



I quit!

Facts and information
to help you quit smoking



You can quit

TWO MILLION AMERICANS QUIT SMOKING EVERY YEAR.

You can be one of them. Wherever you are in the process of quitting smoking—from thinking about it to being smoke free and needing support—this booklet is for you. It's full of information about smoking, reasons to quit and tools you can use to quit successfully.

Mercy Health is behind you 100 percent. We know the health problems smoking creates, both for smokers and for the people around them. This booklet is part of our commitment to helping you make one of the most important changes in your life: the transition from smoker to nonsmoker.

YOU CAN DO IT! START TODAY.

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Hard facts about smoking

SMOKING IS ADDICTIVE

Nicotine is the chemical in tobacco smoke that causes addiction to smoking. You can become addicted quickly, craving cigarettes and feeling nervous without them. If you try to quit smoking and have trouble doing it, you're addicted.

SMOKING HARMS YOUR BODY

In 1964, the Surgeon General's report on smoking and health concluded that smoking is harmful to people's health. This hasn't changed. Just one cigarette speeds up your heartbeat, increases your blood pressure and upsets the flow of blood and air in your lungs. The chemicals in cigarettes and cigars can cause damage to the cilia (tiny hairs) that sweep out dirt and waste products from the lungs. This leads to that annoying "smoker's cough." Early warning signs that smoking is harming you include:

- dizziness
- coughing
- burning of the eyes, nose and throat

SMOKING KILLS

The nicotine in tobacco is extremely toxic. A few drops of pure nicotine, if taken all at once, are enough to kill the average person. Smokers take nicotine in small amounts, allowing the body time to break down the chemical and get rid of it. This is why cigarettes don't kill instantly.

Each time you take a puff on a cigarette, you also inhale over 4,000 other chemicals. Of these chemicals, 400 are toxic and about 40 are known to cause cancer. Some of the chemicals found in cigarette smoke include:

- cyanide (a deadly poison)
- benzene (a chemical used in making paints, dyes and plastics)
- formaldehyde (embalming fluid)
- acetylene (a fuel used in torches)
- ammonia (a chemical used in fertilizers)
- carbon monoxide (a poisonous gas)

Your body pays a heavy price for smoking. Smokers get cancer and are more than 10 times as likely to die of lung cancer as nonsmokers. The odds are even worse for people who smoke a lot, smoke for many years and/or inhale deeply. Smoking doubles the chances of heart disease. It's also the main cause of chronic bronchitis (a serious disease of the airways to the lungs) and emphysema (a crippling disease of the lungs). The earlier a person starts smoking, the greater the risk of these diseases. Pregnant women who smoke increase their risk for premature birth, underweight babies and infant death.

Smoking harms nonsmokers too. When nonsmokers are around people who smoke, they absorb nicotine, carbon monoxide and other ingredients of tobacco smoke, just as smokers do. This is called "passive smoking." Young children exposed to smoking are more likely to suffer from upper respiratory tract problems, otitis media (chronic inflammation of the middle ear) and asthma. Adult nonsmokers who are exposed can suffer from a variety of problems. They're more likely than other people to develop upper respiratory tract and lung infections, heart disease and cancer.

QUITTING BENEFITS YOUR BODY

In 1990, the Surgeon General's report concluded that stopping smoking was beneficial to all smokers, no matter what age or condition of health. When you stop smoking, the cilia inside your lungs start to sweep out germs again. Your body immediately begins to repair some of the damage smoking causes. See page 7 for more health benefits of quitting smoking.

Chemicals in tobacco smoke

Tobacco smoke contains about 4,000 chemicals, including about 40 known carcinogens (cancer-causing agents). Below are just a few:

- **acetone:** used in nail polish and varnish removers; also used as an industrial solvent
- **arsenic:** used in rat poison and insecticides
- **benzene:** an ingredient in synthetic rubber; also used to manufacture styrofoam; has a poisonous vapor
- **cadmium:** used to plate steel; the chief element in nickel-cadmium (NiCad) storage batteries; used as control-rod material in nuclear reactors
- **carbon monoxide:** suffocates by forcing oxygen out of the blood; also produced when gasoline is burned in internal combustion engines and is a major component of smog
- **DDT:** an insecticide; kills by affecting neurotransmitters; used in diluted form by the U.S. Army during WWII to kill body lice; also sprayed on crops to kill fungus; active ingredient in athlete's foot preparations
- **diethyl ether:** a solvent used in manufacturing explosives
- **formaldehyde:** a disinfectant for surgical instruments; also used as embalming fluid
- **hydrazine:** an important ingredient in jet and rocket fuels; also used to manufacture explosives and photo developers
- **hydrocyanic acid:** used to produce the gas in execution gas chambers; also an insecticide; one of the most poisonous substances known (according to the McGraw Hill Encyclopedia of Science and Technology)
- **hydrogen cyanide:** a poisonous gas used in execution gas chambers and in chemical warfare
- **nitric acid:** used to produce fertilizers; combines with toluene to form the explosive trinitrotoluene (TNT)
- **nitric oxide:** also produced by burning gasoline in internal combustion engines; the chief component of smog and a major source of air pollution (according to the U.S. EPA)
- **nitrogen oxide:** produced by gasoline-burning engines; combines with water vapor in the atmosphere to form nitric acid (acid rain)
- **polonium 210:** a radioactive isotope used as a trigger in hydrogen bombs
- **toluene:** a lacquer solvent that combines with nitric acid to form TNT; also used to make disinfectant for floors, garbage cans, toilets and tiled surfaces
- **vinyl chloride:** used to manufacture plastics; linked to liver cancer

How smoking affects you

Smoking causes the airways in your lungs to become swollen and inflamed. This increases the amount of mucus produced in the airways. One puff of a cigarette decreases the cleaning ability of the airways for 30 minutes, causing mucus to become trapped in the lungs. Smoking can permanently damage the air sacs that are located deep in the lungs. This damage causes the lungs to become stiff and can make breathing more difficult.

Smoking robs your heart muscle of oxygen and may cause your heart to beat irregularly. It also increases your heart rate, blood pressure and levels of triglycerides and cholesterol. Smoking causes blood to clot abnormally. All of these factors increase the chances of having a heart attack.

Smoking damages blood vessels. This damage may decrease blood flow into different organs and extremities. A decrease in blood flow causes a decrease in oxygen to these areas and this can cause tissue damage.

Chemicals from cigarettes increase the incidence of cancer of the mouth, throat, stomach, liver, bladder and kidneys. Eighty-six percent of people who get lung cancer smoke cigarettes.

PUFFS OF SMOKE ADD UP

There are, on average, 10 puffs per cigarette. Use this calculation to calculate the number of puffs you've taken:

- Multiply 10 puffs by the number of cigarettes you smoke per day.
- Multiply that number by 365 days per year.
- Multiply that number by the number of years you've smoked.

For example, if you've smoked a pack a day for 10 years, you've inhaled 730,000 puffs of nicotine and other poisons.

How your secondhand smoke affects others

Most people are aware that smoking is hazardous to their health. But did you know that smoking can have harmful effects on others too?

Children exposed to secondhand smoke in the home are more likely to have chest infections like bronchitis and pneumonia than children who are not exposed to secondhand smoke. Affected children are also more likely to have asthma, allergies and/or ear infections. A study published in March 2003 found that children exposed to secondhand smoke had a much higher rate of tooth decay than children with no secondhand smoke exposure.

Infants born to women who smoke during pregnancy have lower-than-average birth weights. Smoking mothers are more likely to deliver babies who are smaller for gestational age than infants born to nonsmokers. Low birth weight is associated with increased risk for prenatal, neonatal and infant illness and death. The longer a mother smokes during pregnancy, the greater the effect on her infant's birth weight. Women who smoke during pregnancy are at greater risk for miscarriage and premature delivery than nonsmokers.

Adults living with smokers have a higher risk of developing lung cancer than those living with nonsmokers.

Why smokeless tobacco and other alternatives are not the solution

SMOKELESS TOBACCO

There are two main types of smokeless tobacco: snuff and chewing tobacco. Snuff is a moist oral, chopped tobacco flavored with sugars and scents. It comes in a round tin or in individual packets that look like tea bags. The user takes a “dip” and puts it between the cheek and gum, keeping it in this one spot without chewing it.

Chewing tobacco, the other type of smokeless tobacco, comes in three forms:

- **loose-leaf chew:** This comes in a pouch and is the most common kind of chewing tobacco.
- **plugs:** These are tobacco pressed into small, soft, oblong blocks.
- **twists:** This tobacco is twisted together and dried to form a “hard twist.”

In all uses of snuff or chew, tobacco mixes with saliva. Saliva releases the nicotine, which is then absorbed through the wall of the mouth, going directly into the bloodstream. Smokeless tobacco is often called “spit” tobacco, but experienced users will often swallow the juice instead of spitting, which causes upset stomach, diarrhea and ulcers. Some people will use smokeless tobacco even while sleeping!

Smokeless tobacco is so addictive that it should not be considered an alternative to smoking!

Nicotine is found naturally in all tobacco leaves. Because it changes the chemicals in the brain, nicotine gives you a buzz or high that makes you feel good. When you get used to nicotine and then don't have any for a while, you become shaky, moody and/or anxious. Nicotine causes physical and psychological dependence. Once addicted to nicotine, you continue to use tobacco to avoid the unpleasant feelings you get when your body has no more nicotine to metabolize. These feelings are called withdrawal.

CIGAR SMOKING

One cigar can have as much nicotine as almost two packs of cigarettes and contains higher amounts of chemicals that cause cancer and other diseases. In fact, pipe and cigar smokers have a higher incidence of oral cancer. Although cigar smokers hold the smoke in their mouths and don't actively inhale from the cigar, they still inhale smoke as they breathe. Studies have shown that chemicals in smoke from pipes and cigars are equally, if not more, carcinogenic than chemicals from cigarettes. Smoke from a single cigar burned in a home can require five hours to clear from the air, thereby exposing other household members to a serious health risk. A burning cigar releases up to 80-90 times as much of highly carcinogenic tobacco nitrosamines as a cigarette. Some cigars can contain up to 444 milligrams of nicotine. A cigarette can have, on average, 11 milligrams of nicotine.

Differences between cigars and cigarettes

There are some differences between cigar and cigarette smoke due to the aging and fermentation process of cigars, and to the fact that the cigar wrapper is not as porous as cigarette paper. Cigar tobacco has a high concentration of nitrogen compounds (nitrates and nitrites). During fermentation and smoking, these compounds give rise to several tobacco-specific nitrosamines, some of the most potent human carcinogens known. Also, because the cigar wrapper is less porous, the tobacco doesn't burn as completely. This results in a high concentration of nitrogen oxides, ammonia, carbon monoxide and tar.

Cigars come in different sizes. Large cigars typically contain between 5 and 17 grams of tobacco. It's not unusual for some premium brands to have as much tobacco in one cigar as a whole pack of cigarettes. Large cigars can take between one to two hours to smoke.

Health problems caused by cigars

Daily cigar smoking, especially for people who inhale, increases the risk of heart disease and the lung disease known as chronic obstructive pulmonary disease or COPD. This risk approaches that of cigarette smokers. Smoking as little as one cigar a day increases the risk for oral cancers (lips, tongue, mouth and throat) and cancers of the esophagus, larynx and lungs. The risks of cigar smoke increase with the number of cigars smoked each day.

Risks of inhaling and not inhaling

The risk of oral cancers among daily cigar smokers who don't inhale is seven times greater than for nonsmokers. The risk of cancer of the larynx is more than 10 times greater. Inhaling cigar smoke increases these risks. Compared to nonsmokers, cigar smokers who inhale deeply have 27 times the risk of oral cancer, 15 times the risk of esophageal cancer, and 53 times the risk of cancer of the larynx. The risk of heart and lung disease among cigar smokers who inhale approaches that of cigarette smokers.

Chemicals in cigar smoke

Because cigars burn longer and have more tobacco than cigarettes, they give off greater amounts of secondhand smoke. In general, smoke from cigars contains many of the same poisons (toxins) and carcinogens as cigarette smoke but in higher concentrations.

Carcinogens in cigar smoke include:

- arsenic
- benzene
- cadmium
- chromium
- ethylene oxide
- hydrogen cyanide
- nitrosamines
- vinyl chloride

Other toxins or irritants include:

- ammonia
- carbon monoxide
- nicotine
- volatile aldehydes

CLOVE CIGARETTES

Clove cigarettes are imported from Indonesia. They're 2/3 tobacco and 1/3 chopped cloves. These cigarettes give the false image of a cleaner, more natural, safer product than conventional cigarettes. However, clove cigarettes share all the known hazards of tobacco cigarettes, plus hazards caused by chemicals in cloves, which have been implicated in some cases of pulmonary disease.

BIDIS

Bidis are imported primarily from India. They come in a variety of flavors such as chocolate, vanilla and strawberry and appeal to teens. Bidis look like a marijuana joint and are 100 percent tobacco, with no filters. The tar level is 45-50 milligrams in a bidi, versus 9.4 milligrams in a conventional cigarette. Studies have shown that bidis produce higher levels of carbon monoxide and nicotine. They require a higher level of inhalation, due to the low combustibility of the tendu leaf wrapper.

Advantages of quitting smoking

Within 20 minutes of smoking that last cigarette, your body begins a series of changes that continues for years. However, all benefits are lost by smoking just one cigarette a day (according to the American Cancer Society).

Time to benefit	Benefit
20 minutes	Your blood pressure and pulse rate drop to normal. The temperature of your hands and feet increases toward normal.
8 hours	The carbon monoxide level in your blood drops to normal. The oxygen level increases toward normal.
24 hours	Your chance of heart attack decreases.
48 hours	Nerve endings start regrowing. Your ability to smell and taste are enhanced.
2 weeks	Circulation improves. Your lung function increases up to 30 percent.
3 months	Walking becomes easier.
1-9 months	Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia in your lungs begin to regrow, increasing the ability to handle mucus, clean the lungs and reduce infection. Your body's overall energy increases.
1 year	Your excess risk of coronary artery disease is half that of someone who is currently a smoker.
5 years	The lung cancer death rate and stroke risk are greatly reduced. Your risk of mouth, throat and esophageal cancer is half that of a smoker's.
10 years	The lung cancer death rate is similar to that of nonsmokers. Precancerous cells are replaced. Your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.
15 years	Your risk of coronary heart disease is the same as that of a nonsmoker.

The “Why I smoke” quiz

Sometimes it’s easier to quit smoking if you know why you smoke. Use this quiz to find out what kind of smoker you are. It’s important to answer every question.

	Always	Frequently	Sometimes	Seldom	Never
A. I smoke to keep myself from slowing down.	5	4	3	2	1
B. Handling a cigarette is part of the enjoyment.	5	4	3	2	1
C. I find it pleasant and relaxing to smoke.	5	4	3	2	1
D. When I am upset or angry I will light up a cigarette.	5	4	3	2	1
E. I find it unbearable when I run out of cigarettes.	5	4	3	2	1
F. I smoke automatically and am not even aware of it.	5	4	3	2	1
G. I smoke to perk myself up.	5	4	3	2	1
H. Part of the enjoyment of smoking comes from the steps I take to light up.	5	4	3	2	1
I. I find cigarettes pleasurable.	5	4	3	2	1
J. I light up when I feel uncomfortable about something.	5	4	3	2	1
K. I’m very aware of the times I’m not smoking.	5	4	3	2	1
L. I light a cigarette without realizing I still have one burning.	5	4	3	2	1
M. I smoke to give myself a lift.	5	4	3	2	1
N. Part of the enjoyment of smoking is to watch the smoke as I exhale.	5	4	3	2	1
O. I want a cigarette most when I am comfortable and relaxed.	5	4	3	2	1
P. I smoke when I feel blue or want to take my mind off my worries.	5	4	3	2	1
Q. I get a real craving for a cigarette when I haven’t had one in a while.	5	4	3	2	1
R. I’ve found a cigarette in my mouth and don’t recall placing it there.	5	4	3	2	1

SCORING YOUR QUIZ

- Write the number you selected for each item in the spaces below. For example, put the number 1-5 that you circled for question A in box A.
- Add up the three scores on each line. For example, A + G + M = your score for the stimulation category.

Reason				Total
Stimulation	A	G	M	
Handling	B	H	N	
Pleasure	C	I	O	
Tension reduction	D	J	P	
Craving (psychological addiction)	E	K	Q	
Habit	F	L	R	

INTERPRETING YOUR SCORE

Stimulation

If you scored high in this category, that means a cigarette stimulates you. You believe smoking helps wake you up, helps you get organized and keeps you going throughout the day. When you quit you'll have to find alternatives and substitutes. Here are some suggestions:

- Chew on cinnamon sticks, strong flavored sugar-free gum or carrot sticks.
- Keep yourself busy at work or around the house.
- Plan ahead to organize your day.
- Rinse your mouth with mouthwash or brush your teeth to stimulate your tongue and mouth.
- Take a brisk walk or other moderate exercise.

Handling

A high score here means you like handling a cigarette, lighter or matches. Find other things to keep your hands busy.

- Play with a coin, rock, piece of jewelry or paper clip.
- Take up a hobby that uses your hands (knitting, crossword puzzles, hand-held video games).
- Toy with a pen or pencil or try doodling.
- Wear a rubber band around your wrist and snap it.

Pleasure

People who score high in this category may get real pleasure out of smoking, or they smoke to keep from feeling bad. Consider some alternatives to smoking.

- Contemplate the harmful effects of smoking, both for you and for those around you (this may be enough to help you quit).
- Get involved in a sport or exercise program.
- Go to the movies, or out to dinner.
- Make a list of pleasures of being a nonsmoker.
- Spend time with your friends.
- Treat yourself to something special.

Tension reduction

Smokers who use their habit as a crutch in moments of stress or discomfort may find it easy to quit when times are good but tough when things are not so good. If you score high in this category, these stress-relievers may help:

- Join a support group.
- Listen to music.
- Practice deep breathing.
- Take a long walk.
- Take up a hobby.
- Talk with a friend.

Craving (psychological addiction)

Craving begins to build as soon as you put out a cigarette and the level of nicotine in your blood begins to drop. Here are some suggestions to help you cope with cravings:

- Consider using nicotine replacement therapy.
- Smoke more than usual for a couple of days to diminish the taste of cigarettes. Then isolate yourself completely until the craving is gone.
- Stay busy.
- Talk to your doctor about nicotine replacement or other medical interventions.

Habit

Scoring high in this category means you smoke automatically, and chances are you don't enjoy doing so. Cutting down gradually may help. Before lighting up, ask yourself, "Do I really want this cigarette?" Changing your routine may help.

- Avoid places that trigger your smoking.
- Drink teas instead of coffee.
- Go to places that are smoke-free.
- Have your car cleaned.
- Have your house cleaned.
- Join a support group.
- Make a part of your house smoke-free.
- Speak with your doctor about nicotine replacement therapy options.
- Take a different route to work.
- Wash out the ashtray and fill it with toothpicks.

Quitting smoking is difficult. It requires determination and perseverance, and you need to be kind to yourself during the process. As it says in the Alcoholics Anonymous program, take one day at a time. Do the best you can. Even cutting back on the amount you smoke will benefit your health.

Getting ready to quit

Right now, you're a smoker and you have a choice:

- Continue using tobacco with all its health consequences.
- Take charge and improve your quality of life by quitting.

When you decide to quit, here's a process that may work for you.

1. Talk to your doctor about nicotine replacement therapy, Chantix, Zyban, hypnosis or acupuncture. *See the appendix on page 19 for details about nicotine replacement options.*
2. Join a tobacco-cessation class to reinforce your personal reason to quit. A class can give you tools to help you stop smoking and introduce you to valuable support contacts. Mercy Health holds a smoking regular cessation class. Call Barbara Blochowski at 419-251-1321 for more information.
3. Work through the process of adjusting to an ex-tobacco user's lifestyle.
4. Begin cutting back on your smoking or chewing and be aware of the stressors/ triggers that make you want to smoke. A useful acronym for common triggers is HALT (Hungry, Angry, Lonely or bored, Tense or tired).
5. Plan strategies around your triggers. Common triggers are drinking coffee or alcohol, the end of a meal, stress, other people smoking, peer pressure and taking a break.
6. Learn right thinking to put you in control. Your thinking creates feelings and then you act on your feelings. Remember your reason for quitting.
7. Set a quit date.
8. Get support.

The night before your quit date:

- Empty your house, car and workplace of all cigarettes, lighters and ashtrays.
- If you're going to use nicotine replacement therapy, read the directions and understand the proper use of the delivery system.
- Have low-calorie snacks, sugar-free gum and candy available to help curb smoking cravings.
- Keep telling yourself that you're becoming a nonsmoker.

If you're using a nicotine patch on the morning of your quit date:

- Set your alarm for two hours before you normally get up.
- When the alarm goes off, put on the patch.
- Go back to sleep.

Starting nicotine replacement before rising on your quit date may help decrease the early morning craving for a cigarette. If your skin becomes irritated from the patch, coat the area with Maalox, let it dry, then put the patch over the Maalox.

The process of quitting smoking

Every year, three million smokers give up cigarettes. With the right attitude, preparation and knowledge, you can be one of them. The main step in the process of quitting is deciding to start.

DECIDE TO QUIT

Smokers tell us that 50 percent of the job of quitting smoking is the decision to quit smoking. Think about reasons to smoke and reasons to quit, then write them out. Add to the list for a week. Spend half an hour thinking about whether you want to smoke for the rest of your life or quit. If you decide to quit some day in the future, pick a date and stick with it.

MAKE CHANGES

As you prepare to quit, begin to change your smoking patterns. Change brands of cigarettes. It's best if you can change to a lower nicotine brand. Change how much, where and when you smoke. Scrambling your smoking routine makes smoking less pleasant.

PLAN YOUR DEADLINE

Prepare for quitting by picking your date. Decide what you'll do that day to handle urges to smoke. Wake up on that day as a nonsmoker. It's easier than quitting in the middle of the day. Say nice things to yourself. Give yourself a pep talk as needed. Take the day in short segments. Don't tell yourself you're going to give up something. That's negative thinking. Instead, think of what you'll gain. Plan to spend lunch and coffee breaks with nonsmoking friends.

KEEP A DIARY

A week before your quit date, start a daily diary of your smoking. Record where, when and why you smoke. Begin to think of substitutes you'll use as a nonsmoker. Imagine yourself not smoking in those situations in the future.

THINK POSITIVE

Project a positive attitude. Tell yourself you can do it this time. Convince yourself that you will succeed. Studies show that smokers who use this mental preparation are more likely to be nonsmokers a year later.

USE COPING TECHNIQUES

Self-talk and activities help smokers overcome urges for cigarettes. Self-talk is telling yourself you're great for making the effort or that smoking is not an option, then switching to other thoughts. Activities are related to doing something different. Getting up, walking around and taking deep breaths are all activities.

CONSIDER NICOTINE REPLACEMENT

Do you need nicotine gum? It's a good question to ask. Today we can identify smokers who are addicted. They:

- often smoke a pack or more a day
- prefer cigarettes with higher nicotine content
- smoke within 30 minutes of rising
- smoke a cigarette at least every two hours while awake
- have withdrawal symptoms when they delay smoking
- smoke even when they have a medical condition that's made worse by continued smoking

Addicted smokers may find that nicotine replacement therapy eases their withdrawal symptoms, making it easier to quit smoking. Ask your doctor whether nicotine replacement might help you.



RECOGNIZE THIS IS A LEARNING PROCESS

Quitting smoking is a process. It took a while to learn to smoke; it takes a while to learn not to smoke. Some smokers need repeated attempts to quit. Don't ever give up. Persist in cessation efforts until you're successful.

WHERE ARE YOU IN THE SIX-STEP PROCESS OF QUITTING?

1. **Precontemplation:** You're not even thinking about quitting. People in this step have never really considered trying to quit. It's hard for them to get motivated to quit.
2. **Contemplation:** You're considering quitting some day but waiting for a motivating event to help you find reasons to quit.
3. **Action:** You're in the act of quitting and you're prepared to stop. You've reduced the amount you smoke, changed brands or restricted your smoking. You've considered what to do on the day you quit and planned coping strategies to deal with urges to smoke.
4. **Maintenance:** In this stage, you've quit smoking but are in the first year of staying tobacco-free. After one year off cigarettes, a smoker can claim success at cessation.
5. **Relapse:** You've returned to daily smoking after a period of not smoking. First-time quitters are successful a quarter of the time. Others need to make another attempt. In fact, most smokers need to try to quit at least three times before it works. Said another way, "practice makes perfect."
6. **Renewed attempts:** Seventy-five percent of smokers will have to pass through this step to become nonsmokers. The good news is that repeated attempts to quit are worth it because you can learn from past mistakes.

Withdrawal and symptoms of recovery

When you quit smoking, you may have any of a variety of physical and psychological discomforts. This can be called “withdrawal.” But because the discomforts are a result of quitting an unhealthy habit, it’s helpful to view them positively as symptoms of recovery.

Most symptoms decrease after the first three days and some stop. Other symptoms slowly decline over the next two to three weeks. For some people, coping with recovery symptoms is like riding a roller coaster. There are sharp turns, slow climbs and unexpected plunges. Fortunately, most symptoms pass within two to four weeks.

Symptom	Cause	Relief
Cravings	Your body lacks nicotine and the behavior associated with its consumption.	Apply the four D's: Delay (the urge will pass), Do something else, Drink plenty of water, and Deep breathe. Remember, cravings last only a few minutes.
Irritability	Because nicotine affects the chemistry of the brain and central nervous system, it can affect your mood.	Go for walks, take hot baths, chew nicotine gum, use relaxation techniques.
Numbness and tingling sensations	Improved circulation causes changes in your nerves.	Give it time. These sensations will pass as you become used to the increased blood flow.
Fatigue	The lack of nicotine slows your metabolism.	Don't push yourself. Take naps and chew nicotine gum.
Insomnia	Lack of nicotine can make you tense.	Use relaxation techniques and avoid caffeine after 6 p.m.
Lightheadedness or lack of concentration	The absence of carbon monoxide allows an increased supply of oxygen to your brain.	Wait it out. This symptom will pass within a week or two as your brain becomes used to working with a normal supply of oxygen. Avoid stress. Change positions slowly.
Cough	Your body is cleansing itself of material from your smoking habit.	Drink plenty of fluids. Try cough drops. The cough will subside when your lungs have cleared the excess tar and debris caused by smoking.
Constipation, gas, stomach pain	Your metabolism changes, affecting your digestive tract.	Drink plenty of fluids and add roughage to your diet.
Hunger	You have an improved sense of smell and taste, so food is more appealing.	Be prepared with low-calorie snacks. Drink plenty of fluid. Try sugar-free candy or gum. Also try nicotine gum.

A nonsmoking self-image and positive thinking

SELF-IMAGE

An improved self-image is a great reward for quitting smoking. Here are some things you'll have that can help you feel good about yourself:

- control over cigarettes as opposed to cigarettes controlling you
- fresher breath, whiter teeth and a fresh-smelling environment
- more money to spend on other things that bring you pleasure
- proof that you have the skills and determination to do something very positive for yourself

These are great rewards for quitting! Add your own personal reasons for feeling better about yourself for quitting smoking.

POSITIVE THINKING

No matter what stage of the quitting process you're in, it's sometimes hard to stay positive about the changes you're making in your life. Positive thinking can keep you going when the going gets rough. It's very important to remember that quitting smoking may be the most difficult—but most important—change you can make for yourself, for your life and for your loved ones. Here are some statements you can say to yourself when you're having trouble:

- I can do this!
- I will do this!
- I'm doing too well to go back to smoking now!
- I've worked too hard to go back to smoking!
- Nothing will make me smoke again!

Getting support

At some point, everybody needs someone to help them through tough times. Quitting smoking is definitely a time when you can use some extra emotional support.

Research shows that those who get strong emotional support are better able to stay away from tobacco. Sometimes it helps to get support from someone else who is also trying to quit smoking. He or she can identify with you and what you're going through. Surprisingly, you'll be amazed at how much each other's needs, slips and ideas can actually help you both.

Here are some ideas for establishing a support system for yourself:

- Definitely choose a nonsmoker!
- Choose someone who you genuinely like—your spouse or best friend.
- Ask for support and make it a mutual agreement.
- Tell your support person if his or her support feels overbearing to you.
- Be able to explain what you're feeling and ask for him or her to hear you out when you're tempted to smoke.
- Admit it when you need some help. The goal isn't to say you did it by yourself. The goal is to succeed.

Other resources

In addition to support from other people, these resources can help you quit smoking for good.

OHIO TOBACCO QUIT LINE

When you call the Quit Line, you can talk to a trained counselor to help you quit and stay smoke free. The service is free. Call any time from 9 a.m.–11 p.m. Mon.–Fri., and 10 a.m.–6:30 p.m. Sat.–Sun.

You can also leave a message 24 hours a day and request a call-back time that's convenient for you. The service is available in 150 languages, and TTY service is available for the deaf and hard of hearing. Call 800-QUIT-NOW (800-784-8669). TTY service is at 888-229-2182.

FREEDOM FROM SMOKING® ONLINE

On this website you'll find extensive resources to help you quit and stay tobacco free. There's no cost, and you can download materials from the website. Go to ffsonline.org.

PUBLICATIONS

These brochures and books from the American Lung Association of Ohio can give you lots of information and inspiration. Call 800-231-LUNG (800-231-5864) to order them.

Quit Smoking Action Plan

This free seven-page brochure explains cessation options and plans for keeping yourself tobacco free.

Freedom from Smoking® for You and Your Baby

If you're pregnant and smoking, this free 17-page booklet can help you quit. It's also available in Spanish.

Quitting for Life

This self-help manual costs \$5.

7 Steps to a Smoke-Free Life

Edwin B. Fisher, Jr.'s sympathetic, straightforward book guides you through seven steps to a longer, healthier life. It's based on the award-winning Freedom From Smoking® plan. The book is \$12.95, plus tax and shipping. You can also buy it at a bookstore or online.

Coping with smoking urges

Having coping tools ready can help you get past urges to smoke. Here are 15 different ways you can deal with specific smoking urges:

1. **Wait it out!** Believe it or not, most urges last just five or six minutes then fade and disappear. This often works for mild cravings.
2. **Talk yourself out of the urge.** Remind yourself that it will go away. Tell yourself: "This isn't going to last. This will go away." And it will!
3. **Review your most important reasons for quitting smoking,** and think of all the hard work you've done to this point, both physically and mentally.
4. **Think away the urge.** Here's an example:
 - a. Think for one to two minutes about diseases related to smoking.
 - b. Say to yourself "I will not smoke."
 - c. Spend several minutes thinking about the many benefits of not smoking.
5. **Exercise.** Time and schedule permitting, exercise can defeat a smoking urge.
6. **Stretch and touch your toes.** This is especially helpful if you do it before entering a tense situation or being around other smokers.
7. **Doodle.** This keeps your hands and your mind busy.
8. **Breathe deeply.** Deep breathing can be extremely effective in dealing with urges, whether you're alone or with other people.
9. **Take a walk.** Especially after a meal you can walk off the urge to smoke.
10. **Take off your glasses and polish them.** This is a particularly good technique to use if you're in a meeting of any kind.
11. **Knit, crochet, do crewel:** these hobbies effectively obstruct the urge to smoke.
12. **Take a shower.** This will not only take up the time an urge lasts, it will relax you and weaken the strength of the urge.
13. **Do a crossword puzzle.** The concentration required makes this a very effective tool for getting rid of urges.
14. **Alter your routines.** Many smokers smoke because they're used to doing that during a routine activity. Changing when or how you do things can make a big difference.
15. **Work on a hobby.** Hobbies that require concentration and fine hand work are great for distracting yourself from urges.

Changing your daily routines

Smoking often becomes part of routine activities. As you learn to quit the smoking habit, you may need to change a few of your daily routines. Changes will distract you from smoking to accompany an activity. They also help delay cravings. Here are a few suggestions:

- Wait until after you've taken a shower and dressed to have that first cup of coffee in the morning.
- Go for a walk on your break at work and make it a point each day to notice something different along the way.
- Keep pencils and paper close to the phone for doodling.
- Go for a walk or do some stretches immediately after eating a meal.
- Start your day visualizing yourself in situations in which you may want to smoke, but won't. Then think of ways to reward yourself throughout the day and at the end of the day.
- Start an exercise program or hobby that you've wanted to do but never had time for.
- Change your route to work or school.
- Stop at the book or music store on the way home from work, school or other functions and browse for awhile.
- Set time aside each day to mentally relax.
- Eat at a different restaurant, and definitely sit in the nonsmoking section.

Dealing with slips and preventing relapses

The real problem for most people isn't getting off cigarettes. It's staying off them. You'll have urges to smoke that make it difficult to cope with the decision to quit. Review your plan and evaluate to see if there's anything that you can change to avoid the slip next time.

If you do slip, remember these points:

- You slipped because you weren't prepared to cope with the situation. A slip doesn't mean you're a failure or that you're addicted and can't quit.
- Forget guilt or blame. Remake your plan of action for that specific situation. Rehearse it in your mind before entering that situation again. Focus on what caused the slip and what you'll do differently next time.
- You can learn from your mistake. Go back to being smoke free and feel more confident that you'll be able to resist other temptations.
- Think of all the hard work you've done both mentally and physically up to this point. No cigarette is worth risking all of your hard-earned progress.

Remember that you're not alone! Millions of people have quit smoking successfully and so can you!!

Are you ready to quit?

Flip to the back cover to make the pledge.

Appendix: Nicotine replacement options

This chart shows the variety of nicotine replacements. Talk with your doctor to choose the one that's right for you.

Medication	Availability	Cautions	Side effects	Dosage	Use	Approximate cost
Bupropion SR 150	Prescription only: <ul style="list-style-type: none"> Zyban Wellbutrin SR Generic SR 	Don't use if you: <ul style="list-style-type: none"> Currently use a monoamine oxidase (MAO) inhibitor Use in bupropion in any other form Have a history of seizures Have a history of eating disorders Seniors may have problems with this medication.	<ul style="list-style-type: none"> Insomnia Dry mouth Headache Agitation Seizure (0.1% risk) Possible suicidal thoughts Possible cardiac problems 	Days 1-3: 150 mg in the morning After day 3: 150 mg twice daily	<ul style="list-style-type: none"> Start 1-2 weeks before your quit date Use for 2-6 months 	150 mg, 60 tablets: <ul style="list-style-type: none"> Zyban: \$185 Wellbutrin: \$170 Generic: \$100
Nicotine gum	Over the counter only: <ul style="list-style-type: none"> Nicorette Generic 	<ul style="list-style-type: none"> May cause denture problems Don't drink acidic beverages while using 	<ul style="list-style-type: none"> Mouth soreness Salivation Belching Hiccups Stomachache Possible cardiac problems 	<ul style="list-style-type: none"> 1 piece every 1-2 hours If 24 cigs/day or less: 2 mg Above 25 cigs/day or chewing tobacco: 4 mg 	Up to 12 weeks or as needed	2 mg, 50 pieces: <ul style="list-style-type: none"> Nicorette: \$30 Generic: \$25 4 mg, 50 pieces: <ul style="list-style-type: none"> Nicorette: \$35
Nicotine inhaler	Prescription only: Nicotrol	Don't drink acidic beverages while using	<ul style="list-style-type: none"> Mouth or throat irritation at first Cough Headache Nausea Bronchospasm Possible cardiac problems 	<ul style="list-style-type: none"> 6-16 cartridges/day Inhale 80 times/cartridge You can save used cartridges for 1 day 	<ul style="list-style-type: none"> Up to 6 months Taper at end 	Box of 168 cartridges: \$170
Nicotine lozenge	Over the counter only: <ul style="list-style-type: none"> Commit Generic (Nicabate) 	<ul style="list-style-type: none"> Don't eat or drink 15 minutes before or after use One lozenge at a time Limit: 20 in 24 hours 	<ul style="list-style-type: none"> Hiccups Cough Heartburn Headache Nausea Flatulence Possible cardiac problems 	<ul style="list-style-type: none"> If smoking within 30 minutes of waking: 4 mg If smoking after 30 minutes of waking: 2 mg Weeks 1-6: 1 every 1-2 hours Weeks 7-9: 1 every 2-4 hours Weeks 10-12: 1 every 48 hours 	Up to 12 weeks	2 mg, 48 lozenges: <ul style="list-style-type: none"> Commit: \$30 4 mg, 48 lozenges: <ul style="list-style-type: none"> Commit: \$30 Generic: \$25
Nicotine nasal spray	Prescription only: Nicotrol NS	<ul style="list-style-type: none"> Don't use if you have asthma May cause dependence 	<ul style="list-style-type: none"> Nasal or throat irritation at first Runny nose Headache Cough Bronchospasm Possible cardiac problems 	<ul style="list-style-type: none"> 1 squirt/nosril 1-2 doses/hour 8-40 doses/day Do NOT inhale 	<ul style="list-style-type: none"> 3-6 months Taper at end 	40 ml, \$190
Nicotine Patch	Over the counter: <ul style="list-style-type: none"> Nicoderm CQ Habitrol Generic prescription: <ul style="list-style-type: none"> Generic (Legend) 	Don't use if you have severe eczema or psoriasis	<ul style="list-style-type: none"> Skin irritation Insomnia Cardiac problems possible 	<ul style="list-style-type: none"> 1 patch/day If 10 or more cigs/day: 21 mg for 4 weeks; 7 mg for 2 weeks If less than 10 cigs/day: 14 mg for 4 weeks; 7 mg for 4 weeks 	6-8 weeks	21 mg, 7 patches: <ul style="list-style-type: none"> Nicoderm: \$30 Generic: \$25 14 mg, 7 patches: <ul style="list-style-type: none"> Nicoderm: \$30 Generic: \$25
Varenicline	Prescription only: Chantix	You may need a smaller dose if you have renal problems or are on dialysis	<ul style="list-style-type: none"> Nausea Insomnia Abnormal dreams Headache Fatigue Possible cardiac problems 	Days 1-3: 0.5 mg each morning Days 4-7: 0.5 mg twice/day After day 7: 1 mg twice/day	<ul style="list-style-type: none"> Start 1 week before quit date Use 3-6 months 	Approximately \$115/month

Notes

Notes

The Ohio Tobacco Quit Line

The Ohio Department of Health offers the Ohio Tobacco Quit Line to help smokers who want to kick the tobacco habit.

Tobacco counselors are available from 9 a.m.–11 p.m. Monday through Friday, and from 10 a.m. to 6:30 p.m. Saturday and Sunday. You can also leave a message 24 hours a day and request a call-back time that's convenient for you. The service is available in 150 languages, and TTY service is available for the deaf and hard of hearing.

Smokers who want to quit are much more successful when they take advantage of services such as the Ohio Tobacco Quit Line. Only five percent of those who try to quit smoking cold turkey are successful, compared to 22 percent who use the quit line.

Call the Ohio Tobacco Quit Line at 800-QUITNOW (800-784-8669). TTY service is at 888-229-2182.

I quit smoking on



and saved my life