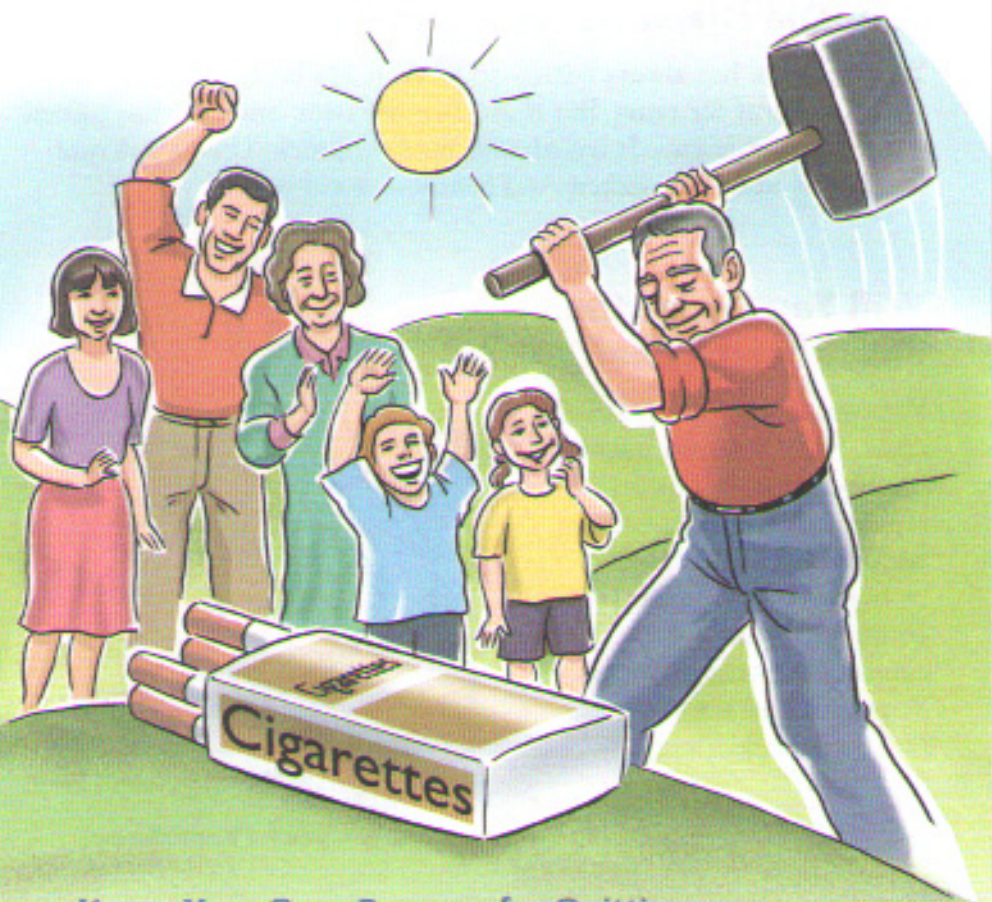


Quit Smoking

This Time for Sure



- Know Your Own Reasons for Quitting
- Pick a Medication to Help
- Stay Free of Tobacco

You Are Stronger Than Nicotine

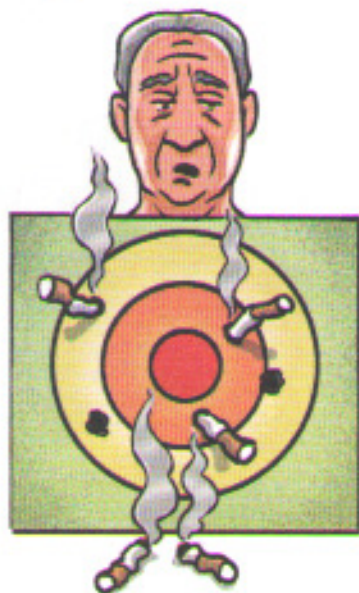
You have a drug addiction. Your drug is nicotine. Though legal, it is just as addictive and harmful as heroin or cocaine. The tobacco industry has made a fortune keeping you hooked. Will tobacco keep controlling you, or will you control it? The choice is yours. Over a million smokers a year quit. So can you. This booklet will show you how.

Your Old Friend Has Betrayed You

Your cigarette has always been a comfort. It has been with you every step of the way for years. But those days are over. Smoking has turned out to be your enemy. It has already made you sick. Unless you quit, it will only make you sicker. And it may well kill you.

Will You Dodge the Bullet Next Time?

You came through this health crisis. Next time you might not. Quitting will mean replacing a lot of old habits with new ones. That will be hard. But not as hard as getting sicker and sicker. You can stop poisoning yourself. You must. Not tomorrow. Not next week. Today.



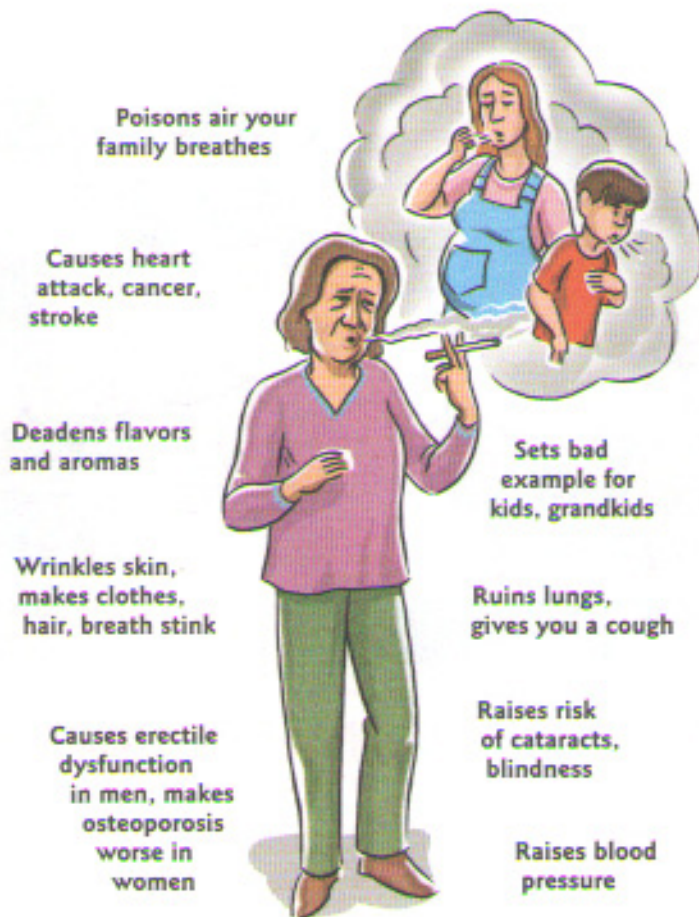
Smoking targets you for heart disease.

This booklet is not intended as a substitute for professional medical care. Only your doctor can diagnose and treat a medical problem.

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What Smoking Does to You

Smoking is slow suicide. It poisons your body. It makes you unattractive. And it robs you of many of life's pleasures. Would you stick with any other activity that did all that?



How Quitting Helps You

As soon as you quit, your body starts to heal. Breathing gets easier. Your stamina and your senses of taste and smell start coming back. Quitting lowers your odds of getting or dying of smoking-related diseases. And it saves your loved ones from breathing your smoke.

I Always Smoke When I...

Smoking has worked its way into every aspect of your life. Time after time, certain situations, feelings, and activities prompt you to light up. Those are your “triggers.” For each, plan what you will do instead of smoking. Plan how you will break up routines that you associate with smoking.



My Triggers

- *Waking up in the morning*
- *Drinking coffee or alcohol*
- *Having stress at work*
- *Finishing dinner*
- *Playing cards with friends*

Add more triggers below:

-
-
-
-
-

Instead of Smoking

- *Brush teeth immediately*
- *Switch to tea or fruit juice*
- *Breathe deeply*
- *Leave table, brush teeth, walk*
- *Play in no-smoking room*

Add more substitutes below:

-
-
-
-
-

But I've Tried Before to Quit

Good. So you have a head start. Most smokers try to quit several times before they succeed. You've now gotten your failures over with. You know what didn't work before. So you don't have to fall into the same traps. This can be the time you finally break your addiction for good.

How I Slipped Up Before

EXAMPLE:

Thought I could have just one when Tracy offered me a smoke.

Write actual situations below:



What I'll Do Differently This Time

EXAMPLE:

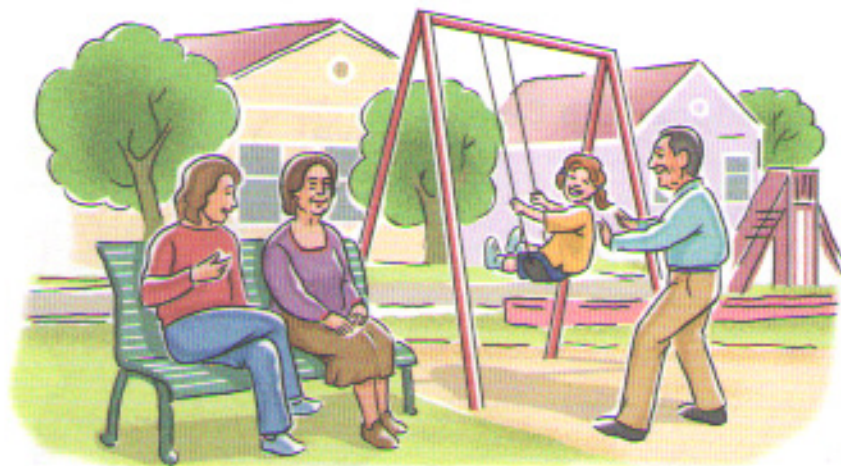
Tell friends ahead of time not to offer me a cigarette.

The Past Is Just the Past

This time you win. You now have more reason to quit. Remind yourself of your reasons. You're never too old to quit. And it's not too late for your body to start healing. Don't give up on yourself!

My Own Reasons for Quitting

If you don't really want to quit, you won't. Only your own motivation with support from others will carry you through to success. Write down your reasons. Put the list on your refrigerator. Carry a copy in your wallet. Read it often.



Why I'll Quit

Decide why it's important to you to quit smoking.

EXAMPLES:

- *I can barely breathe.*
- *It gave me a heart attack.*
- *So my grandkids won't breathe my smoke.*

Write your own reasons:

The Money I'll Save

Count up how much you spend on cigarettes each month.

$$\begin{array}{r} \$ \underline{\quad} \text{ price per pack} \\ \times \underline{\quad} \text{ packs per week} \\ = \$ \underline{\quad} \text{ total per week} \\ \times \underline{4} \text{ weeks per month} \\ = \$ \underline{\quad} \text{ Total per month} \end{array}$$

How I could reward myself with the money I save:

Make Quitting a Project

Taking your life back from tobacco is a major change of lifestyle. You'll need more than just good intentions. To stick with it, you need a plan and some help.

Start Now

Crush out your last cigarette butt right now, then get busy filling the void with a project to stay smoke-free. Fill in all the blanks in this booklet. Get creative. Really think of what you'll do instead of lighting up each time you run into a trigger. Plan new habits (pages 8 and 13), and stick with them (page 15).



Ask for Help

Tell people you have quit. Ask for encouragement (page 9). Ask your healthcare provider or hospital to help you find a quit-smoking class and telephone counseling.

Fight Your Enemy

Treat tobacco as your enemy. It is. Fight it (pages 12 and 14). Don't kid yourself that just one puff will be okay. One puff will only sharpen your craving, not satisfy it. And forget about smokeless tobacco. It's bad for you, too. Get medications to help you quit (pages 10 and 11).



Clear the Air

Make a ceremony of destroying every cigarette you have (including any you have hidden). Get rid of all ashtrays, lighters, and matches. Clean the smell out of your clothes, car, carpets, and curtains. Plan how to replace old habits.



Habits I'll Change

Instead of...

EXAMPLES:

- *Watching football at Larry's*
- *Going shopping in Joan's car*
- *Drinking at my favorite bar*
- *Going to parties with smokers*

List your own habits:

I will now...

EXAMPLES:

- *Have Larry come to my place*
- *Go in my smoke-free car*
- *Avoid alcohol first few weeks*
- *Go to smoke-free places*

List your own ideas:

If Your Partner Keeps Smoking

If you have a partner who smokes, you've shared a lot. Now you can share something new. Make quitting a joint project. But if that doesn't work, don't let your partner be an excuse to smoke again. Instead:

- Ask your partner to smoke only outside or in certain rooms inside.
- Ask your partner not to smoke in your presence or in the car.
- Ask your partner to keep cigarettes where you can't get to them.
- Open the windows and turn on fans to blow the smoke out.

Line Up Helpers

You might need help getting through this big change in your life. Get support from people you are most comfortable asking, such as your family, friends, and healthcare provider. Ex-smokers can be especially helpful.

People to Recruit

Tell your family and friends you have quit. List the people you will ask to help. Include some ex-smokers and people who want you to succeed. Also, have one main supporter.

Groups That Help

Find a group of fellow quitters. Get phone counseling from a quit line. Ask your hospital, public health department, or healthcare provider to connect you with local resources to help you quit. The National Cancer Institute can also help. Contact them at 877-448-7848 or online at www.smokefree.gov.



Double Your Chances of Success

Quit-smoking products lessen your urge to smoke. Most replace nicotine for a while. All help you ease off your addiction. Combined with counseling, any of the products listed below doubles your odds of long-term success.

To Ease Your Way Off Cigarettes

Many of the products don't require a prescription. So you can start one as soon as you quit smoking—today. But they are not for everyone. So talk to your pharmacist and read the label carefully. Tell your doctor as soon as you can which product you are using. Don't smoke while using a nicotine product. Doing so can give you an overdose of nicotine.

Over-the-Counter	Comments	Length of Treatment	Some Possible Side Effects
Nicotine Patch	<ul style="list-style-type: none">• Gives you nicotine through skin at constant rate• Ask your doctor about combining patch with gum or nasal spray	Declining dosages over about 2 months	<ul style="list-style-type: none">• Skin rash, itching• Insomnia• Nausea• Dry mouth
Nicotine Gum	<ul style="list-style-type: none">• Gives you nicotine through the mouth• Reduce amount little by little	Declining dosages over about 2 to 3 months	<ul style="list-style-type: none">• Sore mouth or jaw• Indigestion• Dizziness, nausea
Nicotine Lozenges	<ul style="list-style-type: none">• Give you nicotine through the mouth• Reduce amount little by little	Declining dosages over about 3 months	<ul style="list-style-type: none">• Sore mouth• Belching• Dizziness, nausea, weakness



Quit-smoking products may cost more than a pack of cigarettes. But they also last much longer and help save you a lifetime of cigarette costs.

By Prescription Only	Comments	Length of Treatment	Some Possible Side Effects
Nicotine Nasal Spray	<ul style="list-style-type: none"> • Gives you nicotine through nose • Effect starts quickly 	3 to 6 months	<ul style="list-style-type: none"> • Irritated nose, eyes, throat • Coughing, sneezing
Inhaler	<ul style="list-style-type: none"> • Like plastic cigarette; inhale nicotine into mouth 	Up to 6 months	<ul style="list-style-type: none"> • Mouth and throat irritation • Coughing
Bupropion SR	<ul style="list-style-type: none"> • Does not contain nicotine • Reduces withdrawal symptoms, urges 	Start 2 weeks before you quit, then take for 2 to 6 months	<ul style="list-style-type: none"> • Insomnia • Dry mouth • Shakiness • Skin rash

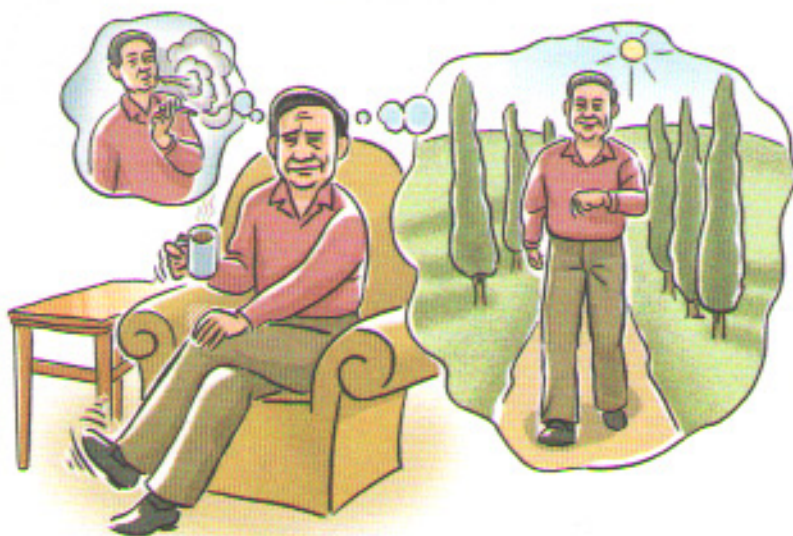
Each product listed conflicts with certain other medications or certain medical conditions. If you have questions, ask your pharmacist or doctor.

Fighting the Urges

Beating your physical addiction is the first part of quitting. Quit-smoking products help with that. The second part of quitting is to change your ways.

First the Addiction, Then the Habit

Even without quit-smoking products, the addiction usually goes away on its own in a few weeks. The habits of many years may take longer to break. Smokers tend to fear withdrawal symptoms the most. But what trips up quitters more often are the feelings and simple little habits of daily life—feeling happy or sad, lighting up with a cup of coffee or with the paper. Replace the cigarette with something else in each of those situations, and you're home free.



Don't Give In

If quitting were easy, you would have done it long ago. But make this the quit that sticks. Vow that if you light up again, you will give money to some organization you disagree with.

Starting New Habits

If you've smoked 1 pack a day for 20 years, you've taken over a million drags. That's a huge habit. Fill the void by forming new habits for your hands and mouth. Also form new ways of dealing with situations that you associate with smoking.



Your Hands

Keep your hands busy. Doodle. Knit. Exercise. Squeeze a rubber ball. Twirl a pen through your fingers. Practice magic tricks. Tidy up. Shell nuts or sunflower seeds.

Add your own ideas:

Your Mouth

Put healthier things in your mouth, such as sugar-free gum and mints. Drink lots of water. Eat fruit, pretzels, and carrot sticks. Brush your teeth often.

Add your own ideas:

Your Day

Disrupt your triggers. For instance, drive a different route to work. Keep busy. Spend more time with nonsmokers. Avoid places that allow smoking. When stressed, breathe deeply. Then deal with the cause instead of the feeling.

Add your own ideas:

The Early Weeks of Success

The early weeks will be the hardest. But the longer you stay smoke-free, the easier it will get. The urge to smoke will be strong. Remind yourself that you are stronger. Remind yourself often of your reasons for quitting. Take one hour at a time, one day at a time. Reward yourself for your successes.

Practice Fighting Temptation

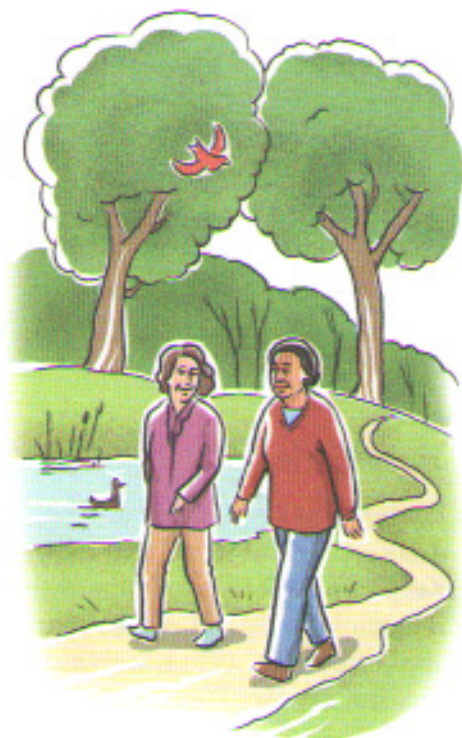
Temptation will surely come. Practice saying no while looking in a mirror. But go a step further. Respond to each urge with the alternatives you wrote on page 13. Each success builds your confidence for beating the next urge.

Accept a Few Pounds

You will most likely gain a little weight. But that's better than the damage smoking does. Most quitters gain less than 10 pounds. You can lose it later. Don't stress yourself now with a crash diet. Eat sugar-free snacks and healthy food. Exercise to limit any weight gain and to work off nervous energy.

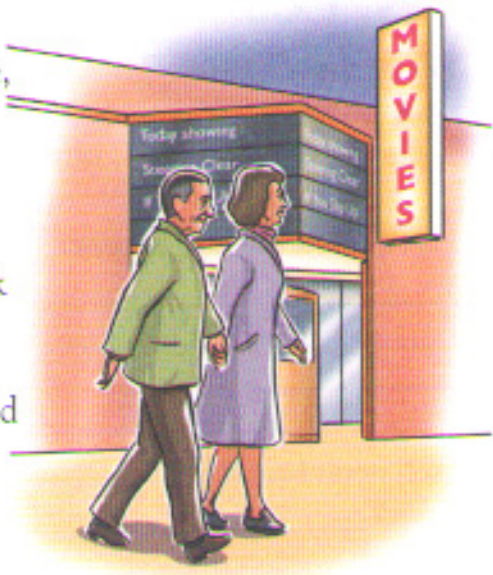
Manage Your Moods

You may feel blue. This usually passes. If it gets bad, tell your doctor. Stay too active to dwell on your moods. If you feel angry, lonely, or tired, deal with the real cause of the problem. Lighting up doesn't address the real cause.



Stay Smoke-Free

You're building a new lifestyle, one free of tobacco. Renew your resolve day by day. Keep a written record of the ways you can now enjoy life more than before. Every week or month or year, reward yourself by doing something fun with the money you would have spent on cigarettes.



Steer Clear of Your Triggers

Be careful not to slip back into your old ways. Avoid places where you used to smoke. Remind yourself often what your triggers are. As you notice other triggers, add them to your list. As you replace old habits with new ones, staying smoke-free will become easier.

If You Slip Up

All is not lost. It's no excuse for giving up. Get back on track. Never give up. Write why you slipped up:

Write what you learned from it:

Write what you'll do differently:

Yes, I Can! Yes, I Will!

Fill in these blanks. Then photocopy this page. Put one copy on your refrigerator and keep another copy in your wallet or purse. Read it often.

I am quitting smoking because: _____

I will reward myself for my success in these ways:

1 week _____ 6 months _____
1 month _____ 1 year _____

If I ever have another smoke, I will give money to this organization that I can't stand: _____

**Also available
in Spanish**

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