

When you quit tobacco, your body instantly starts to heal. Food will taste better, flowers will smell sweeter, and walking up the stairs will be easier.

If you smoke, quitting is one of the best things you can do for your health. If you are **one of the 7 in 10 people who** smoke who want to quit, this booklet can help you to succeed. Remember – it's never too late to quit smoking.

The Benefits of Quitting

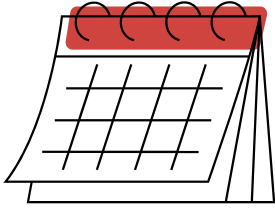
When?	What?
12 hours	The carbon monoxide level in your blood drops to normal.
2 weeks-3 months	Your heart attack risk begins to drop. Your lung function begins to improve.
1-9 months	Your coughing and shortness of breath decrease.
1 year	Your added risk of coronary heart disease is half that of a smoker's.
5-15 years	Your risk of coronary heart disease is that of a nonsmoker's.
10-15 years	Your lung cancer death rate is about half that of a smoker's. Your risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

waytoquit.org

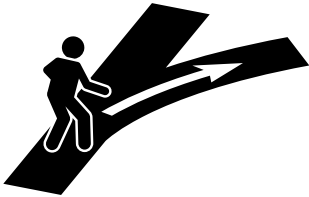
Other benefits of quitting:

- Better skin, hair, and teeth
- Improved sense of taste and smell
- No smoke smell on your clothes
- Save money

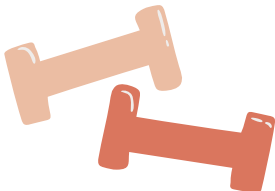
10 Tips to Help You Quit



- **Prepare to quit**- Weigh the pros and cons. Write down your reasons for quitting and keep them close at hand.
- **Set a date to quit** – And stick to it.
- **Support** – Get support from Way to Quit, contact the Quitline 1-800-QUIT-NOW (784-8669), and ask your family and friends for support.



- **Use a stop-smoking medication** – Stop-smoking medications like varenicline and nicotine replacement therapy help relieve withdrawal symptoms.
- **Change your routine and plan ahead** – Replace or change activities that you associate with smoking.
- **Be active** – Regular activity is good for your health and helps you to manage stress.



- **Think positively** – You may have withdrawal symptoms once you quit smoking. These are positive signs that your body is recovering from the harmful effects of smoking. They will disappear once your body gets used to the change.



- **Learn to deal with cravings** – Check out the tips for dealing with cravings (5 Ds).
- **Watch what you eat** – A balanced diet will help you feel your best.
- **Take it one day at a time** – Remember, every day without smoking is good news for your health, your family, and your pocket. If you slip up, all is not lost. Set a new date and start again.

Smoking Facts

- Cigarette smoking causes more than 480,000 deaths each year in the United States. This is nearly 1 in 5 deaths.
- Smokers are more likely than nonsmokers to develop heart disease, stroke, and lung cancer.
- Smoking causes diminished overall health, increased absenteeism from work, and increased healthcare utilization and cost.
- Smoking affects the health of your teeth and gums and can cause tooth loss.
- Smoking is a cause of Type 2 diabetes mellitus and makes it difficult to control. The risk of developing diabetes is 30–40% higher for active smokers than nonsmokers.
- Each cigarette contains 7,000 chemicals, 70 of which are linked to cancer.
- When you smoke, you inhale a gas called carbon monoxide which is harmful because it displaces oxygen in the blood and deprives the heart, brain, and other vital organs of oxygen.
- Smoking stains your teeth and fingers and causes premature aging. It also makes your hair, clothes, and breath smell.

The 3 Steps to Quitting:

Step 1 - Prepare to quit

Step 2 - Quit

Step 3 - Maintain

Step 1: Prepare to Quit

Every cigarette is causing harm.

The sooner you quit, the better it is for you and your health.

Are you ready to quit?

Think carefully about why you are still smoking. Look at the list below – are any of these you?

I do not have the willpower.

Willpower means wanting something badly enough. Ask yourself if you really want to quit and if so... go for it! Find your reason for quitting. Taking medication to manage cravings will help.

I'm worried about withdrawal symptoms.

Withdrawal symptoms are a positive sign that your body is recovering from the harmful effects of smoking. Nicotine replacement therapies and other quit smoking medications can reduce withdrawal symptoms.

Smoking helps me cope with stress.

Did you know people who quit smoking actually report feeling less stressed? Work off stress with exercise, talk to a friend, or take up a new hobby.

It's too late – the damage is probably done.

It is never too late to quit. The benefits of quitting start on day one. After a year, you will have cut your risk of heart attack by half.

This is not the right time.

You might think that there will never be a right time. Think positively. The right time is now.

Weigh the pros and cons.

Wanting to quit is the key. Once you have decided you want to quit, set a date to quit and stick to it.

Be prepared: It may help to write down what you enjoy about smoking and compare this to why you want to quit. Make a list here and keep it close to remind you why you are quitting.

What I enjoy about smoking

Example: "It helps me relax".

Why I want to quit smoking

Example: "I worry about the damage to my health".

Your Smoking Diary

It helps to think about your smoking pattern – the places or situations in which you smoke most. Use the table below to help you.

Number of Cigarettes You Smoke

Day	Morning	Afternoon	Evening	Total
1				
2				
3				
4				
5				
6				
7				

Your Smoking Diary

Where do you smoke most and why?

Day	Where did I smoke? Why did I feel like I needed to? Did I have a craving? Did I light up without thinking? Who was I with? How much did I enjoy it? How did I feel afterwards?
1	
2	
3	
4	
5	
6	
7	

Step 2: Quit

Set a quit date.



My quit date is _____

Change your daily routine at the start to avoid situations where you will be tempted.

My difficult times	What do I plan to do at these times?

Try some of these ideas:

- If you enjoy a cigarette after a meal, chew some sugar-free gum instead of lighting up.
- If you're used to having a cigarette in your hands while engaging in other things like talking on the phone, find something else to hold, such as a pencil or stress ball.
- Be careful when drinking alcohol – a few drinks can make you forget you quit smoking and weaken your willpower.
- Try drinking juice or water or eating fruit when you feel like having a cigarette. This will freshen your mouth and help reduce your craving. Each craving only lasts 3-5 minutes and will pass.
- Nicotine replacement therapies and other prescribed medications can double your chances of quitting.

Dealing with cravings – the 5 Ds

1. **Delay** at least 3-5 minutes and the urge will pass.
2. **Drink** a glass of water or fruit juice.
3. **Distract Yourself.** Move away from the situation.
4. **Deep Breaths.** Breathe slowly and deeply.
5. **Discuss.** Reach out to family and friends for support.

Step 2: Quit

Cravings & Triggers

Knowing your triggers will help you plan ahead and avoid cravings. Do not let a trigger stand in the way of quitting. The following are the most common types of triggers to avoid.

Social Triggers

People and places can be social triggers. Being around certain people or going to a particular bar can be a strong trigger. Other social triggers include seeing someone smoke or going to events where people smoke.

- The best way to handle these triggers is to avoid them.
- Ask friends and family not to smoke around you and rely on your supporters.
- Avoiding a possible trigger is easier than resisting a probable craving.

Emotions

Tobacco is often used as a way to cope with emotions. Stress, boredom, loneliness, depression, and happiness can all trigger cravings. Although it is difficult, try to find other ways to deal with these emotions. Do not let a tough moment take you back to tobacco.

- Talk to a friend.
- Exercise.
- Practice the 5Ds.

Patterns

Do you smoke with your morning coffee? Light up every time you get in the car? These are patterns in your daily life, and when you decide to quit, they can trigger a craving. Changing these patterns can reduce your triggers and make quitting easier.

- Try tea instead of coffee, or drink your coffee it in a different location or at a different time.
- Brush your teeth after meals.
- Use sugar-free gum, mints, straws, or toothpicks.
- Keep something in your pocket that you can fiddle with to keep your hands busy.

Withdrawal Symptoms

Not everyone gets withdrawal symptoms when they quit smoking. Withdrawal symptoms are positive signs that your body is recovering from the harmful effects of smoking. They will begin to fade within two to three weeks as you get used to not smoking. The following symptoms are all normal:

- A great desire or craving for a cigarette. Cravings can last for 3-5 minutes and can occur frequently for 2-3 days. Cravings subside for the next two weeks, but some people experience irregular cravings for a longer period.
- Feeling extra sensitive or tense (can last for 2-4 weeks).
- Feeling extra hungry (can last up to several weeks).
- Coughing more and bringing up mucus (can last a couple of days). The body is getting rid of extra mucus that has blocked airways when you smoked.
- Tingling sensations in toes or fingers (can last 1-2 days).
- Dizziness or being light-headed. This is because your body is now getting more oxygen, and it can take time to adjust (can last 1-2 days).
- Poor concentration (can last a couple of weeks).
- Change in sleep patterns (can last 2-4 weeks).
- Constipation (can last 1-2 weeks).

Smoking causes serious health problems, but lots of people are afraid they will gain weight if they quit.

It is possible to stop smoking AND maintain your weight.

Some people gain weight when they quit smoking and some people don't. In fact, some people have lost weight while quitting smoking. Chances are that most people who gain weight when they quit smoking do so because they replace smoking with food as a coping mechanism. Find new ways to cope that include healthier behaviors, such as walking, yoga, reading, calling a friend, etc.

If you do gain a few pounds, don't pick up a cigarette! Weight gain from quitting smoking is often temporary.

Remember the hazards of smoking – lung disease, heart disease and cancer will affect your health a lot more than temporary weight gain.

Tips to help you eat well

- Plan ahead – don't go hungry. Eat three meals every day. Try not to skip meals, especially breakfast.
- Only snack if you are hungry and choose your snacks carefully. Healthy snacks include fresh fruit, raw vegetables (celery, carrot sticks, slices of cucumber or peppers), natural yogurt with fruit, or plain popcorn.
- Choose whole foods when possible. Try to include foods from each of the five food groups each day (grains, fruits, vegetables, protein, and dairy).
- Watch what you drink. Low-calorie drinks include water, tomato juice, herbal or fruit teas, and low-fat or skimmed milk. High-sugar fizzy drinks and alcohol add calories, and can also make you want to snack.

Tips to help you be more active

- If you are not regularly active, start slowly with 10-15 minutes of physical activity three or four times a week. Gradually build up to 30 minutes a day, most days of the week. Remember, two or three short sessions can meet your goal of 30 minutes a day.
- Choose an activity that you enjoy – this will help you keep up the habit. Go for a walk with a friend, swim, cycle, or join a dance class.
- Build physical activity into your daily routine. Walk to work or to run your errands, and use the stairs instead of an elevator.
- Get an exercise buddy. Having someone to exercise with and hold you accountable will make exercise easier and more enjoyable.

If you have any medical problems or concerns, check with your doctor before you start a new activity.

Step 3: Maintain

Do:

Get help and support – Visit waytoquit.org for resources and support. Surround yourself with people who will support you in your goal.

Stay positive – When you feel tired and tempted to give in, remember how far you have come and why you quit. The temptation will pass.

Keep busy – Boredom can make smoking seem more important to you than it really is.

Be active – A short walk will give you energy and help to take your mind off cigarettes.

Save your money and reward yourself – Go to a fun event or buy yourself something that you've been looking at for a while.

Be careful when drinking alcohol – It can affect your decision-making capacity.

Don't:

Think one cigarette won't hurt - Even one cigarette can stimulate your nicotine receptors and reactivate cravings. Don't give in.

Surround yourself with people who smoke or will encourage you to smoke.

Think of this change as a sacrifice - Instead, think about the freedom you will have when you finally break free and of the things you will gain.

Some people may find it takes them a few attempts before they quit for good. If this happens to you, don't lose faith. Think about the reasons you wanted to quit in the first place and get ready to quit again. Remember, you are not alone, you have so much support and you can do it!

Support from Family and Friends

The decision to quit smoking is a personal one. You may want to quit smoking but you cannot force others to quit. That is a decision they have to make for themselves. However, you should look for support from trusted individuals when you are quitting.

How your family and friends can help:

- They can be positive and encouraging. Nagging is not helpful or supportive. They can encourage people who smoke not to smoke around you.
- Agree on smoke-free spaces and replace smoking with other activities such as walking, dancing, or going to classes.
- They can be supportive before, during, and after you quit. This will help you to succeed long-term.
- They can let you know about programs and methods that are available to help you quit.
- They can praise and reward you for your efforts.

Nicotine Replacement Therapy (NRT)

Nicotine is the ingredient in cigarettes that makes them addictive. This is why it can be hard to give up smoking.

Nicotine replacement therapy (NRT) is a medication that gives you a low level of nicotine. It does not contain the other poisonous chemicals present in tobacco smoke, such as tar and carbon monoxide.

Some people think that using NRT is just swapping one addiction for another. This is not true.

Using NRT doubles your chances of quitting.

There are many different types of NRT: patches, gum, lozenges, inhalers, mouth sprays, etc.

Your healthcare provider or pharmacist can help you decide which type of NRT is right for you.

For NRT to work, you must:

- Use it correctly - your Stop Smoking Advisor, pharmacist, or healthcare provider can explain how to use it properly.
- Use it for long enough - usually for 8 to 12 weeks.
- Use enough of it for your level of nicotine addiction.

If you've tried one type of NRT before without success, don't give up on it completely.

You may not have used it properly or for long enough. Try again and follow the instructions carefully. You could also be in a different frame of mind the second time around.

Other Medications

Your pharmacist or healthcare provider can advise you about which is the best treatment for you. Most medications work best after a three-month period. Be patient and stick with it!

Remember: Always read the instructions and use as directed.

E-cigarettes and Quitting

E-cigarettes are a relatively new invention. Because of this, more research is needed to know about the long-term effects of e-cigarettes on health. It is not recommended that you use e-cigarettes to quit smoking. Remember that safer does not equal safe. Many individuals who attempt to quit smoking by using e-cigarettes often end up becoming a "dual user" - meaning they use both cigarettes AND e-cigarettes.

Stop smoking for 28 days and you're 5 times more likely to stop for good.

Resources

Resource	Website
Way to Quit	
Smoke Free	
Centers for Disease Control and Prevention	
Freedom From Smoking - American Lung Association	
Truth Initiative	

This workbook was adapted by Utah Valley University Wellness Programs from smoking cessation materials developed by the Health Service Executive (HSE) Ireland QUIT program.