

Quit Tips For Smokers



**Stop smoking advice from
the American Cancer Society**



Rocky Mountain Division

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"Quitting smoking is easy. I've done it a thousand times."

Mark Twain

10 Things to Do Instead of Smoking

- 1** Chew gum, hard candy, apple slices, sunflower seeds or cinnamon sticks.
- 2** Practice deep breathing or meditation to help relieve tension.
- 3** Drink plenty of fluids, like water, herbal teas and fruit juice. Avoid caffeine!
- 4** Stay away from sugar-laden and fatty foods, which trigger cravings!
- 5** Keep your hands and mind busy. Work on a crossword or surf the internet.
- 6** Exercise. Take a walk, climb the stairs, jog in place or do jumping jacks.
- 7** When you get the urge to smoke, brush your teeth instead.
- 8** Keep your blood sugar stable by eating six small meals a day.
- 9** Call a supportive friend or family member or write in a journal.
- 10** Eat lunch in a new place, take up a hobby, change your routine!

Quitting Smoking: It's Easier With Help

To quit successfully and permanently, most people need support. Quitting involves four crucial steps: making the decision to quit, setting a quit date, getting through withdrawal and maintaining a smoke-free life. If you are ready to quit, you should know you're not alone. Your American Cancer Society provides a variety of progressive, science-based resources that can double your chances of quitting successfully. When you contact the American Cancer Society for help, you can:

- Talk with trained specialists about your decision to quit.
- Receive printed material designed specifically for where you are in the quitting process.
- Learn about options to increase your success.
- Receive information on over-the-counter and prescription therapies that might help.
- Find out if you are eligible for a clinical trial offering counseling.
- Get referrals to local support groups and resources.



1.800.ACS.2345

www.cancer.org

Can I Really Quit Smoking?

Do you have what it takes to kick the habit?

There is no magic cure

that can make you stop smoking. Sure, you know smoking is bad for your health. But over time, smoking becomes a strong habit. Daily events such as finishing a meal, talking on the phone, drinking coffee and chatting with friends can trigger your urge to smoke. Breaking the ties that bind you to cigarettes and developing a new way of doing things can be difficult. Take this short quiz to find out if you have what it takes to quit.

- Do you want to quit smoking?
- Are you willing to make some changes in your daily routine?
- Are you willing to put up with some uneasy moments after stopping?

If you answered yes to all of these questions, you can quit!

Deciding to Quit

Why should you quit? Here are three good reasons:

- 1. Your Family.** Your family needs your financial and emotional support. If you die prematurely from a smoking-related illness, who will do all the things you do for your family?
- 2. Your Kids.** Kids who are exposed to secondhand smoke at home are more likely to suffer from colds, ear infections, allergies and asthma than children of nonsmoking parents. By age seven, they may be shorter than their friends, lag behind in reading ability and have behavior problems. Worse still, they will likely become smokers themselves.
- 3. Yourself.** It's never too late to quit smoking! Right away, you will look better (no more dull skin, yellow teeth and fingers), feel better (goodbye hacking cough, hello vitality), and enjoy life more (car and home smell sweeter, food tastes better, no more disapproving looks and gestures). The physical benefits of quitting start immediately and last for a lifetime.

Make a list of your reasons for quitting. Now choose a date and put a big red circle on the calendar. Every day, look at your list and remind yourself why you are quitting.

How Am I Supposed To Quit?

Thinking About Quitting?

- Cold turkey tastes great in a sandwich or salad, but it's an awfully tough way to quit smoking. If you need help to quit, don't be ashamed to ask for it.
- Ask your doctor about using Zyban, the patch, gum or some other form of nicotine replacement therapy. Some of the best long-term quit rates occur among smokers who use a combination approach to quitting.
- Sign up for a support group or class to help you deal with stress and develop better coping skills. Call the American Cancer Society for a list of stop smoking classes and support groups in your area.
- Be wary of stop smoking programs that offer easy results or charge excessive fees. Although there is no one right way to quit smoking, the best ways involve persistence and hard work. Drugs and counseling can help, but ultimately the "heavy lifting" is up to you.
- Smokers who begin a diet and exercise program at the same time they quit smoking usually find it easier to quit and stay quit. Studies have shown that one healthy behavior makes it easier to develop and sustain other healthy behaviors.

There are many different ways to quit smoking. Talk with your doctor or pharmacist to decide what will work for you. The most common stop-smoking methods are:

Cold Turkey – if you're a pack-a-day smoker, this means going from 20 cigarettes to zero cigarettes in one fell swoop. With this method, you completely stop smoking all at one time, relying on your willpower to fight your nicotine addiction.

Gradual Withdrawal – with this method, you decrease the number of cigarettes you smoke over time. This method can help to reduce nicotine withdrawal symptoms. If you smoke more than 10 cigarettes a day, this might be the best method for you. Be careful! Even though you are weaning yourself off cigarettes, you are still exposing yourself to the harmful chemicals in tobacco.

Here are some ideas for gradual withdrawal:

Set a firm quit date – make sure it's no longer than four weeks from the time you start cutting down.

Taper down – cut out one or two cigarettes a day until your quit date, then give them up altogether. Or smoke fewer cigarettes each day until you smoke half the number you usually smoke, then give them up for good!

Commit To Quit

Go through the following steps below, checking each one off as you go to complete your quitting plan and begin your smoke-free life.

1. Make the Decision:

- Decide what your reasons are for quitting. Write them down and save the list. Look at the list every day.

2. Choose the Date:

- Choose your quit date. Mark it on a calendar. Start to buy cigarettes by the pack instead of the carton.

3. Get Ready to Quit:

- Choose a stop-smoking method. Discuss your options with a pharmacist or doctor.
- Ask your doctor or pharmacist about stop-smoking medications and if they are right for you.
- Find support. Enroll in a counseling or support program. Call your local American Cancer Society office for a list of resources in your area. Reach out to family and friends.

4. Follow Through:

- Remove triggers. Get rid of cigarettes, lighters, matches, ashtrays and anything that might trigger your urge to smoke. Get rid of the smoky smell in your home, office, car and clothes.
- Plan alternative activities. Bring a magazine or crossword puzzle to work. Flip through it on your break or at lunch instead of having a cigarette. Avoid places where smokers congregate in favor of places where smoking is not allowed.
- Reward yourself for not smoking
- Remind yourself why you quit. Look at your list every day.

Things to Remember When Quitting Smoking:

Stay positive.

When you wake up, promise yourself that you won't smoke a cigarette that day.

Picture success.

Plan ahead and think of how you will deal with stressful situations without lighting up.

Take a breather.

Relaxation exercises can help relieve the urge to smoke. Remember, the urge is only temporary. If you don't give into the urge, it will pass.

Work out.

Exercise, such as swimming, walking, running, biking, even tennis, helps relieve tension and reduces your urge to smoke.



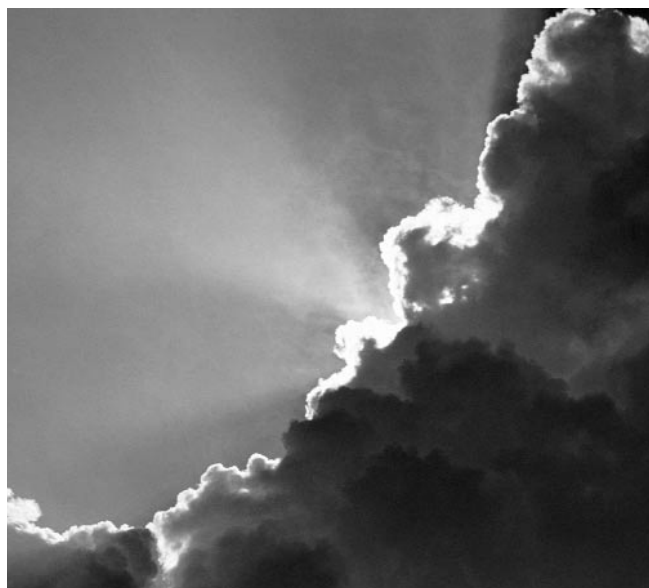
When Cravings Hit, Remember the Four D's:

Deep breathing. Breathe in through your nose, forcing the air all the way to your diaphragm, then slowly exhale through your mouth until all the air is released. Repeat until cravings pass.

Drink plenty of water, milk or fruit juice. Forcing fluids helps flush the nicotine out of your system and makes withdrawal symptoms go away faster.

Do something else. Play with a pencil or rubber band, suck on a straw, chew sugar-free gum, take a walk, say a prayer, call a friend. Do anything except smoke!

Delay and the urge will pass. Most cravings last only a minute or two.



Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years:

20 MINUTES

- Blood pressure drops
- Pulse rate drops to normal.
- Body temperature of hands and feet increases to normal.

8 HOURS

- Carbon monoxide levels in the blood drop to normal.
- Oxygen level in blood increases to normal.

24 HOURS

- Your chance of heart attack decreases.

48 HOURS

- Nerve endings start to re-grow.
- Ability to smell and taste is enhanced.

2 WEEKS to 3 MONTHS

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30 percent.

1 to 9 MONTHS

- Coughing, sinus congestion, fatigue and shortness of breath decrease.
- Cilia re-grow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.
- Body's overall energy increases.

1 YEAR

- Your chance of having a heart attack is cut in half.

5 YEARS

- Stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.

10 YEARS

- Your risk of dying from lung cancer is about half that of a continuing smoker's; risk of cancers of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

15 YEARS

- Your risk of coronary heart disease is that of a non-smoker's.

(US Surgeon General's Report, 1990, p. vi)