

# *How Do I Stop Smoking?*

## *1. Make Up Your Mind to Quit*



The best thing you can do to stop smoking is to make up your mind to quit. Your chances of quitting are best when you really want to. Knowing why you want to quit helps. Many of the reasons why you might want to quit are below. See if any of them are important to you, and put a check mark next to them. On the next page make your own list.

- ☐ Cancer
- ☐ Heart Attack
- ☐ Stroke
- ☐ Lung Disease (COPD, emphysema)
- ☐ Infertility and impotence (possibly)
- ☐ Pneumonia
- ☐ Asthma
- ☐ Stomach Ulcers
- ☐ Weak Bones
- ☐ Expense
- ☐ Children sicker and more likely to smoke (lower IQ, infections, SIDS)
- ☐ Second-hand smoke effects on family, friends and public Fire Hazard
- ☐ Pregnancy problems (abnormally low birth weight, preterm labor, abortion)
- ☐ Bad breath
- ☐ Wrinkles and older appearance
- ☐ Poorer sports ability and less endurance
- ☐ Addiction to nicotine encouraged by tobacco industry

When you are ready to quit smoking, or if you have questions, call your doctor. Ask about the many ways you can stop. Together with your doctor, you can pick the way that is best for you.

## ***2. Get Ready to Quit Smoking***

Once you have made up your mind to quit, the next step is to get ready. The more you do to get ready, the easier it will be. Use the ideas listed below, and check them off as you use them. List other ways you can get ready.

- ☐ Delay lighting your first cigarette
- ☐ Buy only one pack at a time
- ☐ Smoke one less cigarette each day
- ☐ Do not smoke in your car
- ☐ Put cigarettes in a place difficult to get
- ☐ Smoke with your opposite hand
- ☐ Get your spouse, partner or friend to quit with you
- ☐ Tell everyone you are quitting
- ☐ Clean your house, carpet, clothes, car, etc.
- ☐ Throw away your cigarettes, ashtrays, lighters, etc.
- ☐ Exercise regularly (at least three times per week)
- ☐ Avoid alcohol and caffeinated drinks
- ☐ Drink water, and other liquids (juice or milk)
- ☐ Have your teeth cleaned just before you quit
- ☐ Have healthy snacks handy (vegetables, fruits, nuts, raisins, sugarless candy & gum, etc.)
- ☐ Have pens, paper and other things handy to keep your hands busy
- ☐ Start a hobby or activity to distract yourself
- ☐ Learn how to reduce stress levels
- ☐ Start sitting in the “No Smoking” section in restaurants
- ☐ Start saving your money
- ☐ Distract yourself by staying busy or leaving when you feel the urge to smoke
- ☐ Avoid places and situations where you used to smoke
- ☐ Put this list in a visible place and refer to it every day

**Other ways you can get ready:**

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**Your Quit Plan/Date:** \_\_\_\_\_

### ***3. Stop Smoking and Stick To It***

Being smoke-free does get easier with time. The first few weeks are hardest, so keep all your appointments. Call your doctor if you need any help. Some tips to help you are listed below. Check those that help you most. List other ideas below. Display and refer to this list often.

- ☐ Distract yourself by staying busy or changing activity when you feel the urge to smoke
- ☐ Ask yourself, “Do I need this, or is this just a reflex?”
- ☐ Remember the money you save by not smoking
- ☐ Keep your hands busy with something
- ☐ Keep your mouth busy with something
- ☐ Rest or use relaxation techniques
- ☐ Remind yourself why you quit
- ☐ Eat a healthy snack
- ☐ Drink lots of water
- ☐ Take a bath; trim fingernails
- ☐ Count to 10 slowly
- ☐ Exercise; go for a walk
- ☐ Wash your hands or do the dishes
- ☐ Brush your teeth; use mouthwash
- ☐ Work on hobby, crossword puzzle, garden, letters, etc.
- ☐ Avoid people and situations where you used to smoke
- ☐ Call someone who will support you in not smoking
- ☐ Call your doctor if you are having trouble

**Other tips that help you:**

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## If You Stop Smoking Now...

...You could save this much money\*...

Packs/Day	1 mo.	3 mo.	6 mo.	1 Yr.	15 Yrs.
½	\$30	\$90	\$180	\$360	\$5,400
1	\$60	\$180	\$360	\$720	\$10,800
2	\$120	\$360	\$720	\$1440	\$21,600
3	\$180	\$540	\$1080	\$2160	\$32,400

**...You could be healthier right away...**

### **20 Minutes after last cigarette**

- ❖ Blood pressure drops
- ❖ Temperature of hands and feet normalizes

### **8 Hours**

- ❖ Carbon monoxide level in blood drops to normal

### **24 Hours**

- ❖ Chance of heart attack drops

### **2 Weeks to 3 Months**

- ❖ Circulation improves
- ❖ Lung function improves

### **1 to 9 Months**

- ❖ Cough, sinus congestion, fatigue, and shortness of breath lessens
- ❖ Lung can clean itself better
- ❖ Lung can resist infection better

### **1 Year**

- ❖ Risk of coronary heart disease is half that of a smoker

### **5 to 10 Years**

- ❖ Risk of stroke returns to that of a non-smoker

### **10 Years**

- ❖ Lung cancer death rate about half of a smoker's
- ❖ Decreased cancer risk: mouth, throat, esophagus, bladder, kidneys and pancreas

### **15 Years**

- ❖ Risk of coronary heart disease is same as that of a non-smoker

## Your own reasons to stop smoking:

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