

QUIT GUIDE



A step-by-step guide to help you quit.

Now is your time to quit tobacco

1.800.QUITNOW

QUITNOWALABAMA.COM

1-800-784-8669

Congratulations on taking the first step towards quitting tobacco.



Chances are you asked for this guide because you are ready to stop tobacco. The purpose of this Quit Guide is to help you prepare a plan to successfully quit. More than 15 million Americans have managed to quit in the past 10 years, and **YOU CAN TOO!**

This Quit Guide offers you helpful tips on how to prepare to quit and stay tobacco-free, how to stay on track once you have quit, and how to adjust to life without tobacco.

Are you Ready to Quit?

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Facts About Tobacco



Millions of people have won the fight.
Half of all adult smokers have successfully quit.

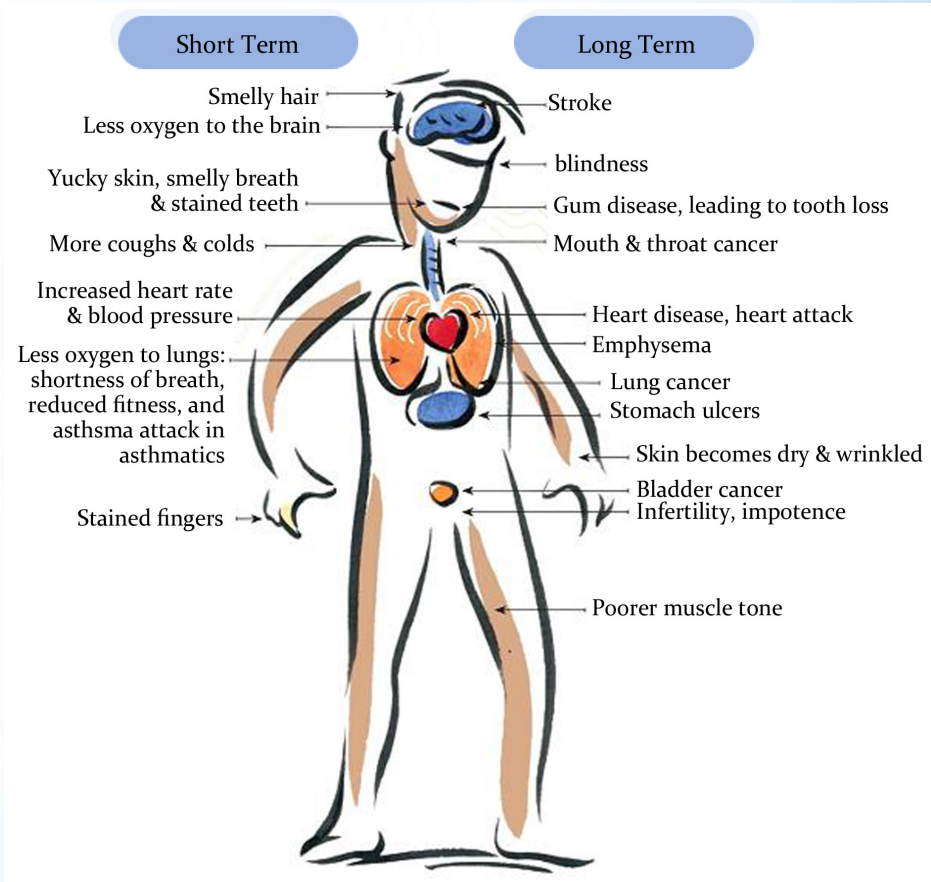


Quitting tobacco is hard.
Most people go through very rough days. Many of them have tried several times. Some may say that it takes practice, so keep trying until you succeed.



Tobacco is linked to several health problems.
It is never too early or too late to stop using tobacco!

How Tobacco Affects Your Body



Benefits of Being Free from Cigarettes

Within the first 20 minutes of having your last cigarette:	<ul style="list-style-type: none"> • Blood pressure drops to normal • Heartbeat slows to normal • Circulation improves
After 24 hours:	<ul style="list-style-type: none"> • Chance of heart attack decreases
After 72 hours:	<ul style="list-style-type: none"> • Breathing becomes easier • Lungs begin to repair

Why Do You Use Tobacco?

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

1. Why do you want to quit?

2. Have you tried to quit in the past? If so, what helped and what did not?

3. What will be the most difficult situation for you after you quit? How do you plan to handle it?

4. Who can help you through the tough times? Your family? Friends? Doctor?

5. What are some other activities/interests that you enjoy?

- a.
- b.
- c.

Tobacco use is a behavior caused by certain activities or times of day and may make you think about having a cigarette or chewing tobacco. Check off some of the things that make you want to use tobacco:

- | | |
|---|---|
| <input type="checkbox"/> Waking up in the morning | <input type="checkbox"/> Drinking alcohol |
| <input type="checkbox"/> After meals | <input type="checkbox"/> Spending time with friends |
| <input type="checkbox"/> During breaks | <input type="checkbox"/> Before bedtime |
| <input type="checkbox"/> Driving | <input type="checkbox"/> Seeing someone else smoke |
| <input type="checkbox"/> Talking on the phone | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Using the computer | <input type="checkbox"/> Feeling bored |
| <input type="checkbox"/> Drinking coffee | <input type="checkbox"/> Watching TV |

Reasons for Quitting

Most people are bothered when they think about how tobacco harms their health or the health of those they love. Check off any of these that apply to you:

- I am worried about getting cancer.
- I am worried about having breathing problems.
- I am worried about having a heart attack or stroke.
- I am worried that secondhand smoke is hurting the people I love.
- I feel that I am unhealthy because I use tobacco.
- I do not want my loved ones to breathe secondhand smoke.
- I do not want those that I love to start using tobacco.
- I do not like the feeling that cigarettes are controlling my life.
- Most people I know do not use tobacco; I feel out of place when I do.
- Family members are worried about my smoking.
- Buying tobacco costs a lot of money.

If you smoke, your children are twice as likely to smoke.



Secondhand Smoke

Secondhand smoke comes from a burning cigarette and exhaled smoke from the person smoking the cigarette. Secondhand smoke is harmful to people and pets.

Adults exposed to secondhand smoke may have:	<ul style="list-style-type: none">• More breathing problems• More colds or flu• Higher risk of heart disease and cancer
Children exposed to secondhand smoke may have:	<ul style="list-style-type: none">• More breathing problems like asthma• More ear and lung infections• More dental problems like cavities
Pregnant women and infants exposed to secondhand smoke may have:	<ul style="list-style-type: none">• Higher risk of giving birth to an under weight baby• Higher risk of sudden infant death syndrome (SIDS)
Pets exposed to secondhand smoke may have:	<ul style="list-style-type: none">• Higher risk of oral and lung cancer• More breathing problems and infections• A fatal nicotine overdose if your pet eats tobacco

Benefits of a Smoke-free Home

- When your home is smoke-free, it will smell better.
- Your food will taste better.
- You'll spend less time, energy, and money cleaning your curtains, walls, windows, and mirrors.

The Dangers of Smokeless Tobacco

Short term: Smokeless tobacco contains more nicotine than most cigarettes. It affects the heart by increasing the heartbeat, making the blood vessels smaller, and can raise blood pressure.

Mid term: Changes often occur in the regions of the mouth where tobacco is placed. These changes include stained teeth, shrinking gums and thick white patches inside the mouth which can turn into cancer.

Long term: The longer you use smokeless tobacco, the higher your chances of getting cancer of the mouth become. Smokeless tobacco users have a greater chance of getting cancer of the mouth than non-users. Smokeless tobacco may also cause cancer of the throat, stomach, and lungs.

How is Smokeless Tobacco Harmful?

- Smokeless tobacco has 28 ingredients that can cause cancer.
- Smokeless tobacco use while pregnant may raise the chances of the mother getting preeclampsia (a condition that may include high blood pressure, fluid buildup, and swelling), babies being born early, and babies being born at low weight.
- Smokeless tobacco contains nicotine and using it may lead to becoming hooked on nicotine.
- Teenagers or young adults who use smokeless tobacco are more likely to become cigarette smokers.



What's New



E-cigarettes or vaping devices, also known as Electronic Nicotine Delivery System (ENDS), are battery-operated devices that usually contain tubes filled with nicotine, flavor and other chemicals.

E-cigarettes turn nicotine and other chemicals into a vapor that is breathed in by the user. The nicotine in e-cigarettes can be dangerous and may cause nausea and vomiting, pneumonia, dizziness, low blood pressure, and eye irritation. E-cigarettes have not been approved by the Food and Drug Administration (FDA) for safety or to help people quit smoking. Since e-cigarettes are not FDA-approved, they do not have to tell you what the ingredients are. Studies have found that vapor contains poisons and at least 9 chemicals that are known to cause cancer. According to the Centers for Disease Control and Prevention (CDC), e-cigarette liquids are a threat to small children because they are not childproof, they come in candy and fruit flavors, and they may cause nicotine poisoning.



Hookahs are water pipes that are used to smoke specially made tobacco that comes in different flavors. If you smoke hookahs, you raise your chances of getting deadly cancers. Smoking a hookah for an hour is like smoking 10 cigarettes.

Hookah smokers are 5 times more likely to suffer from gum disease compared to cigarette smokers. By smoking hookahs you may also get other diseases like hepatitis and herpes.

Getting Ready to Quit

QUIT AT YOUR OWN PACE: Choose a quit date (the day that works best for you).

CONQUER YOUR URGES TO SMOKE OR DIP: Notice when and where you have urges to use tobacco and how to deal with them. This will help you quit for good. You will also learn how to handle stress without tobacco.

CONTROL YOUR ENVIRONMENT: Tobacco proof your home, talk to your friends and family about quitting and lastly, remember YOU are in control.

USE QUIT MEDICINES: Talk with your doctor about choosing a medicine (like the nicotine patch, nicotine gum, nicotine lozenges, Bupropion SR, or Chantix®) that works best for you.

**DON'T JUST QUIT,
BECOME A NON-SMOKER/NON-TOBACCO USER:**
Make this quit your last!

Help You Quit



Bupropion SR

- Known as Zyban® or Wellbutrin.
- Reduces cravings to smoke and lessens nicotine withdrawal.
- Bupropion SR can double your chances of quitting.
- It costs less per day than a pack of cigarettes.



Varenicline

- Known as Chantix®.
- Reduces nicotine withdrawal
- If you smoke after you quit, you are less likely to “enjoy” the cigarette.
- Varenicline costs less per day than a pack of cigarettes.
- Research shows using Varenicline more than doubles your chances of quitting.

Key Products That Can Help You Quit



Nicotine Patch

- Easy to use
- Gives you a steady dose of nicotine all day
- Available at most drug stores
- No prescription needed
- Costs less per day than a pack of cigarettes
- Research shows patches can double your chances of quitting



Nicotine Gum

- Use as you need to, you set your schedule
- Available at most drug stores
- No prescription needed
- Costs less per day than a pack of cigarettes
- Research shows can double your chances of quitting



Nicotine Lozenge

- Easy to use
- Can use as often as needed (up to 20 times per day)
- Available at most drug stores
- No prescription needed
- Costs less per day than a pack of cigarettes
- Research shows can double your chances of quitting



Nicotine Inhaler

- May be used up to 16 times per day
- Feels like smoking a cigarette
- Keeps your hands and mouth busy

The Price of Smoking

Use this worksheet to figure out how much money you've spent on cigarettes since you started smoking.

Number of packs you smoke in a year if you smoke:

- 1 pack a day = 365
- 1 1/2 packs a day = 548
- 2 packs a day = 730
- 2 1/2 packs a day = 913
- 3 packs a day = 1095

This is the amount you have spent on cigarettes since you began smoking:

1. Subtract your age from 75 (the average life expectancy) _____
2. Multiply by 365 _____
3. Multiply by how many packs you smoke a day _____
4. Multiply by \$7.00 (the average future cost of cigarettes) _____
5. This is how much you will spend if you continue to smoke _____
6. Now add total you have spent and total you will spend to get your lifetime dollar cost of smoking _____

What could you get with that money?

- 65" TV with theater sound = \$3,500
- Trip for 2 to Hawaii for 2 weeks = \$4,500
- 54 day round the world cruise = \$60,000



Countdown to Quitting

1. The first step in preparing to quit is to set a quit date. You might want to think about getting a buddy to quit with you or to offer support as you quit.
2. Choose someone who has already quit smoking or someone who has never smoked. Choose someone you know you can count on to help you quit.
3. Use the time between now and your quit date to learn as much as you can about your smoking habits and routines. This will help you to stay smoke-free.
4. Pay attention to every cigarette you smoke for three days and take note. Ask yourself questions like: "Where are you? What are you doing? How are you feeling?" Then think back over the last three days to see the patterns to your smoking habits.
5. Before you smoke each cigarette, ask yourself: "Do I really want this cigarette?" If you do, then smoke it. If not, just put it back until you really want it. Review your notes. Where do you smoke the most?

List below three situations where you found you most wanted to smoke:

1. _____
2. _____
3. _____

Which three cigarettes of the day would be the easiest to give up?

1. _____
2. _____
3. _____

During the first two to three weeks after your quit date, you will be actively quitting each day, all day. Quitting takes hard work and a lot of effort but you can quit smoking.

What If I Slip?

Many people slip from time to time. Here is what you can do if you slip:

Use positive self-talk.

Tell yourself, “this is only one slip. I will do things differently next time.”

Learn from your slip.

Figure out what caused the slip and what you can do the next time you have an urge to smoke.

Get support.

Call your cessation counselor or quit buddy and talk about ways to keep from having more slips.

If you slip, do NOT give up.

Call the Quitline for more ideas.

Remember the 3 R's



When you get help,
you're twice as likely to stay tobacco free for good!



Information & Quality
HEALTHCARE

www.quitnowalabama.com
1-800-QUIT-NOW (1-800-784-8669)
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