubt.** You are most likely to think that you "just can't do it" or "just don't have what it takes" when you are tired, under stress, or reacting to a setback or difficulty. When this happens, change the dial on your thinking: "Wait a minute. Thinking this way will only make things worse. I have been smoking for a long time. I should expect some rough times. Let me focus instead on all that's going *right*."

**Testing yourself.** Don't think that smoking one cigarette is a way to test whether or not your addiction is over. Don't trick yourself into thinking, "If I'm really off cigarettes, I should be able to smoke just one." If you are really off cigarettes (and you are), you have nothing to prove.

**Thinking of smoking as a cure for withdrawal reactions or weight gain.** Watch out for thoughts like these: "If I'm so moody (or spacey, or irritable, or tense) without cigarettes, maybe I'm better off smoking." *Not so!* Remember, being addicted to nicotine caused these reactions to begin with, and they are *temporary*. Soon you will be saying that stopping smoking was one of the best things you ever did for yourself. And you sure do not have to go back to smoking to prevent unwanted weight gain. The eating and exercise tips in this guide give you far better ways to control your appetite and weight.

*Negative thinking can lower your confidence and get in your way.*



## Medications That Help You Quit

It is the nicotine in cigarettes that makes them addictive. Nicotine replacement therapy (NRT) and other quit-smoking medications have been proven to help smokers quit. Many former smokers find that using these transitional medications helped them quit, but as part of a broader Quit Plan. They are not a magic bullet.

Different strategies work better for different individuals. Here is some information on how specific NRT products and other medications work. All of these medications have been approved by the U.S. Food and Drug Administration.

Product	How It Works	Prescription Required?
<b>Patch</b>	Nicotine enters the body through the skin. Nicotine stays in your body for several hours after you take the patch off.	No
<b>Gum</b>	Nicotine enters the body through the lining of the mouth.	No
<b>Lozenge</b>	Nicotine enters the body through the lining of the mouth.	No
<b>Nasal Spray</b>	Nicotine is sprayed into the nostrils, but not inhaled. It raises your blood nicotine levels more quickly than the patch, gum, or lozenge. It is usually prescribed to heavily addicted smokers and is more likely to be addictive than other forms of NRT.	Yes
<b>Inhaler</b>	The nicotine inhaler is held between your fingers and you puff on it like a cigarette. When you puff, the inhaler turns nicotine into a vapor that is absorbed in your mouth and throat.	Yes
<b>Bupropion*</b>	Bupropion helps to reduce nicotine withdrawal symptoms and the urge to smoke.	Yes
<b>Varenicline *</b>	Varenicline eases nicotine withdrawal symptoms and blocks the effects of nicotine from cigarettes if you start smoking again.	Yes

*For the most currently updated information on these medications, including side effects and precautions, you can visit <http://www.smokefree.gov/medication-guide.aspx>.*

*\* Bupropion and varenicline are generic drug names. Talk to your doctor about these or equivalent brand name medications that may be right for you.*

### Don't Forget ...

Whatever medicines you use, never let them be your only coping tool. To quit for good, use the other ideas in this booklet to fight smoking urges and to learn new ways of coping with tension, boredom, and pressure to smoke.



## Common Myths About Nicotine Replacement Therapy

You may have heard some common myths about NRT products that might make you uneasy about trying them. It is best to address these reservations with your doctor, but read on for the truth behind some common myths about NRT.

### Some Smokers Think ...

### But the Truth Is ...

NRT does not work.

NRT does work and can double a smoker's chances of quitting smoking.

NRT causes disease.

The effect of NRT on the body is not fully known, but NRT products are far safer than cigarettes. Of the 7,000 chemicals found in tobacco smoke, over 60 are known to cause cancer. By using NRT to quit smoking, you greatly reduce your exposure to many chemicals found in tobacco smoke.

The nicotine in cigarettes is the same as the nicotine found in NRT products, so I'm just trading one addiction for another.

The likelihood of long-term addiction to NRT is very low. There is less nicotine in NRT than in cigarettes, and it is delivered more slowly.

Only healthy people can use NRT.

Under the direction of a doctor, NRT can be safely used by people with diabetes or high blood pressure and does not increase the risk of heart attacks. Talk to your doctor to learn if NRT is the right choice for your Quit Plan.

If I use NRT, I will experience no withdrawal symptoms or cravings from quitting smoking.

NRT lessens withdrawal symptoms but may not completely stop them. The symptoms most helped by NRT include irritability, frustration, anger, cravings, hunger, anxiety, difficulty concentrating, restlessness, and difficulty sleeping.

*This factsheet was adapted from material developed by the National Tobacco Cessation Collaborative—  
<http://www.smokefree.gov/pubs/MythsaboutNRTFactSheet.pdf>.*



## You, Your Money, and Cigarettes

You could save money by quitting smoking. Use this chart to see how much you can save. These amounts are based on a 2012 national average price of about \$6.00 per pack. Depending on where you live, the cost of cigarettes could be more.

After ...		You've Saved ...	
		1 Pack per Day	2 Packs per Day
	1 day	\$6.00	\$12.00
	1 week	\$42.00	\$84.00
	1 month	\$180.00	\$360.00
	1 year	\$2,190.00	\$4,380.00
	10 years	\$21,900.00	\$43,800.00
	20 years	\$43,800.00	\$87,600.00

**Don't let the cost deter you from using medications that help you quit smoking.**

Think of it this way, if you smoke a pack of cigarettes a day, you spend \$180 per month on cigarettes. Nicotine replacement therapy and other medications are usually only needed for 2 to 3 months and on average cost less than the price of cigarettes would. Insurance companies and health plans (including Medicaid and Medicare) are increasingly helping cover the cost.

**Think about what you could do with the money you spend on cigarettes.**

Many former smokers have said that rewards helped them not to smoke during the times when quitting is the toughest.

- Perhaps you could plan to grow your savings.
- You could use it for something you never thought you could afford, like going on a trip.
- Are you on a fixed income? With these savings you could enrich your life right now.



## The Day Before Your Quit Date

Tomorrow is your Quit Date! You have thought about it for some time, you have a plan, and you are ready. These are the final steps:

### Smoke-proof your life.

- Throw away all your cigarettes. Every one of them. Get them out of hiding places, too (e.g., sweater pockets, glove compartments). If you were starting a diet, you would not bake a cake and leave it out on the table.
- Get rid of cigarette cases, ashtrays, lighters, and matches.
- Replace ash trays with cigarette substitutes like healthy snacks, even in the car.

### Get help from others.

- Talk with your support team. Let them know how they can help.
- Go online to read testimonials or chat with someone live.
- Post a message on your social networking website.
- Call a quitline coach at (877) 44U-QUIT or (877) 448-7848, or (800) QUIT-NOW or (800) 784-8669.

### Start the day with exercise.

- Exercise is the best smoking substitute there is. How about a brisk walk or a leisurely stroll?

### Tell yourself:

- You will feel better when you quit.
- You have what it takes.
- The years have given you good sense and the wisdom to quit.

### Other things you can do:

- Review your reasons for quitting. Some people like to carry their lists with them. Have you found new reasons since you first made the list? Add those!
- Plan ways to reward yourself for milestones, such as 1 week, 1 month, 3 months, 6 months, and 1 year without smoking. Put your cigarette money in a jar each day you are smoke-free. Then treat yourself to something you want.
- Make sure you have filled and picked up your prescription for any of the prescribed medicines and/or that you have any of the over-the-counter nicotine replacement therapies you are planning to use.
- Get a good night's sleep.

#### Combination Therapy ... Is It Okay?

For some smokers, doctors may suggest a combination of two NRTs or combining an NRT with a prescription medication. For example, your doctor may recommend using the patch to reduce your withdrawal symptoms, and then adding the nicotine gum or lozenge to help you when you have strong cravings.



## My Quitting Worksheet: Get Ready To Quit!

Planning to quit soon? Use this worksheet to help you prepare to quit.

*My Quit Date is:* \_\_\_\_\_.

The family, friends, and coworkers I want to tell are:

\_\_\_\_\_.

I can distract myself during urges and cravings by:

\_\_\_\_\_.

### 1. Pick the quit methods in which you are interested.

**(You can pick more than one!)**

- ☐ Support from loved ones
- ☐ Quitlines
- ☐ Quit websites
- ☐ Over-the-counter medication (gum, patch, lozenges)
- ☐ Prescription medication (inhaler, nasal spray)

### 2. Smoke-proof your life.

- ☐ Throw away all your cigarettes. Every one of them. Get them out of hiding places, too.
- ☐ Get rid of cigarette cases, ashtrays, lighters, and matches.
- ☐ Replace ash trays with cigarette substitutes or healthy snacks, even in the car.

### 3. Note other things you can do.

- ☐ Review your reasons for quitting (page 12). Some people like to carry their list with them. Have you found new reasons since you first made the list? Add those!
- ☐ Plan ways to reward yourself for milestones, such as 1 week, 1 month, 3 months, 6 months, and 1 year without smoking. Put your cigarette money in a jar each day you are smoke-free. Then treat yourself to something you want.
- ☐ If you are planning to use medication, make sure you have filled and picked up your prescription and that you have any of the over-the-counter nicotine replacement therapies you plan to use.
- ☐ Get a good night's sleep.
- ☐ Start your day with exercise. Exercise is a great substitute for smoking. How about a brisk walk?



## Your Quit Date: Today Is Your Day

The most important thing to do on the day of your Quit Date is to *be good to yourself*. The very first day and even the first weeks after your Quit Date can be hard. Take it one day at a time. Learn how others who have quit got through their first 2 weeks.

- The first few days and weeks off cigarettes can be tough. But things will get better soon. Withdrawal reactions and intense cravings to smoke will go away! You will learn to cope without cigarettes, and eventually enjoy life more without them.
- After 2 weeks, many withdrawal reactions will have gone away, and urges to smoke will be weaker and farther apart. There is life after cigarettes.

You have what it takes. Believe that you are going to succeed. This will make quitting—and your life—easier.

*You have what it takes. Believe that you are going to succeed. This will make quitting—and your life—easier.*

### Your Medications and Nicotine

Smoking can sometimes change the way medications work. This is not surprising, since tobacco contains thousands of chemicals that affect the way your body reacts to medications. For example, some common heart medicines, blood pressure medicines, and pain relievers are affected by smoking. Check with your doctor to see if changes to your medications should be made when you quit.

Tell yourself:

- I know I can do it.
- I can handle smoking situations—no problem.
- If I got through today, I can get through any situation without cigarettes.
- Each week things will be easier.

Read on for suggestions on how to prepare for and combat withdrawal symptoms and cravings and stay smoke-free by making changes to your lifestyle, traveling smart, and catching yourself before you slip back into smoking.



## Withdrawal Does Not Last Forever

Sometimes, people who are successful at first will give in and smoke within a week or two because of withdrawal and cravings that are too intense to resist. To keep an upper hand, know what to expect and how to cope. Although nicotine leaves your body completely within 2 to 4 days of quitting, withdrawal symptoms can continue for weeks, and cravings for a cigarette can last for weeks or even months after you quit. This is normal and means that your body is adjusting to life without cigarettes.

### Withdrawal

Withdrawal is what your brain and body go through when they don't have enough nicotine. You start to enter nicotine withdrawal after about 30 minutes of smoking your last cigarette. You might feel lightheaded, irritable, sad, and/or angry. You will likely have strong cravings to smoke a cigarette. Withdrawal can make people go back to smoking when they try to quit. But if you don't smoke, "this too shall pass."

Withdrawal is normal for people who are trying to quit. It can be unpleasant, but withdrawal is not dangerous. The first week is usually the hardest. After

### Take a Breather: Relax Without Smoking

Even before you quit, you can use deep breathing to help you relax without cigarettes. Taking a "1-minute vacation" can help control the urge to smoke or ease tension and stress.

1. Close your eyes.
2. Take a deep, slow breath through your nose. As you inhale, picture yourself in a favorite, restful spot.
3. Exhale slowly through your mouth, holding that scene in your mind.
4. Enjoy the pleasure of that scene.
5. Feel your neck and shoulder muscles relax.
6. Open your eyes, feel refreshed, and repeat as often as you like.

2 weeks, many withdrawal symptoms will have gone away, and your urges to smoke will be weaker and farther apart.

Withdrawal symptoms and the intense cravings to smoke *will go away*. Withdrawal can be tough while it lasts, but think about how you will benefit after withdrawal passes: brighter skin, a better sense of taste and smell, lower heart rate and blood pressure, more energy, reduced sinus problems, better circulation, and feelings of pride and calm are just a few of the many lasting positive signs of recovery from smoking.



## Solutions to Urges and Cravings

It might not feel like it, but withdrawal is a *good* sign of recovery. Withdrawal does not last forever. The following is a list of common withdrawal symptoms and ways to cope using the Four D's: **D**istract Yourself, **D**eep Breathe, **D**rink Water, and **D**o Something Else.

*Feeling irritable and tense, having trouble concentrating, feeling “out of it”*

Remember that these feelings will pass. Go easy on yourself.

### *Distract Yourself*

- Spend time in places where smoking is not allowed—libraries, museums, theatres, stores, places of worship, or nonsmoking places at work.
- Change your routines. Move your favorite chair or sit in a different chair. Small changes in routine can be a big help.
- Write in the Quit Journal (page 40).
- Read a magazine or complete a crossword puzzle.
- Your idea: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.



*Restlessness or extra energy, trouble sleeping at night, or drowsiness during the day*

For many smokers, withdrawal causes sleeping difficulties. Your body is rebounding. You can use this extra energy for exercise, and in turn, exercising will help you sleep at night.

### *Deep Breathe*

- Try a few deep breaths when you get the urge to smoke.
- Take a 1-minute vacation. See page 26 for how you can do this!
- Your idea: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

*Withdrawal symptoms and the intense cravings to smoke will go away.*



## Meditation for the First Day

People who recently quit smoking often feel overwhelmed by the idea of never smoking a cigarette again. When you have the urge to smoke, focus on not smoking right now. It is important to take it one day at a time and remember that it will get easier. Use the prayer below to help you get through the first day.

"I don't have to quit forever; all I have to do is just not smoke today. I can do anything for this one day. Nothing will be too much for me. I can even break the day down into each of its 24 hours if the struggle demands it. I can focus on just 1 hour at a time. I can survive 60 minutes at a time without a cigarette. How freeing it is to realize I only have to quit smoking for today. I will do whatever I need to, to live without a cigarette today."

## More coughing than normal

This may mean your lungs are clearing themselves out. This is a good sign!

## Drink Water

- Drink 6–8 glasses of water every day.
- Try not to drink alcohol, coffee, or other beverages you link with smoking. If you drink coffee, switch to tea.

## Feeling anxious, nervous, or restless

These symptoms are common in the first few days.

## Do Something Else

- Reach out to a member of your support team. Whether or not you tell them that you are craving a cigarette, having a conversation will distract your mind and allow the craving to pass.
- Keep smoking substitutes handy. Try carrots, sugarless gum, flavored toothpicks, or breath mints. See page 29 for more smoking substitutes.
- Change your after-meal routine. Get right up from the table, brush your teeth, or take a walk.
- Exercise. Even a short walk will help.
- If you are using NRT, don't forget to take it.
- Visit with a good friend, eat a meal out, see a movie, play with a pet, buy flowers, or read to a child.
- For a lot of former smokers, it helps to share feelings. Others turn to prayer.
- Your idea: \_\_\_\_\_





## Bars and Alcohol Can Trigger Cravings

It is a good idea to stop drinking alcohol for the first few weeks after your Quit Date. For many people, a bar is a place that triggers a craving for a cigarette.

Alcohol and cigarettes are often used together. If you do continue to drink, keep in mind that just one or two drinks could weaken your resolve to stay smoke-free. Don't forget that drinking can lead to increased risk of health problems, such as liver diseases and cancer.



Some smokers say they enjoy smoking more when they are drinking and enjoy drinking more when they are smoking. By cutting out alcohol with cigarettes you may not miss smoking as much. Instead, find other activities that make you feel good, like spending time with family and friends, volunteering, reading, or traveling. You don't need cigarettes or alcohol to bring pleasure to your life.

**Listed here are 39 cigarette substitutes that many successful quitters have found helpful. Circle the ones that might be helpful for you or add your own.**

Apple  
Beads  
Breath mints  
Carrot sticks  
Catalogs  
Chapstick  
Chewing gum  
Cinnamon sticks  
Cloves  
Club soda  
Crocheting  
Crossword puzzles  
Dill pickles  
Favorite photos  
Flavored toothpicks  
Ice chips

Inspirational verses  
Knitting  
Magnets  
Markers  
Movies  
Needle crafts  
Newspapers  
Orange juice  
Paper clips  
Paperback novels  
Pebbles  
Pencils  
Pens  
Playing cards  
Rubber bands  
Sketch pad

Stamp collecting  
Straws  
String  
Sugar-free hard candy  
Swimming  
Walking  
Water

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