



**STOP SMOKING,
START THRIVING!**

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Congratulations! You're thinking about quitting smoking and that is the first step in creating a healthier lifestyle. This is a big decision and one that can seem especially challenging, stressful, and in some cases, impossible. But there are millions of people who quit smoking every year and you can be one of them.

Quitting smoking is not easy; it requires determination and perseverance. You must be ready to give up tobacco in order to be successful. So, how do you know when you are ready? Ask yourself these questions:



If you answered yes to four or more of the above questions, you may be ready to move forward with the quitting process. If you answered yes to fewer than four questions, you may want to give yourself more time to become comfortable with the idea of quitting.

This guide is designed to help you make the jump from thinking about quitting to actually quitting. It contains useful information and resources that can empower you to begin this all-important process and take charge of your health.

BENEFITS OF QUITTING

Your body starts healing almost immediately after your last cigarette.

After quitting for:

20 Minutes

Your blood pressure and heart rate return to normal levels.



12 Hours

The carbon monoxide level in your blood normalizes.



2 Weeks to 3 Months

Your lung function starts improving and your heart attack risk begins to drop.



1 to 9 months

Coughing, shortness of breath, and fatigue decrease.



1 Year

Your risk for heart disease is half that of a smoker's.



5 to 15 Years

Your risk of getting mouth, throat, or esophageal cancer is half that of a smoker's. Your risk of stroke decreases to that of a nonsmoker's.



10 Years

The risk of getting cervical, larynx, kidney, or pancreatic cancer decreases. Your risk of dying from lung cancer or getting bladder cancer is about half that of a smoker's.



15 Years

Your risk of heart disease is the same as that of a nonsmoker.



Financial Benefits

If you're a pack-a-day smoker and you've smoked for 10 years, at \$5 a pack you've spent over \$18,000 on cigarettes since you started smoking! By quitting now, that means in 1 year you will have saved \$1,825, and in 5 years you'll have saved \$9,125.



Benefiting Others

Once you quit smoking, you won't be exposing your friends and family to secondhand and thirdhand smoke any longer. Secondhand smoke raises the risk of lung cancer for nonsmokers by 20% to 30%.

Thirdhand smoke refers to the chemicals and other residue left behind by tobacco smoke. It builds up on any clothing, furniture, carpets, or other items exposed to tobacco smoke. With time, this residue becomes more toxic, posing a potential health hazard.



Social Benefits

Smokers may find themselves having to adjust their social schedules because of smoking laws or rules in places like restaurants, bars, public buildings, sporting events, or outdoor parks. In terms of romantic pursuits, smokers may find that their prospects are limited to other smokers (presently, only about 18% of the U.S. adult population).



SMOKING STATISTICS

In the United States, about **42 million people** over the age of 18 smoke cigarettes.

Cigarette smoking causes over **480,000 deaths** each year, including 42,000 deaths due to secondhand smoke exposure.

Every day, over **3,200 people under 18** smoke their first cigarette.

On average, smokers **die 10 years earlier** than nonsmokers.

Over **16 million Americans** have a disease caused by smoking.

80% to 90% of lung cancer deaths are due to cigarette smoking.

Tobacco use costs the U.S. about **\$133 billion in direct medical care** for adults.

TOXINS IN CIGARETTE SMOKE

Quitting smoking not only removes nicotine from the equation but also the other 7,000 chemicals found in tobacco smoke. Among these are hundreds of toxic chemicals and about 70 carcinogens. Here's a sample of what you'll be missing when you quit smoking:

Ammonia



Found in household cleaners

Butane



Used in lighter fluid

Hydrogen Cyanide



Used in chemical weapons

Arsenic



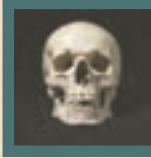
Used in pesticides and rat poison

Cadmium



Used to make batteries

Polonium 210



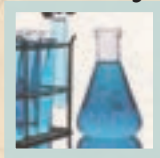
Highly toxic and radioactive

Benzene



Found in gasoline and rubber cement

Formaldehyde



Embalming Fluid

Toluene



Used to manufacture paint and paint thinners

UNDERSTANDING NICOTINE ADDICTION & DEPENDENCE

Nicotine is an extremely addictive substance that reaches the brain quickly and results in temporary feelings of relaxation. As more nicotine is used, tolerance to nicotine's effects increases, and this tolerance may lead to dependence. Individuals who become dependent upon nicotine will experience withdrawal symptoms when they stop smoking.

Nicotine addiction is both physical and mental. The brain becomes accustomed to the temporary high that accompanies cigarette smoking, and the habit of smoking becomes an ingrained, daily ritual. Quitting smoking means that you'll have to adjust to both chemical and behavioral changes.



WORKING WITH YOUR DOCTOR

Once you have decided to quit smoking, let your doctor know. He or she can help you choose which quit method is best for you and help you create a quit plan. And, as nicotine may play a role in how effective some medications are, it's important for your doctor to know about your nicotine habits should he or she need to adjust your medications.

METHODS OF QUITTING

1 Cold Turkey

This method is chosen most frequently as it's free and easy (no medications, doctors, or additional products are required). But its success rate only ranges from 4% to 7%. This method entails stopping tobacco use all at once without using any medications or chemical interventions to help diminish the symptoms of nicotine withdrawal.

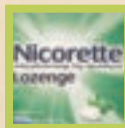
2 Nicotine Replacement Therapy (NRT)

This method involves replacing cigarettes with other nicotine-containing products, like patches or gum, that don't include the dangerous chemicals found in tobacco. These products may help to eliminate some of the withdrawal symptoms that come with quitting.

There are five FDA-approved forms of NRT: patches, gum, lozenges, inhalers, and nasal spray. Each type has its advantages and drawbacks, so it may take some time to find the form of NRT that works best for you. Whichever NRT you choose, make sure to follow the package directions unless your doctor has specified otherwise.



Patches: Available over the counter, these provide measured doses of nicotine through the skin, allowing you to gradually wean yourself off of nicotine. The most common side effects include a racing heart, sleep disturbances, skin irritation, nausea, and headache.



Lozenges: These are very similar to the gum in terms of results, but lozenges should be used on a fixed schedule instead of on an as-needed basis. They may cause sleep disturbances, heartburn, headache, nausea, and hiccups.



Gum: The gum is a faster acting form of nicotine replacement, as the nicotine in the gum is absorbed through the mucous membrane in the mouth. You can use the gum at regular intervals throughout the day or only as necessary. It may cause mouth sores, jaw pain, a racing heart, nausea, throat irritation, or hiccups.

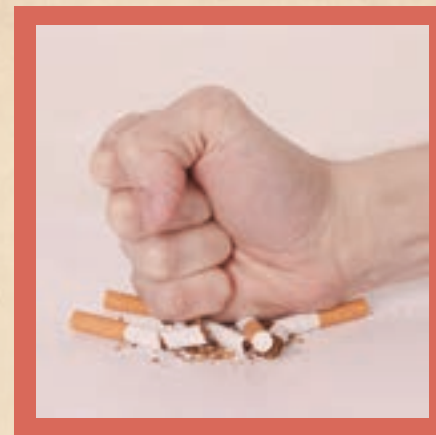


Inhalers: Nicotine inhalers are available by prescription only. They include a cartridge which releases nicotine vapor when you take a puff from it. Those who choose this NRT are given a recommended dose of cartridges per day and directed to decrease that number gradually over six months. Inhalers may cause upset stomach, throat or mouth irritation, and coughing.



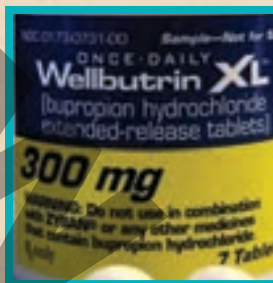
Nasal Spray: With the spray, withdrawal symptoms can be alleviated very quickly.

The nicotine is absorbed through the nose, and so it gets into the bloodstream rapidly. The spray is used on an as-needed basis, but use is generally not recommended for longer than six months. Side effects of the spray include sneezing or other nasal irritation, coughing, throat irritation, and watery eyes. The nasal spray is available through prescription only.



3 Prescription Medications

Several different prescription medications have been shown to be helpful in quitting smoking. Your doctor can help you choose which medication is best. As with all medication, follow your doctor's direction for use.



Bupropion: Also known as brand name drugs Wellbutrin® and Zyban®, this is an extended-release anti-depressant. It reduces the symptoms of nicotine withdrawal. Bupropion is not appropriate for those who have seizures, cirrhosis, bipolar disorder, eating disorders, or who have had serious head injuries. The drug may cause sleep disturbances, headaches, fatigue, and irritability.



Varenicline: Known as Chantix®, this drug works to reduce the pleasure associated with smoking as well as the symptoms of nicotine withdrawal. If you have heart disease or mental health disorders, you should tell your doctor prior to starting this drug. Varenicline may cause changes in mood or behavior, unusual dreams, sleep disturbances, headaches, nausea, and vomiting.



Other Prescription Medications: There are other drugs that have not been approved by the FDA specifically for smoking cessation, but that have shown promise in research studies. Clonidine and Nortriptyline are two such medications. Your doctor will be able to determine if either of these is appropriate for you.

OTHER NICOTINE & TOBACCO PRODUCTS

Several products on the market contain nicotine and/or tobacco but they have not been reviewed or approved by the FDA for use in quitting smoking.

Electronic Cigarettes (E-cigarettes)

These “cigarettes” provide inhalable nicotine vapor. Early studies have shown that e-cigarettes vary widely in terms of their nicotine content and their ingredients. As of early 2014, e-cigarettes were not yet regulated by the FDA and their value as a smoking cessation aid remains to be seen.



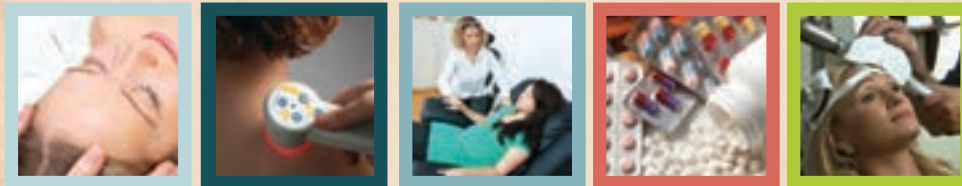
Dissolvable/Pouch Tobacco

Dissolvable tobacco comes in different forms including pills, strips, and sticks. These items contain nicotine, but unlike regular chewing tobacco, they dissolve in the mouth. Pouch tobacco, as its name suggests, is a small pouch of tobacco that can be placed between the lip and the gums much like chewing tobacco. The pouch products don't involve chewing or spitting, though. The FDA has determined that these types of products are not smoking cessation aids. They contain carcinogens and can cause gum disease, mouth cancer, and tooth loss.



ALTERNATIVE METHODS OF QUITTING

Individuals preferring a more holistic approach to quitting smoking may find some of these alternative methods useful.



Acupuncture

This remains a popular choice for those looking to quit smoking, although it's not substantiated by research. If you are interested in trying acupuncture, you can find a physician acupuncturist through the American Academy of Medical Acupuncture.

Cold Laser Therapy

This method is viewed as a modern form of acupuncture using “cold” lasers instead of needles. Many treatment centers boast a high rate of success, but no formal studies have been conducted to ascertain this claim.

Hypnosis

Research about hypnosis for smoking cessation is inconclusive. Individuals vary widely in their response to hypnosis, so it's important to find a licensed therapist who performs hypnotherapy. Your primary care doctor can assist you in finding an appropriate practitioner.

Herbal and Over-the-Counter Supplements

Dozens of homeopathic supplements are readily available, but the FDA does not regulate these supplements. To avoid adverse reactions, talk with your doctor if there's a supplement you'd like to start taking.

Magnet Therapy

One version of this therapy involves placing small magnets on either side of the ear. But there has been no scientific evidence to support this therapy's effectiveness. The other involves using magnetic fields to alter brain activity, also known as transcranial magnetic stimulation (TMS). TMS therapy is relatively new as a smoking cessation method. Studies are ongoing to determine its efficacy.

ADDITIONAL SUPPORT THROUGH THE QUITTING PROCESS

Smokers have access to a wide variety of support systems and tools. Many cities have different options for smoking cessation groups or classes. They may be available through hospitals, health insurance companies, or your employer. Peer support groups, like Nicotine Anonymous, offer another route for those interested in a more long-term group.

If you're unable to attend meetings or classes, you may find the support you need over the phone or by text, also known as quitlines. Each state has its own quitline as does the National Cancer Institute. They connect you with a trained counselor who can provide you with advice, support, and additional resources and information. These services are free of charge.

A simple Internet search will provide you with dozens of different online programs. These programs may offer forums where you can discuss your progress or challenges with others as well as online tools to create a quit plan or track your progress. Some online programs are free, while others have membership charges.

One of the most important factors in successful quit attempts, however, is the support provided by family and friends. Don't be afraid to let your support network know what you'll need from them as you transition to being an ex-smoker. They can help you find smoke-free settings and activities to enjoy or just listen as you work through your cravings.



MAKING A QUIT PLAN & PREPARING FOR YOUR QUIT DAY

Planning and preparation are crucial elements of successfully quitting. An effective quit plan will address the quitting strategies you intend to use as well as how you will overcome the challenges that arise.



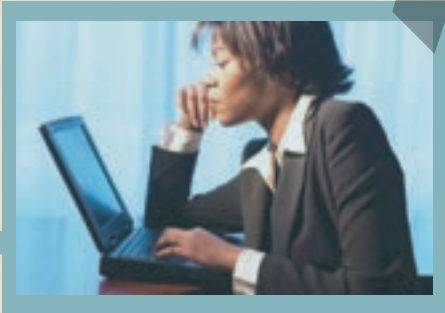
Pick a Quit Day

Choosing the right day to quit can mean a lot for your success. You may need some time to prepare to quit, but you don't want to set your quit date too far in the future. Setting a Quit Day means that you are serious about quitting and it gives you something to work toward. You'll need to consider whether it will be easier to quit during the week or on the weekend. Do you want to choose a date that's significant to you, like a birthday or an anniversary? Are you quitting with a friend or family member? Sit down and pick a date that works for both of you.

Once you choose a Quit Day, mark it on your calendar, put it in places you'll see frequently, and set up your phone or email to remind you as Quit Day approaches. Tell family, friends, and coworkers that you are quitting smoking and when. These people can provide support, especially during difficult times.

BEFORE YOUR QUIT DAY

Determine what quit method(s) you plan on using and take any necessary steps, like buying nicotine replacement products or going to the doctor for prescription medications.

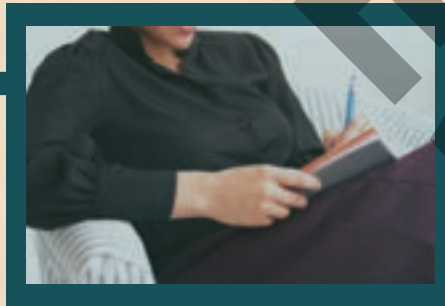


Do Your Research

Spend some time researching support groups and smoking cessation programs and decide if any of these programs might be beneficial for you.

Start a Smoking Journal

Use the Quitting Journal included at the end of this mini-magazine or make your own. Identify your principal triggers and stressors. Come up with a list of substitutions and distractions to use when faced with the urge to smoke. Substitutions keep your mouth and hands busy, while distractions take your mind off of the urge to smoke.



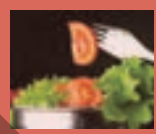
Change Your Routine

Plan to change your routine to eliminate habits linked with smoking. Take a different route to work, or drink juice instead of coffee in the morning. Small modifications of your daily habits can ease the transition.



Put Together an Emergency Urge Kit

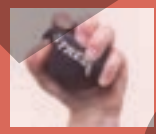
You can make sure you're ready to handle any smoking urges that come your way with an Emergency Urge Kit. This kit will be your go-to when you're faced with what may seem like an unrelenting urge to smoke. It should include things that you can use to occupy your hands and your mouth until that urge passes. Possible contents include:



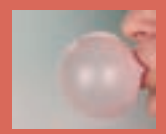
- Bottled water
- Sugarfree gum or hard candy



- Healthy snacks
- Toothpicks, coffee stirrers, or licorice
- A picture of your inspiration for quitting



- Something to keep your hands busy (i.e. playing cards, stress ball, etc.)



The Day Before Your Quit Day

Remove all reminders of smoking in your home, car, or at work, including ashtrays, lighters, matches and any remaining cigarettes. If you smoked in your house or car, clean them thoroughly to eliminate any residual smell of cigarette smoke.

Remind yourself that quitting will be a challenge. You will experience cravings, mood swings, and other symptoms of nicotine withdrawal, but you can overcome these difficulties. Your preparedness and commitment to quitting are key assets in success.

ON YOUR QUIT DAY

You've made it to the big day! It's time to review your triggers and implement your quitting and coping strategies. You should also:

- Stay busy with physical activities or new hobbies.
- Spend a lot of time in nonsmoking places.
- Drink plenty of water and keep healthy snacks on hand.
- Avoid alcoholic drinks.
- Don't be afraid to ask for help from family or friends.
- Maintain a positive attitude.
- Keep away from things/people that you know are triggers.
- Don't smoke! Not even one puff.

Be Ready for Nicotine Withdrawal Symptoms

These physical symptoms peak after two to three days and frequently subside within two weeks. Some of the most common symptoms include:

Symptom	Duration	Coping Technique
Cigarette Cravings	Intense during first week, but can linger for months	Use distractions or substitutions. Wait out the cravings
Irritability, Frustration, Restlessness, Anxiety	2 to 4 weeks	Exercise, meditation, avoid caffeine
Difficulty Concentrating	Several weeks	Avoid stress, Use organizational tools
Insomnia	2 to 4 weeks	Exercise, limit caffeine intake, meditation
Fatigue	2 to 4 weeks	Take naps, include more healthy foods in diet
Constipation or upset stomach	1 to 2 weeks	Exercise, increase fiber intake, drink plenty of fluids
Increased appetite	Several weeks	Eat low-calorie snacks, drink plenty of water

QUITTING WITH SUCCESS

The first few days of quitting smoking are when it's easiest to slip up. Cravings may be intense and relentless. In order to get the craving to subside, you may be tempted to rationalize why it would be okay to smoke a cigarette. Thoughts like, "Having just one won't hurt," or "It's not a good day to quit, but I'll do it tomorrow," can easily derail your quitting plans.

Overcome these thoughts by recognizing that they're not based in reality. You're having them because your body is going through withdrawal and you're looking for a way to make it stop.

Be ready for these thoughts! Write them down in your Quitting Journal and then move on. Distract yourself with something else to prevent these thoughts from having power over you.

As time passes, you'll notice that your cigarette cravings are fading away. You may still experience strong urges from time to time, however. Even though you have worked to break the link between smoking and other habits, those triggers are still there.



No matter how long it's been since you had your last cigarette, don't let these unexpected triggers upend your efforts. Don't think that you can have just one cigarette. Stay positive and focus on your progress and the long-term rewards of being smoke-free.

Take It One Moment at a Time

Thinking about quitting smoking in terms of "forever" is daunting and discouraging. Instead, remember that this is a process that happens hour by hour, one day at a time. Focus on keeping yourself smoke-free right now.

Reward Yourself

Quitting is difficult, so give yourself things to look forward to as you move through the process. Reward your milestones with treats like visiting a local park or buying a new item of clothing. Or, save up all the money you would have spent on cigarettes and splurge on something really special. Knowing that something good is coming will do a lot to keep you motivated.



QUITTING WITH SUCCESS

CONTINUED

Use Others for Support

When you have a particularly trying day, the urge to smoke may be overwhelming. During these times, make sure that you have people in your life who will support you. Don't hesitate to call these people for help when you need it. If you find yourself in a situation where you can't talk with your support network, call your state's quitline. Their trained counselors can help you make it through this trying time.



Stay Positive

It can be hard to keep an upbeat outlook as you quit smoking. But optimism can make all the difference. Focus on the small accomplishments you're making every day and keep the long-term rewards in mind.



Handling Slips and Relapses

Most people do not successfully quit smoking on their first try. If you slip and have a cigarette, don't be discouraged. Recognize that you've had a setback, but don't allow that setback to lead you to relapse and go back to your old smoking habits. Get right back on track to being smoke-free.

Use this opportunity to examine why you slipped. What happened that triggered the slip? How can you avoid that trigger in the future? Look at the techniques that have been the most useful so far in your quitting journey. Resolve to keep using those when you quit again.



QUITTING CONCERNS



Anxiety about what happens after quitting may prevent smokers from trying to quit in the first place. The chief concern is frequently weight gain. Many smokers will gain some weight (about 5 to 10 pounds) within 6 months of quitting smoking.

The actions you take while quitting can help to stave off or minimize the weight gain:

Don't turn to food when you are stressed or depressed. These feelings may lead to mindless snacking and weight gain.



Drink plenty of water. It will keep you from eating when not hungry and it will help to flush out toxins. Aim for 6 to 8 glasses of water each day.

QUITTING CONCERNS

CONTINUED

Replace your smoke break with a walk break. Walking burns calories and alleviates stress. Depending on how much you smoked, this switch could add a significant amount of exercise to your routine.



Change up your diet. After quitting, your appetite will likely increase which may lead to overeating. Plan out your meals so that they're both healthy and appetizing.

Make exercise an important part of each day. Daily exercise will help keep your metabolism up while strengthening your body. It's also a great way to de-stress and improve your mood.



REMAIN CALM!

For many smokers, there's a strong link between stressful situations and smoking as they're used to turning to cigarettes for relaxation. After quitting, times of high stress will trigger the urge to smoke. These situations may also make people feel frustrated or anxious - feelings that prime a person to slip back into bad habits.

Relaxation techniques will help to tame the stress. Deep breathing exercises, meditation, and progressive muscle relaxation are some methods that may ameliorate the situation. Stress can also be managed through good time management skills and by focusing on what in the situation is controllable and forgetting about what is not.

MY QUITTING JOURNAL

My Quit Day is: _____

Why I Want to Quit Smoking:

My Previous Attempts to Quit Smoking Failed Because:

My Main Triggers for Smoking are:

My Main Stressors are:

I Will Handle my Triggers/Stressors by:

MY QUITTING JOURNAL

CONTINUED

Substitutions I Will Use:

Distractions I Will Use:

People I Can Talk to When I Need Support:

Contents of My Emergency Kit:

My Rewards for Not Smoking:

1 Day _____

1 Week _____

1 Month _____

3 Months _____

6 Months _____

1 Year _____

TRACKING MY SMOKING

Cigarette Number	Time of Day	Location	Activity	Who I Was With	Craving Intensity (on a scale of 1 to 10)	Mood
Example	8:30 am	At home	Home Repairs	Spouse	4	Frustrated
1						
2						
3						
4						
5						
6						
7						
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10						
11						
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RESOURCES

National Cancer Institute:

www.smokefree.gov

U.S. Department of Health and Human Services:

www.betobaccofree.hhs.gov

Centers for Disease Control and Prevention:

www.cdc.gov/tobacco/quit_smoking/how_to_quit

American Lung Association

www.lung.org/stop-smoking/how-to-quit