



smoking cesation




SMOKING CESSATION

Quitting smoking [smoking cessation] is one of the most important things you can do to improve your health and wellbeing.

Some benefits of quitting smoking include:

- Improves health status and enhances quality of life.
- Reduces the risk of premature death and can add as much as 10 years to life expectancy.
- Reduces the risk for many adverse health effects, including poor reproductive health outcomes, cardiovascular diseases, chronic obstructive pulmonary disease (COPD), and cancer.
- Benefits people already diagnosed with coronary heart disease or COPD.
- Benefits the health of pregnant women and their fetuses and babies.
- Reduces the financial burden that smoking places on people who smoke, healthcare systems, and society.





While quitting earlier in life yields greater health benefits, quitting smoking is beneficial to health at any age. Even people who have smoked for many years or have smoked heavily will benefit from quitting.

Quitting smoking is the single best way to protect family members, coworkers, friends, and others from the health risks associated with breathing secondhand smoke. This is true no matter how long or how much you have smoked.

Many people who smoke become addicted to nicotine, a drug that is found naturally in tobacco. This can make it hard to quit smoking. But the good news is there are several things you can do that will help you to quit. Below are some tips to help you quit for good.

TIPS FOR SUCCESS



- Pick a date when you will quit smoking completely. Tell all of your friends and family about your plan to quit on that date.

- Do not try to slowly cut down on the number of cigarettes you are smoking. Pick a quit date and quit smoking completely starting on that day.

- Throw away all cigarettes.

- Clean and remove all ashtrays from your home, work, and car.

- On a card, write down your reasons for quitting. Carry the card with you and read it when you get the urge to smoke.

- Cleanse your body of nicotine. Drink enough water and fluids to keep your urine clear or pale yellow. Do this after quitting to flush the nicotine from your body.

- Learn to predict your moods. Do not let a bad situation be your excuse to have a cigarette. Some situations in your life might tempt you into wanting a cigarette.

- Never have "just one" cigarette. It leads to wanting another and another. Remind yourself of your decision to quit.

- Change habits associated with smoking. If you smoked while driving or when feeling stressed, try other activities to replace smoking. Stand up when drinking your coffee. Brush your teeth after eating. Sit in a different chair when you read the paper. Avoid alcohol while trying to quit, and try to drink fewer caffeinated beverages. Alcohol and caffeine may urge you to smoke.

- Avoid foods and drinks that can trigger a desire to smoke, such as sugary or spicy foods and alcohol.

- Ask people who smoke not to smoke around you.

- Have something planned to do right after eating or having a cup of coffee. For example, plan to take a walk or exercise.

- Try a relaxation exercise to calm you down and decrease your stress. Remember, you may be tense and nervous for the first 2 weeks after you quit, but this will pass.

- Find new activities to keep your hands busy. Play with a pen, coin, or rubber band. Doodle or draw things on paper.

- Brush your teeth right after eating. This will help cut down on the craving for the taste of tobacco after meals. You can also try mouthwash.

- Use oral substitutes in place of cigarettes. Try using lemon drops, carrots, cinnamon sticks, or chewing gum. Keep them handy so they are available when you have the urge to smoke.

- When you have the urge to smoke, try deep breathing.

- Designate your home as a nonsmoking area.

- If you are a heavy smoker, ask your health care provider about a prescription for nicotine chewing gum. It can ease your withdrawal from nicotine.

- Reward yourself. Set aside the cigarette money you save and buy yourself something nice.

- Look for support from others. Join a support group or smoking cessation program. Ask someone at home or at work to help you with your plan to quit smoking.

- Always ask yourself, "Do I need this cigarette or is this just a reflex?" Tell yourself, "Today, I choose not to smoke," or "I do not want to smoke." You are reminding yourself of your decision to quit.

- Do not replace cigarette smoking with electronic cigarettes (commonly called e-cigarettes). The safety of e-cigarettes is unknown, and some may contain harmful chemicals.

- If you relapse, do not give up! Plan ahead and think about what you will do the next time you get the urge to smoke.



HOW WILL I FEEL WHEN I QUIT SMOKING?

You may have symptoms of withdrawal because your body is used to nicotine (the addictive substance in cigarettes). You may crave cigarettes, be irritable, feel very hungry, cough often, get headaches, or have difficulty concentrating. The withdrawal symptoms are only temporary. They are strongest when you first quit but will go away within 10-14 days. When withdrawal symptoms occur, stay in control. Think about your reasons for quitting. Remind yourself that these are signs that your body is healing and getting used to being without cigarettes. Remember that withdrawal symptoms are easier to treat than the major diseases that smoking can cause.

Even after the withdrawal is over, expect periodic urges to smoke. However, these cravings are generally short lived and will go away whether you smoke or not. **Do not smoke!**



Resources Available to help QUIT Smoking

Group Support and Education
LMC Healthy Living Centers

Get free confidential coaching via a telephone quitline
(1-800-QUIT-NOW)

Use free online resources like **CDC.gov/quit** and **Smokefree.gov**

Sign up for free texting programs like:
SmokefreeTXT [text QUIT to 47848]

Use a mobile app like **quitSTART**

OR talk to your healthcare provider regarding medications such as Nicotine Replacement Therapy (NRT) or prescription drugs that may also help.

Reference

<https://www.cdc.gov/tobacco>



The content of this brochure is for informational purposes only.
It is not intended to replace evaluation by a physician.

If you have questions or medical concerns, please contact
your primary care provider.