

Keys for Quitting

1. Get Ready

- Set a quit date.
- Change your environment.
- Get rid of ALL cigarettes and ashtrays in your home, car, and place of work.
- Don't let people smoke in your home.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke—NOT EVEN A PUFF!

3. Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

4. Get Medication and Use It Correctly

The U.S. Food and Drug Administration (FDA) has approved five medications to help you quit smoking:

- Bupropion SR—Available by prescription.
- Nicotine gum—Available over-the-counter.
- Nicotine inhaler—Available by prescription.
- Nicotine nasal spray—Available by prescription.
- Nicotine patch—Available by prescription and over-the-counter.

Ask your health care provider for advice and carefully read the information on the package.

5. Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit.

You may want to contact these organizations for further information on smoking and how to quit.

For general information:

American Heart Association
7272 Greenville Avenue
Dallas, TX 75231
(800) AHA-USA1 (242-8721)

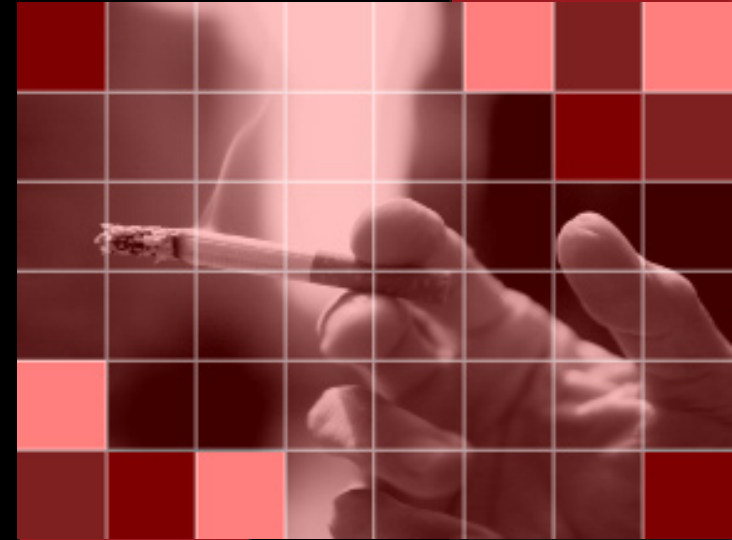
American Cancer Society
1599 Clifton Road, NE
Atlanta, GA 30329
(404) 320-3333

American Lung Association
1740 Broadway, 14th Floor
New York, NY 10019
(212) 315-8700

National Cancer Institute
Bethesda, MD 20892
(800) 4-CANCER (422-6237)

For pregnant women:

American College of
Obstetricians and
Gynecologists
409 12th Street, SW
Washington, DC 20024
(202) 638-5577



You Can Quit!

Tobacco Cessation Q & A

Q & A

Why should I quit?

You will live longer and feel better. Quitting will lower your chances of having a heart attack, stroke, or cancer. The people you live with, especially children, will be healthier. If you are pregnant, you will improve your chances of having a healthy baby. And you will have extra money to spend on things other than cigarettes.

What is the first thing I need to do once I've decided to quit?

You should set a quit date—the day when you will break free of your tobacco addiction. Then, consider visiting your doctor or other health care provider before the quit date. She or he can help by providing practical advice and information on the medication that is best for you.

What medication would work best for me?

Answer: Different people do better with different methods. You have five choices of medications that are currently approved by the U.S. Food and Drug Administration:

- A non-nicotine pill (bupropion SR).
- Nicotine gum.
- A nicotine inhaler.
- A nicotine nasal spray.
- Nicotine patch.

The gum and patches are available at your local pharmacy, or you can ask your health care provider to write you a prescription for one of the other medications. The good news is that all five medications have been shown to be effective in helping smokers who are motivated to quit.

Tobacco Cessation Facts

- After one year off cigarettes, the excess risk of heart disease caused by smoking is reduced by half. After 15 years of abstinence, the risk is similar to that for people who've never smoked.
- In 5 to 15 years, the risk of stroke for ex-smokers returns to the level of those who've never smoked.
- Male smokers who quit between ages 35 to 39 add an average of 5 years to their lives. Female quitters in this age group add 3 years. Men and women who quit at ages 65 to 69 increase their life expectancy by 1 year.

How will I feel when I quit smoking? Will I gain weight?

Many smokers gain weight when they quit, but it is usually less than 10 pounds. Eat a healthy diet, stay active, and try not to let weight gain distract you from your main goal—quitting smoking. Some of the medications to help you quit may help delay weight gain.

Some of my friends and family are smokers. What should I do when I'm with them?

Tell them that you are quitting, and ask them to assist you in this effort. Specifically, ask them not to smoke or leave cigarettes around you.

What kinds of activities can I do when I feel the urge to smoke?

Talk with someone, go for a walk, drink water, or get busy with a task. Reduce your stress by taking a hot bath, exercising, or reading a book.

How can I change my daily routine, which includes smoking a cigarette with my breakfast?

When you first try to quit, change your routine. Eat breakfast in a different place, and drink tea instead of coffee. Take a different route to work.

I like to smoke when I have a drink. Do I have to give up both?

It's best to avoid drinking alcohol for the first 3 months after quitting because drinking lowers your chances of success at quitting. It helps to drink a lot of water and other nonalcoholic drinks when you are trying to quit.

I've tried to quit before and it didn't work. What can I do?

Remember that most people have to try to quit at least 2 or 3 times before they are successful. Review your past attempts to quit. Think about what worked—and what didn't—and try to use your most successful strategies again.