

Quit Smoking



What You Need to Know

This brochure can help you learn more about quitting smoking. It does not replace regular medical checkups or advice from your health care team. Talk with your doctor about ways to quit smoking.

Why Quit Smoking?



Smoking is the leading cause of preventable disease and death in the US.

Tobacco smoke contains a dangerous mix of more than 7,000 chemicals¹:

- ▶ Hundreds are known to be harmful
- ▶ About 70 cause cancer

Research has proven that smoking harms nearly every organ in the body, causes many diseases, and reduces your overall health.¹

Some facts about smoking¹

- ▶ Each year about **480,000 Americans die** from smoking
- ▶ **16 million** Americans live with a serious disease caused by smoking
- ▶ In the US, **34 million** adults currently smoke cigarettes
- ▶ Nearly **70%** of US adults who smoke say they want to quit

Why is quitting so hard?

Nicotine addiction. Nicotine is in all tobacco products and it's highly addictive. Over time, you don't feel normal without it and the more you smoke, the more nicotine you need to feel good.²

Smoking becomes a habit. After months and years of smoking, it becomes part of your life and daily routine. You may smoke when you're feeling stressed, when you drink coffee, or when you're with others who smoke. Over time, you may light up without thinking about it.²

Withdrawal symptoms are unpleasant.

During withdrawal your body is getting used to not having nicotine and it can be uncomfortable. Your symptoms may include³:

- ▶ Feeling a little depressed
- ▶ Feeling cranky, frustrated, or mad
- ▶ Trouble thinking clearly
- ▶ Feeling anxious, nervous, or restless
- ▶ Trouble sleeping



The good news: There are proven treatments and strategies to help improve your chances of quitting successfully¹!

Health Reasons to Quit Smoking

When you quit, you can **add healthy days and healthy years** to your life and greatly lower your risk of^{1,2}:

- ▶ Heart disease
- ▶ Stroke
- ▶ COPD (chronic obstructive pulmonary disease)
- ▶ 12 types of cancer
- ▶ Fertility problems, premature births, and lower birthweight babies
- ▶ Premature death

Other benefits to your health include^{2,4}:

- ▶ You may get sick less often
- ▶ You'll breathe easier and cough less
- ▶ You'll have healthier, more youthful looking skin
- ▶ You'll have whiter teeth and healthier gums
- ▶ You'll have more energy and focus
- ▶ You can feel more physically fit



The benefits of quitting begin almost immediately and continue to grow over time²

Time after Quitting	Health Benefit
20 minutes	▶ Your heart rate drops
12 hours	▶ The carbon monoxide level in your blood returns to normal
2 weeks to 3 months	▶ Your risk of a heart attack begins to drop, and your lung function begins to improve
1 to 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 years	▶ Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting
10 years	▶ Your risk of death from lung cancer is about half that of a smoker's
15 years	▶ Your risk of coronary heart disease is back to that of a nonsmoker's

Good Reasons to Quit Beyond Better Health

Here are more reasons to quit that you may not have thought about

Lifestyle benefits⁴

- ▶ More money to spend
- ▶ More time to spend with family and friends

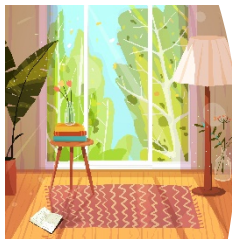


- ▶ More time to catch up on work or start a new hobby



- ▶ Food will taste better
- ▶ Clothes will smell better

- ▶ Car and home won't smell like smoke



- ▶ Food, flowers, and other things will smell better

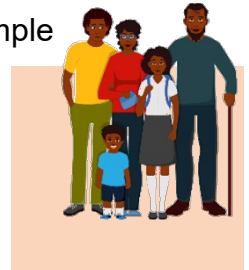
One less worry ...

- ▶ You also won't have to worry about having your next cigarette or where you can or can't smoke⁴

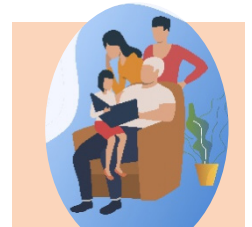


Benefits to your loved ones⁴

- ▶ You'll be setting a great example for others, especially your kids; it takes a lot of strength to quit
- ▶ Your family, friends, and co-workers will be proud of you for quitting



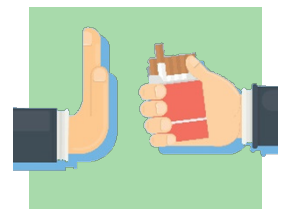
- ▶ You will be protecting your family and friends from the dangers of secondhand smoke



- ▶ Your kids will be healthier
- ▶ You'll be healthier and there to share in your family's special moments

The good news

While quitting smoking earlier in life will mean more health benefits, people at any age, even those who have smoked for years or have been heavy smokers, will benefit from quitting.¹



Medicines and Other Supports to Help You Quit



Quitting cold turkey isn't your only option. In fact, fewer than 5 percent of smokers are able to quit this way. Included here are methods that have been shown to be effective at helping smokers quit for good.^{1,2}



▶ **Nicotine replacement therapy (NRT)**—

These medicines contain small amounts of nicotine but none of the other harmful chemicals found in cigarettes. NRT can help you handle withdrawal symptoms and lessen your urge to smoke. Over-the-counter options include a patch, gum, or lozenges. NRT options available with a prescription include inhalers and nasal sprays.²

▶ **Non-nicotine medicines**—Two medicines that don't contain nicotine are varenicline and bupropion. These medicines can help reduce withdrawal symptoms and your urge to smoke. They are only available with a prescription.^{1,2}

▶ **Counseling**—Getting support and encouragement through one-on-one or group counseling can help you identify and overcome the challenges of quitting. Counseling can also help you learn to cope with nicotine withdrawal, the urge to smoke, stress, mood changes, and other issues linked to quitting.^{1,2}

▶ **Quitlines**—Quitlines are free, telephone-based counseling programs. They are available nationwide and can help you anywhere in the US. When you call a quitline, you are teamed up with a trained counselor who helps you choose a strategy for quitting and helps you stick with your plan.²

You can connect with your state quitline by calling **1-800-QUIT-NOW** (1-800-784-8669) or the National Cancer Institute at **1-877-44U-Quit** (1-877-448-7848).

▶ **Online programs and apps**—Smokefree.gov offers text messaging programs and free smartphone apps that provide 24/7 support, advice, and tips based on your needs and quitting goals to help you become smokefree. To access these resources, go to <https://smokefree.gov/>.^{5,6}



Quitting smoking is hard, but *you can do it*. When you combine counseling and medicine, it more than doubles your chance of quitting successfully.¹

Make a Plan to Quit—1 of 2

**Quitting isn't easy, but when you're prepared
you increase your chance of success**

Know why you want to quit

- ▶ Think about your reasons for quitting. What reasons are important to you? Do you want to be healthier, save money, or keep your family safe from secondhand smoke?³

Make a list of your reasons

- ▶ Keep the list where you can see it often—where you keep your cigarettes, in your car, in your wallet or purse, or in your kitchen. Read the list when you want to smoke so you can be reminded of why you want to quit.²

Pick a quit date

- ▶ When you're ready, pick a quit date that's meaningful to you such as your birthday or the first day of vacation. But you can choose any day. Keep in mind, there may be times when it can be more difficult to quit. For example, when you're under stress, you've had a bad day, or have had a personal loss.²

Get support

Tell your family, friends, and coworkers about your plan to quit smoking. Let them know just how they can help you.

Here are some ideas³:

- ▶ Let them know why you're quitting.
- ▶ Ask them not to smoke around you.
- ▶ Invite a friend or family member to quit with you.
- ▶ Ask them to check in on you now and then.
- ▶ Let them know you may not be in the best mood while quitting. Ask for their patience.
- ▶ Ask for their help in coming up with smoke-free activities you can do together.
- ▶ Insist they do not offer you a cigarette, no matter what.

Make a Plan to Quit—2 of 2

Understand what triggers you to smoke

What people, places, activities, and feelings make you want to smoke? When you know what your triggers are, you can come up with ways to avoid or change situations that tempt you to smoke. Some common triggers include²:

- ▶ Waking in the morning
- ▶ Drinking coffee, tea, or alcohol
- ▶ Being with or seeing other smokers
- ▶ Sitting at the computer
- ▶ Watching TV
- ▶ Being in a car
- ▶ After eating
- ▶ Feeling stressed, bored, angry, lonely, or depressed



Decide how you'll quit

Talk with your doctor or other health care professional about your plan to quit smoking. Together you can decide which method is right for you.^{1,2}

- ▶ Be aware that no single approach works for everyone and you may need to try more than one method before you quit for good.
- ▶ Remember, using counseling and medicine together increases your chance of success.



When Your Quit Day Arrives—1 of 2

Here are some things you can do to get through the first few days of being smoke free

Change your environment to a nonsmoking one

After your last cigarette, get rid of things that remind you of smoking.²

- ▶ Throw away all of your cigarettes, lighters, matches, and ashtrays.
- ▶ Make your home and car clean and fresh. Clean your drapes, carpets, and clothes to remove the cigarette smell. If needed, clean your workspace too.
- ▶ Get your teeth cleaned and the nicotine stains removed.

Lean on your supporters

To help you get through rough spots, ask for support especially during your first few days of being smoke free. Call a friend or family member and tell them about your quit day. You can also rely on counseling or other supportive resources that are part of your quit plan.⁷

Take medicines as directed

If you and your doctor have selected medicines to help you quit, be sure to take them as directed. To have the best chance of quitting, it's important you take them in the right way and for the recommended amount of time.¹

Keep busy

It will be harder to smoke if you keep yourself busy. You can do this by creating some new habits and changing up your daily routine.^{2,7}

- ▶ Spend time in nonsmoking places—gyms, libraries, malls, museums, places of worship, smoke-free restaurants. Go to a movie.
- ▶ Be active. Go for a walk, ride a bike, swim, shoot some hoops, or try a yoga class.
- ▶ Distract your hands. Hold something—such as a pen, tennis ball, or toothpick. Write a letter.
- ▶ Distract your mind. Do a crossword puzzle, read a book, play a game.
- ▶ Put something in your mouth. Try a toothpick, eat celery or carrot sticks, chew sugar-free gum.



When Your Quit Day Arrives—2 of 2

Avoid your smoking triggers

Review your list of triggers, then think of ways you can avoid them. Here are tips for some common triggers^{2,7}:

If you smoke ... Try ...

After meals	▶ Get up from the table. Brush your teeth. Take a walk.
While driving	▶ Listen to different music. Drive a different route to your destination. Take a train or bus if you can.
While drinking coffee	▶ Switch to water, juice, or tea. Drink your coffee at a different time.
At parties	▶ Hang out with nonsmokers. Keep your hands busy.

Also, get plenty of rest and eat healthy. When you're tired, it may trigger you to smoke.

Beat the urge to smoke



If you do have a craving, wait it out. The urge to smoke will usually last only a few minutes and the craving will go away without a cigarette.²

Try these actions to help beat your urge to smoke²:

- ▶ Take some deep, slow breaths to help you relax
- ▶ Organize your computer files
- ▶ Call a friend
- ▶ Do some housework or clean your car

Celebrate your success

Rewarding yourself can help remind you how hard you're working to stay smoke free. Plan to reward yourself after 1 day, 1 week, 1 month, and beyond. Put aside the money you would have spent on cigarettes and use it to pay for your rewards. You'll be surprised how fast it adds up!²



Staying Quit for Good

Remain cautious

Keep in mind that the people, places, activities, and feelings you connect with smoking may still trigger your urge to smoke. Many cravings tied to your triggers should go away within a few months and others may last longer. So, keep your guard up and use the skills you've learned to continue getting through your urges without smoking.²

If you slip, don't get discouraged

Smoking one or two cigarettes isn't a reason to give up. It may take more than one try before you finally succeed. Take steps to get back on track²:

- ▶ **Realize you've had a small setback.** Feel good about the time you were smoke free and strengthen your coping skills.
- ▶ **Know a slip doesn't mean you failed.** But it's important you stop and get back on track right away. Your goal is zero cigarettes.
- ▶ **Understand your slip.** Know and be aware of what triggered you to smoke. If you are using medicines to help you quit, stick with it.
- ▶ **Learn from your slip.** Think about what has helped you avoid smoking. Get support and motivation from your doctor, family, and friends.

Stay positive

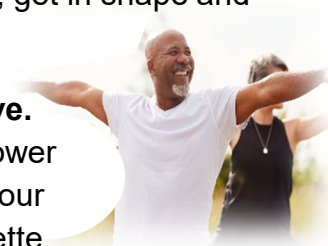
Take quitting one day at a time. It may have taken months or longer to make smoking part of your life. Quitting is a process too. Staying positive can help you replace old habits with new activities and routines.²

Focus on a healthy lifestyle

- ▶ **Watch your weight.** Food tastes and smells better after quitting and you may snack more. If you're worried about weight gain, remember the benefits of quitting outweighs gaining a few pounds. To help prevent weight gain, get in shape and eat healthy foods.²



- ▶ **Be physically active.** Exercise can help lower stress and reduce your cravings for a cigarette. Talk with your doctor about a plan that can get you on the road to being healthy and fit. Choose activities you like and that fit into your schedule.²



- ▶ **Eat healthy.** Try to make healthy food choices. Even small changes will help.²



References

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