

Preparing to Quit

Just thinking about quitting could make you anxious. Quitting works best when you're prepared.

Before you quit, **START** by taking these five important steps:

S = Set a quit date.

T = Tell family, friends, and co-workers that you plan to quit.

A = Anticipate and plan for the challenges you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car, and work.

T = Talk to your doctor about getting help to quit.

Set a Quit Date

Pick a date within the next two weeks to quit. That gives you enough time to get ready, but it's not so long that you will lose your drive to quit.

Think about choosing a special day, such as, birthday, anniversary or The Great American Smokeout (the third Thursday of each November).

Tell Others Your Plan to Quit

Quitting smoking is easier with the support of others. Tell your family, friends, and co-workers that you plan to quit. Share with others how they can support you.

Anticipate and Plan for the Challenges You'll Face While Quitting

Expecting challenges is an important part of getting ready to quit.

Your first three months may be hard. You may be more tempted when you are stressed or feeling down. You may also expect feelings of withdrawal. Withdrawal is the discomfort of giving up nicotine. It is your body's way of telling you it's learning to be smoke-free. These feelings will go away in time.

Remove Cigarettes and Other Tobacco From Your Home, Car, and Work

Getting rid of things that remind you of smoking will also help you get ready to quit.

Make things clean and fresh at work, in your car, and at home. Clean your drapes and clothes. Buy yourself flowers. You will enjoy their scent as your sense of smell returns. Have your dentist clean your teeth to get rid of smoking stains. See how great they look. Try to keep them that way.

Talk to Your Doctor About Getting Help to Quit

Quitting "cold turkey" isn't your only choice. Talk to your doctor about other ways to quit. Most doctors can answer your questions and give advice. They can suggest medicine to help with withdrawal. You can buy some of these medicines on your own. For others, you may need a prescription.

Your doctor, dentist, or pharmacist can also point you to places to find support or toll-free quitlines.

What Happens When You Quit

Smokers lose an average of 15-20 years of their life!

What would you miss if you don't quit?

- Graduations
- Weddings
- Birthdays
- Retirement
- Vacations

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

20 Minutes After Quitting

Your heart rate drops.

12 hours After Quitting

Carbon monoxide level in your blood drops 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 that of a smoker's.

5 Years After Quitting

Your stroke risk is reduced to that of a non-smoker's 5-15 years after quitting.

10 Years After Quitting

Your lung cancer death rate is about half that of a smoker's.
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 Years After Quitting

Your risk of coronary heart disease is back to that of a non-smoker.

Five Key Steps for Quitting

1. Get Ready

- Set a quit date.
- Change your environment.
 1. Get rid of ALL cigarettes and ashtrays in your home, car, and place of work.
 2. 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!

2. Get Support and Encouragement

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- Tell your family, friends, and co-workers that you are going to quit and want their support.
- Ask smokers not to smoke around you or leave cigarettes out where you can see them.
- Talk to your health care provider (for example, your doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor).
- Get individual, group, or telephone counseling. Please refer to the Smoking Cessation Resources inside this kit.

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

Medications can help you stop smoking and lessen the urge to smoke.

- 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. Here are some difficult situations to watch for:

- **Alcohol.** Avoid drinking alcohol. Drinking lowers your chances of success.
- **Other Smokers.** Being around smoking can make you want to smoke.
- **Weight Gain.** Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking.
- **Bad Mood or Depression.** There are a lot of ways to improve your mood other than smoking.

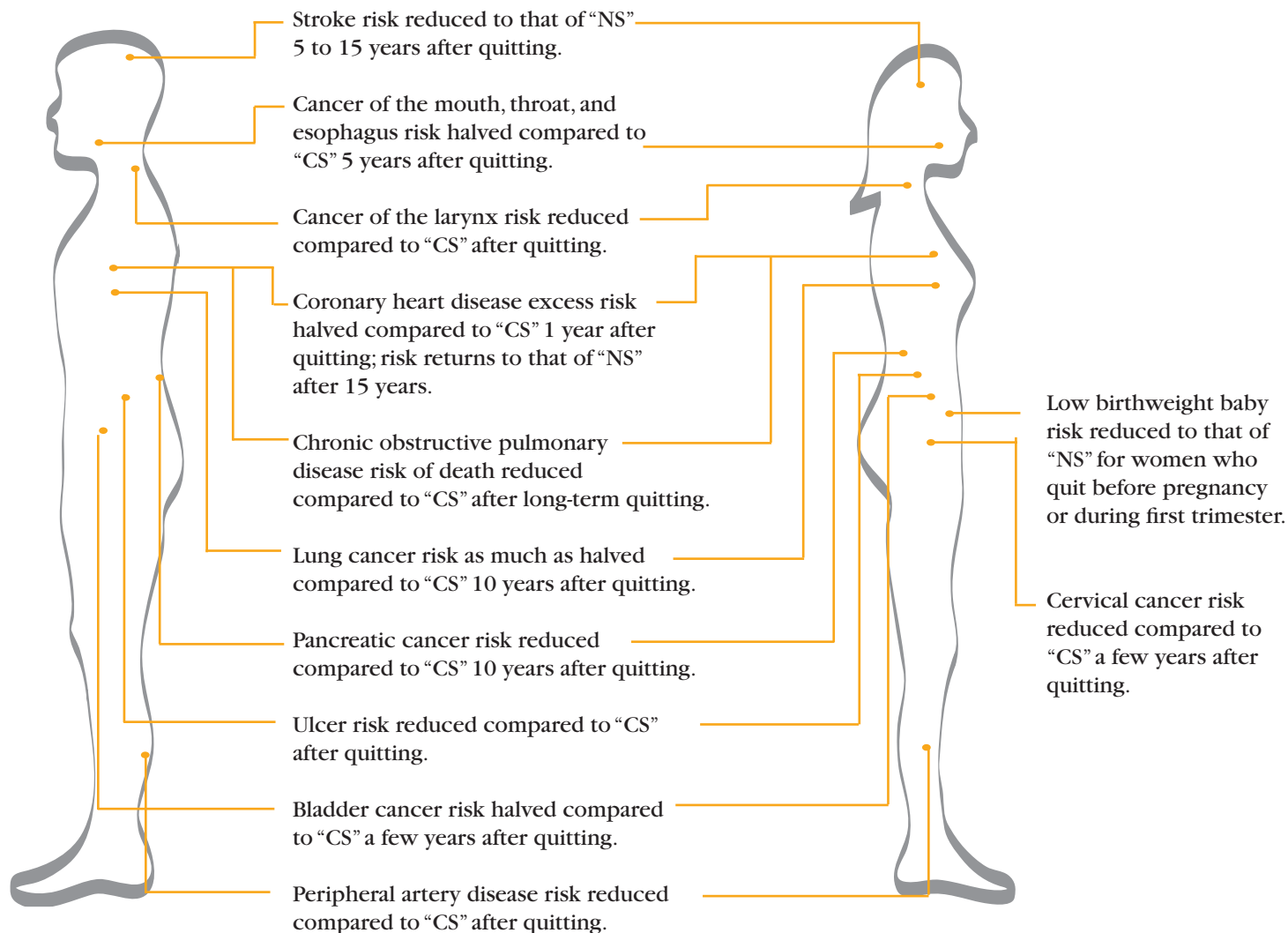
If you are having problems with any of these situations, talk to your doctor or other health care provider.

The Benefits of Smoking Cessation

LEGEND

CS refers to continuing smokers

NS refers to never smoked



Tips You Can Use

Involving Others

- Bet a friend you can quit on your target date. Put your cigarette money aside every day and forfeit it if you smoke. But if you do smoke, don't give up. Simply strengthen your resolve and try again.
- Ask your friend or family members to quit with you.
- Tell your friends and family that you're quitting and when. They can be an important source of support both before and after you quit.

1. Don't smoke any number or any kind of cigarette.

Smoking even a few cigarettes a day can hurt your health. If you try to smoke fewer cigarettes, but do not stop completely, soon you'll be smoking the same amount again.

Smoking "low-tar, low-nicotine" cigarettes usually does little good. Because nicotine is so addictive, if you switch to lower-nicotine brands, you'll likely just puff harder, longer, and more often on each cigarette. The only safe choice is to quit completely.

2. Write down why you want to quit.

Do you want

- to feel in control of your life?
- to have better health?
- to set a good example for your children?
- to protect your family from breathing other people's smoke?

Really wanting to quit smoking is very important to how much success you will have in quitting. Smokers who live after a heart attack are the most likely to quit for good—they're very motivated. Find a reason for quitting before you have no choice.

3. Know that it will take effort to quit smoking.

Nicotine is habit forming. Half of the battle in quitting is knowing you need to quit. This knowledge will help you better deal with the symptoms of withdrawal that can occur, such as bad moods and a strong desire to smoke. Nearly all smokers have some feelings of nicotine withdrawal when they try to quit. Give yourself a month to get over these feelings. Take quitting one day at a time, even one minute at a time—whatever you need to succeed.

4. Half of all adult smokers have quit, so you can— too.

That's the good news. There are millions of people alive today, who have learned to face life without a cigarette. For staying healthy, quitting smoking is the best step you can take.

5. Get help if you need it.

Many groups offer written materials, programs, and advice to help smokers quit for good. Your doctor or dentist is also a good source of help and support.

What's in Cigarette Smoke?

Cigarette smoke is a complex mixture of organic and inorganic compounds produced by the burning of tobacco and additives. The smoke contains tar, and more than 4,000 chemicals, including over 60 known to cause cancer. Some of these substances cause heart and lung diseases, and all of them can be deadly.

You might be surprised to know some of the chemicals found in cigarette smoke.

Acetone	A poisonous solvent and paint stripper
Ammonia	A poisonous gas and a powerful cleaning agent
Arsenic	A potent poison
Benzene	A poisonous toxin
Butane	A flammable chemical in lighter fluid
Cadmium	A soft metal found in car batteries that damages the lungs
Carbon Monoxide	A extremely poisonous gas found in auto exhaust
Cyanide	The deadly ingredient in rat poison
Formaldehyde	A preservative
Methanol	Jet engine and rocket fuel
Nicotine	An active ingredient in many bug sprays
Polonium - 210	A highly radioactive element
Tolulene	A poisonous industrial solvent

Reinforce Your Efforts

My Quit Date: _____

Reasons to Quit

List all of the reasons you have for quitting, read them to yourself whenever you feel the need to smoke.

- | | |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

Rewards for Quitting

Smoking is expensive. The average smoker will pay approximately \$30.00 per week for cigarettes. List some of the things you'd like to do with the money you save from quitting.

Daily (\$5)	Weekly (\$30)	Monthly (\$120)
_____	_____	_____
_____	_____	_____

Contract to Quit

Sign a contract of your own or use the following sample contract.

I, _____, agree to quit smoking on this date _____. If I feel the need to smoke, I will use the methods described in this Quit Kit to cope with my cravings. My main reason for quitting is _____. I will be a healthier person, and will reward myself for my efforts.

Each time you smoke, record the date and time, as well as the trigger so that you can avoid these triggers in the future.

Triggers

Date /Time	Trigger	Date /Time	Trigger	Date /Time	Trigger
_____	_____	_____	_____	_____	_____

Motivation + Preparedness = Success!

Relapse - If You Smoke Again

Marking Progress

- Each month, on the anniversary of your quit date, plan a special celebration.
- Periodically, write down reasons you are glad you quit, and post these reasons where you will be sure to see them.
- Make up a calendar for the first 90 days. Cross off each day and indicate the money you saved by not smoking.
- Set other intermediate target dates and do something special.

If you slip and smoke, don't get discouraged. Many former smokers tried to stop several times before they finally succeeded.

Use the back of this sheet to reinforce your quit smoking efforts:

- Sign a contract with yourself to remain a non-smoker.
- If you think you need professional help, see your doctor. He or she can provide extra motivation for you to stop smoking. Your doctor may also prescribe nicotine gum or a nicotine patch as an alternative source of nicotine while you break the habit of smoking.
- Know and use the coping skills described on the "How to Dampen that Urge" sheet. People who know at least one coping skill are more likely to remain non-smokers than those who do not know any.
- Identify the trigger: Exactly what was it that prompted you to smoke? Be aware of the trigger and decide now how you will cope with it when it comes up again.
- Don't be too hard on yourself. One slip doesn't mean you're a failure or that you can't be a non-smoker, but it is important to get yourself back on the non-smoking track immediately.
- Recognize that you have had a slip. A slip means that you have had a small setback and smoked a cigarette or two. But your first cigarette did not make you a smoker to start with, and a small setback does not make you smoker again.

Our greatest glory is not in never failing, but in rising up every time we fail.

-Ralph Waldo Emerson

How to Dampen that Urge

7 Major Coping Skills to Help You Fight The Urge

Steps to help you nurture the non-smoking habit.

1. Think about why you quit.

Go back to your list of reasons for quitting. Look at this list several times a day especially when you are hit with the urge to smoke. The best reasons you could have for quitting are very personally yours and these are also the best reasons to stay a non-smoker.

2. Anticipate triggers and prepare to avoid them.

By now you know which situations, people and feelings are likely to tempt you to smoke. Be prepared to meet these triggers head on and counteract them. Keep using the skills that helped you cope in cutting down and quitting:

- Keep your hands busy: doodle, play solitaire, or write a letter.
- Avoid people who smoke and spend more time with non-smoking friends.
- Find activities that make smoking difficult: gardening, washing the car, and taking a shower.
- Exercise to help knock out that urge: it will help you to feel and look good as well.
- Put something other than a cigarette in your mouth, such as sugarless gum.
- Avoid places where smoking is permitted. Sit in the non-smoking sections of public places like restaurants.
- Reduce your consumption of alcohol, which often stimulates the desire to smoke; or have a glass of juice, soda or mineral water.

3. Reward yourself for not smoking.

Congratulations are in order each time you get through a day without smoking. After a week, give yourself a pat on the back and a reward of some kind. Buy a new CD or treat yourself in some way. It helps to remind yourself that what you are doing is important.

4. Know when you are rationalizing.

It is easy to rationalize yourself back into smoking. Don't talk yourself into smoking again. A new non-smoker in a tense situation may think, "I'll just have one cigarette to calm myself down." If thoughts like this pop into your head, stop and think again! You know better ways to relax, like taking a walk or doing breathing exercises.

Concern about gaining weight may also lead to rationalizations. Learn to counter thoughts such as, "I'd rather be thin, even if it means smoking." Remember that a slight weight gain is not likely to endanger your health as much as smoking would. Smokers have about a 70% higher rate of premature death than non-smokers.

5. Use positive thoughts.

If self-defeating thoughts start to creep in, remind yourself again that you are a non-smoker, you do not want to smoke and your reasons are good. Putting yourself down and trying to hold out using willpower alone are not effective coping techniques. Mobilize the power of positive thinking.

6. Use relaxation techniques.

Breathing exercises help to reduce tension. Instead of having a cigarette, take a long deep breath, count to 10 and release. Repeat this five times. See how much more relaxed you feel.

7. Get social support.

The commitment to remain a non-smoker can be made easier by talking to friends and relatives. They can congratulate you as you check off another day, week and month as a non-smoker. Tell the people close to you so they'll be sympathetic when you have an urge to smoke and can be counted on to help you resist it. Remember to call on your friends when you are lonely or you feel an urge to smoke.

Smoking Cessation Resources

The following is a list of smoking cessation resources available via the Internet and telephone, and is in no way intended to be comprehensive.

Tools to Help Expand Your Quitting Efforts

Web Site	Web Address	Phone Number
SmokeFree.gov	www.smokefree.gov	(800) QUIT-NOW (800) 784-8669
American Cancer Society	www.cancer.org	(800) ACS-2345 (800) 227-2345
American Heart Association	www.americanheart.org	(800) AHA-USAL (800) 242-8725
American Lung Association	www.lungusa.org	(800) LUNG-USA (800) 586-4872
CDC's Tobacco Information and Prevention Source (TIPS)	www.cdc.gov/tobacco	(800) CDC-1311 (800) 232-1311
Clean Break	www.cleanbreak.com	(800) 318-5903
National Cancer Institute	www.cancer.gov	(800) 422-6237
The QuitNet	www.quitnet.com	Internet only resource