



# **You Can Quit Smoking!**

Quitting smoking is difficult but is important for your health. This packet has information to help you learn the reasons to quit smoking, advice on how to quit smoking and the difficulties you may face when quitting.

Quitting smoking involves 4 important steps:

1. Making the decision to quit
2. Setting a date to quit
3. Dealing with withdrawal
4. Keeping a smoke-free life

Here are some other places to get help for quitting smoking.

**Phone Numbers:**

**NC Quitline 1-800-784-8669 (8am – midnight/7 days a week)**

**American Cancer Society 1-800-227-2345**

**National Cancer Institute Quitline 1-877-448-7848**

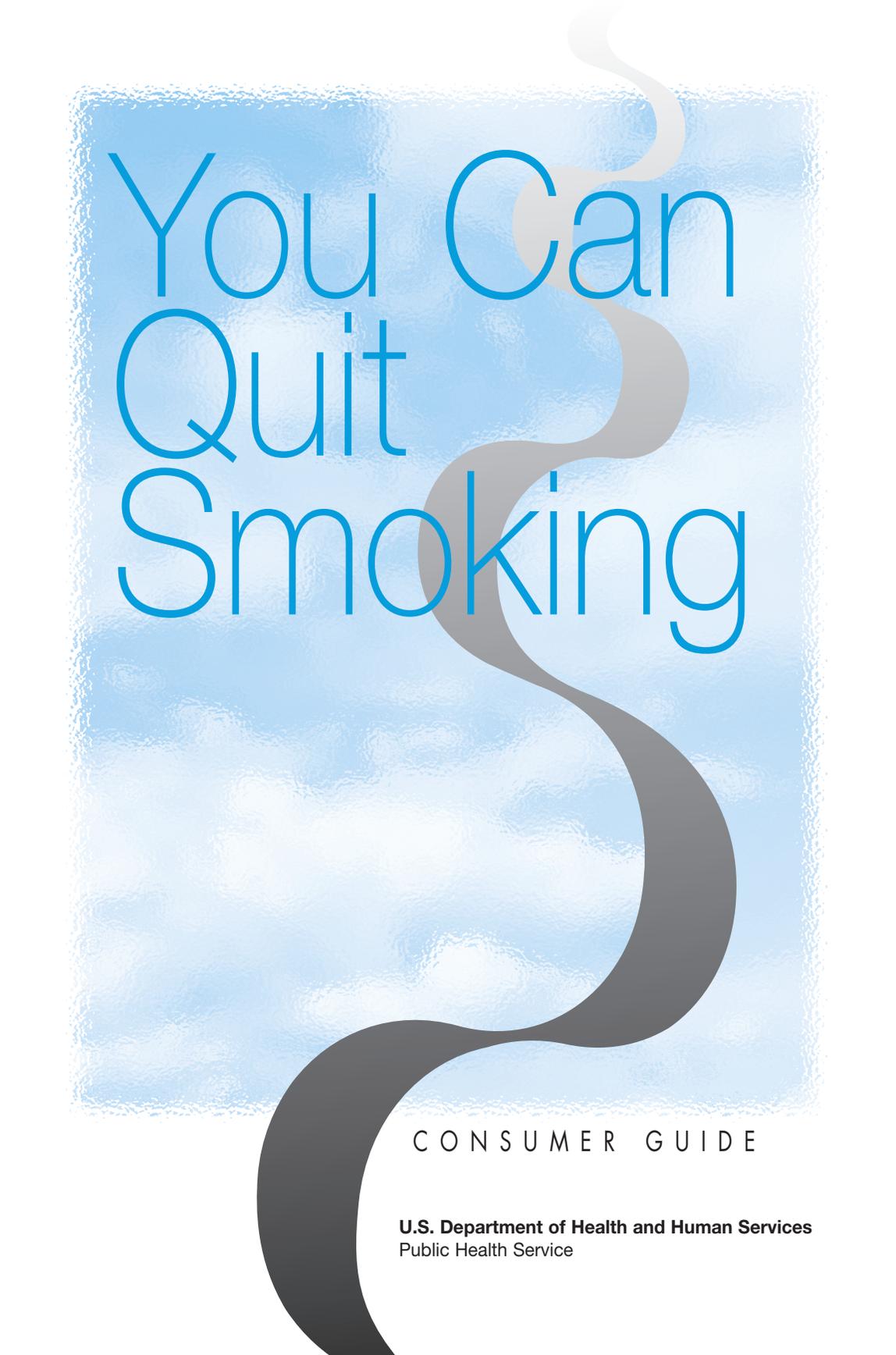
**UNC Pulmonary Clinic, Outpatient Tobacco Cessation 919-966-6838**

**Websites:**

**[www.smokefree.gov](http://www.smokefree.gov) (online guide to quitting)**

**[www.quitnownc.org](http://www.quitnownc.org) (Quit Now NC)**

**UNC Internal Medicine Enhanced Care Diabetes Program 1-866-633-8002 or 919-843-0391**



# You Can Quit Smoking

CONSUMER GUIDE

**U.S. Department of Health and Human Services**  
Public Health Service

## NICOTINE: A POWERFUL ADDICTION

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

Quitting is hard. Usually people make 2 or 3 tries, or more, before finally being able to quit. Each time you try to quit, you can learn about what helps and what hurts.

## PURPOSE OF THIS BOOKLET

This booklet tells about ways you can get help to quit smoking. It explains the best ways for you to quit, and quit for good. All the information in this booklet is based on scientific research about what will give you the best chances of quitting. The booklet also lists names and addresses of organizations that can offer help and more information.

*QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—YOU CAN QUIT SMOKING.*



# GOOD REASONS FOR QUITTING

Quitting smoking is one of the most important things you will ever do:

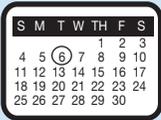
- ▶ You will live longer and live better.
- ▶ Quitting will lower your chance of having a heart attack, stroke, or cancer.
- ▶ If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- ▶ The people you live with, especially your children, will be healthier.
- ▶ You will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



## FIVE KEYS FOR QUITTING

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

1. Get ready.
2. Get support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly.
5. Be prepared for relapse or difficult situations.



### 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!



## 2. GET SUPPORT AND ENCOURAGEMENT

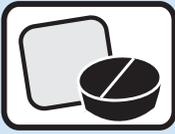
Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- ▶ Tell your family, friends, and coworkers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- ▶ Talk to your health care provider (for example, doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor).
- ▶ Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting. Programs are given at local hospitals and health centers. Call your local health department for information about programs in your area.



### 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.

- ▶ 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.
  
- ▶ All of these medications will more or less double your chances of quitting and quitting for good.
  
- ▶ Everyone who is trying to quit may benefit from using a medication. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.



## 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.** Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking. Some quit-smoking medications may help delay weight gain.
- ▶ **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.

# SPECIAL SITUATIONS OR CONDITIONS

Studies suggest that everyone can quit smoking. Your situation or condition can give you a special reason to quit.

- ▶ *Pregnant women/new mothers:* By quitting, you protect your baby's health and your own.
- ▶ *Hospitalized patients:* By quitting, you reduce health problems and help healing.
- ▶ *Heart attack patients:* By quitting, you reduce your risk of a second heart attack.
- ▶ *Lung, head, and neck cancer patients:* By quitting, you reduce your chance of a second cancer.
- ▶ *Parents of children and adolescents:* By quitting, you protect your children and adolescents from illnesses caused by second-hand smoke.

# QUESTIONS TO THINK ABOUT

Think about the following questions before you try to stop smoking. You may want to talk about your answers with your health care provider.

1. Why do you want to quit?

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2. When you tried to quit in the past, what helped and what didn't?

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3. What will be the most difficult situations for you after you quit? How will you plan to handle them?

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4. Who can help you through the tough times? Your family? Friends? Health care provider?

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5. What pleasures do you get from smoking? What ways can you still get pleasure if you quit?

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Here are some questions to ask your health care provider.

1. How can you help me to be successful at quitting?

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2. What medication do you think would be best for me and how should I take it?

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3. What should I do if I need more help?

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4. What is smoking withdrawal like? How can I get information on withdrawal?

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## ADDITIONAL RESOURCES

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  
1-800-AHA-USA1 (242-8721)

**American Cancer Society**

1599 Clifton Road, NE  
Atlanta, GA 30329  
1-800-ACS-2345

**American Lung Association**

1740 Broadway, 14th Floor  
New York, NY 10019  
1-212-315-8700

**National Quitline**

1-800-QUIT NOW

For pregnant women:

**American College of Obstetricians and Gynecologists**

409 12th Street, SW  
P.O. Box 96920  
Washington, DC 20090-6920  
1-202-638-5577

## FOR MORE INFORMATION

The information in this booklet was taken from *Treating Tobacco Use and Dependence*, a Public Health Service-sponsored Clinical Practice Guideline. This guideline was developed by a non-Federal panel of experts sponsored by a consortium consisting of Federal Government and nonprofit organizations: Agency for Healthcare Research and Quality (AHRQ), Centers for Disease Control and Prevention (CDC), National Cancer Institute (NCI), National Heart, Lung, and Blood Institute (NHLBI), National Institute on Drug Abuse (NIDA) Robert Wood Johnson Foundation (RWJF), and University of Wisconsin Medical School's Center for Tobacco Research and Intervention (CTRI).

For information about the guideline or to get more copies of this booklet, call any of the following organizations toll free:

Agency for Healthcare Research and Quality (AHRQ)  
1-800-358-9295

Centers for Disease Control and Prevention (CDC)  
1-800-CDC-1311

National Cancer Institute (NCI)  
1-800-4-CANCER

QUITTING TAKES HARD WORK  
AND A LOT OF EFFORT, BUT—

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**U.S. Department of Health and Human Services**  
Public Health Service

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## **TIPS FOR SMOKING CESSATION**

### **GETTING READY**

#### **Why do you WANT to quit smoking now?**

- these are your own personal reasons why you want to quit using tobacco products
- be very specific – “I want to quit smoking because I can’t carry groceries in my house without getting short of breath”
- write them down and place the reasons where you see them every day
- write reasons for quitting on index cards and rubber band them to your cigarette pack

#### **Review past quit attempts**

- What worked? What did not work?
- Were you really ready to quit?
- What can you learn? How would you do it differently this time?

#### **Review your smoking habits**

- Use a diary or Pack Tracks
- Start decreasing cigarettes
- Practice going places without your cigarettes

#### **Anticipate and Plan**

Five parts involved in smoking:

- Habit – what do you do after you eat? In the car? First thing in the morning?
- Emotions – what are you going to do when you are stressed? Angry? Bored? Fed up with the children, your spouse or significant other? Do you need help with depression or anxiety?
- Hands – how are you going to keep your hands occupied?
- Mouth – how are you going to keep your mouth occupied?
- Nicotine addition – if smoke within 30 minutes of waking up. How are you going to deal with withdrawal symptoms?

#### **HABIT**

- get up from the table immediately after eating
- change the location you sit in. If you smoke while sitting on the right hand side of the couch, sit on the left hand side and do not smoke there.

- Do not smoke and do something else, i.e. don't hit golf balls with a cigarette hanging in your mouth. Play golf and, if needed, take a break to smoke.
- Take 2 cigarettes out of the pack, place the remainder in the trunk. If you want to smoke more than 2, you must pull over and smoke them outside of the vehicle.
- Drink tea in the morning or change the location where you drink your coffee
- Limit or eliminate alcoholic beverages for a time
- Buy by the pack NOT the carton
- Change your route home, shop at a different grocery store

## EMOTIONS

- take breaks at work to go outside and sit in the sun
- take a "time out" from your children. Set a timer and go to your room for some quiet minutes.
- Squeezy balls from the dollar store to help with stress, anger
- Take a walk when you are bored
- Find a volunteer activity
- Talk with your health care provider about assistance with dealing with depression and anxiety
- Collect all your cigarette butts in a mayonnaise jar with water in the bottom so cigarettes become unpleasant
- Learn and/or practice relaxation skills

## HANDS

- Needlework – knitting, make rugs, cross stitch
- Crossword puzzles, word finds
- Squeezy balls from the dollar store
- Wood working
- Car maintenance

## MOUTH

- Pretzels
- Sugar free hard candies or gum (don't want cavities)
- Carrots, celery
- Toothpicks (Whole Foods has Tea Tree Oil toothpicks)
- Drink liquids through a straw

## **Get support and encouragement**

- Tell family, friends and co-workers. Tell them specifically how they can be helpful.
- Talk to your health care providers
- Contact a Quit Line
- Join a smoking cessation group
- Talk to your smoking friends

## **Set a quit date**

- Will it be easier to quit on a work day or a non workday?
- Is there a special occasion coming up?

## **Plan a reward**

- can be in one day, one week, one month

## **The day(s) before the quit date**

- Throw away cigarettes and matches
- Look through closets, under car seats, in coat pockets for loose cigarettes
- Clean your clothes, house, car

## **The Quit Day**

- Keep busy, but make it fun
- Stay away from smokers for a while
- Practice the 4 D's when cravings occur – Drink water, deep breathe, delay, do something else
- Remind yourself this is a choice. "I choose not to smoke" no one is making you stop smoking.
- Withdrawal cravings will go away in approx 3 minutes.
- Withdrawal symptoms are worst on days 2 & 3.
- Do not smoke even one cigarette. 70% of people who smoke one cigarette will go back to regular smoking.
- Avoid or decrease caffeine. When your nicotine level drops, your caffeine level rises.
- Anticipate and plan. Any events coming up that will provide temptations?

## **If you slip up**

- Learn from the mistakes.
- How can I avoid being in this position next time.
- Seek assistance from your support people
- Remember most people try to quit 5 times before finally succeeding.





## WHAT HAPPENS WHEN YOU QUIT SMOKING

Within 20 minutes of your last cigarette:

- You stop polluting the air
- Blood pressure drops to a normal rate
- Pulse rate drops to a normal rate
- Temperature of hands and feet increases to normal

After 8 hours:

- Carbon monoxide level in blood drops
- Oxygen level in blood increases to normal

After 24 hours:

- Nerve endings adjust to the absence of nicotine
- Ability to smell and taste things is enhanced

After 72 hours:

- Breathing becomes easier
- Lung capacity increases

After 2 weeks to 3 months:

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

After 1 month to 9 months:

- Coughing, sinus congestion, fatigue, and shortness of breath all decrease
- Cilia regrow in lungs, increasing ability to clean the lungs and reduce infection
- Overall energy increases

One year:

- Heart disease rate is halfway back to that of a nonsmoker

Five years:

- Heart disease rate drops to the rate for nonsmokers
- Lung cancer death rate decreases to halfway back to that of nonsmokers

Ten years:

- Lung cancer death rate drops to almost the same rate for nonsmokers
- Precancerous cells are replaced
- Incidence of mouth, larynx, esophagus, bladder, kidney and pancreas all decrease

# QUIT SMOKING CHECKLIST

## Getting Ready for Quit Day

- Pick your quick date \_\_\_\_\_. Mark it on your calendar.
- Tell family and friends your quit date.
- Stock up on sugarless gum, carrot sticks and sugarless hard candy.
- Will you use nicotine replacement therapy? If so, get your prescription filled or buy it over the counter.
- Will you attend a smoking cessation class? If so, sign up.
- Practice saying "No thank you, I don't smoke".
- Get rid of all cigarettes, ashtrays, lighters and any other smoking related items.

## Quit Day and Beyond

- DON'T SMOKE!**
- Ask people you live with not to smoke around you. Spend time with non-smokers.
- Keep busy, stay active – try walking, exercising or doing other activities.
- Drink lots of water.
- Begin using the nicotine replacement you have chosen.
- Attend the stop smoking class if you have chosen one.
- Reduce or avoid using alcohol.

Use the four "A"s to deal with tough situations.

- AVOID** people and places that tempt you to smoke.
- ALTER** some of your other daily habits, like your meal time, your route to work
- ALTERNATIVES** for your mouth – like healthy snacks
- ACTIVITIES** for your hands – like needlework, woodcarving or other hobbies
- Talk to your doctor about how you are doing. Your next appointment is \_\_\_\_\_.
- If you are worried about gaining weight, increase activity or think about seeing a nutritionist.
- Remind yourself that staying quit, is probably the most important gift you can give yourself.

## RECOVERY SYMPTOMS AFTER QUITTING SMOKING

| Symptom                                  | Reason                                                                     | Coping Tips                                                                                                         |
|------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| Irritability                             | Body is getting rid of thousands of chemicals in tobacco                   | ~ Drink plenty of liquids<br>~ Relaxation exercises                                                                 |
| Dry mouth or bad taste in mouth          | Lining of mouth is being replaced by healthier tissue                      | ~ Sip water                                                                                                         |
| Cough or sore throat                     | Normal clearance mechanism of lung recovery                                | ~ Deep breathing<br>~ Brisk walks<br>~ Cough drops                                                                  |
| Dizziness or headache                    | Body is readjusting to decrease or absence of nicotine                     | ~ Fresh air<br>~ Long walks<br>~ Extra rest<br>~ Nicotine replacement                                               |
| Hunger                                   | Appetite is no longer suppressed<br>Sense of taste and smell are returning | Eat healthy snacks with texture and taste                                                                           |
| Nervousness or lack of concentration     | Body is readjusting to decrease or absence of nicotine                     | ~ Relaxation exercise<br>~ Physical Activity<br>~ Hot baths or showers<br>~ Avoid alcohol<br>~ Nicotine replacement |
| Perspiration                             | Nerve endings are regaining function                                       | ~ Frequent baths or showers<br>~ Cooler clothes<br>~ Fresh air                                                      |
| Constipation                             | Lack of nicotine reduces adrenaline production and intestinal movement     | ~ Increase fiber and water intake                                                                                   |
| Bleeding gums                            | Not known, but usually stops within 2 months of quitting                   | ~ Mouthwash<br>~ See dentist if problem persists                                                                    |
| Leg pains, stiffness or tingling in legs | Improved circulation                                                       | ~ Elevate and massage legs<br>~ Increase potassium intake (ex. Bananas)<br>~ Warm baths                             |
| Changes in sleep patterns                | Loss of stimulants in cigarettes                                           | ~ Extra sleep<br>~ Exercise                                                                                         |
| Tiredness or Sleepiness                  | Decrease or absence of nicotine                                            | ~ Relaxation techniques<br>~ Decrease caffeine intake<br>~ Exercise<br>~ Nicotine replacement                       |

Based on data from the Minnesota Heart Health Program



# North Carolina Tobacco Use Quitline

## 1-800-QUIT-NOW

(1-800-784-8669)

### Why should I call the NC Quitline?

- Because you WANT to quit!
- To get support and information.
- To get expert help.
- To learn about medicines to talk to your doctor about.
- To find out what has helped other people.
- To talk to someone who wants to help you quit!

### What does the Quitline offer?

- Trained Tobacco Quitting Specialists
- Free and Confidential Help
- English and Spanish
- Specialists can call back upon request to see how you are doing
- For all North Carolinians – Adults and Youth
- 8 a.m. – midnight / 7 days a week
- Toll-free number 1-800-QUIT-NOW (1-800-784-8669)
- TTY 1-877-777-6534 (for people with hearing disabilities)

## Learn how you can start quitting today!