



Clearing the Air

Quit
Smoking
Today



U.S. DEPARTMENT OF
HEALTH AND HUMAN SERVICES
National Institutes of Health

National Cancer Institute



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Introduction

From those of us at the National Cancer Institute¹: Congratulations! You are taking the first step to quitting cigarette smoking.

We wrote this booklet with the help of ex-smokers and experts. It can help you get ready to quit. It can also help you through the days and weeks after you quit. The booklet tells you about tools to help you become a non-smoker. It also tells you what problems to expect when you quit. Being prepared can help you through the hard times.

There are many ideas in this booklet. Use the tips that work best for you. You can quit for good, even if you've tried before. In fact, most smokers try to quit many times before they succeed. Stay upbeat. Keep trying. Use what you've learned until you can quit for good.

¹ The National Cancer Institute (NCI) is part of the National Institutes of Health (NIH), one of eight agencies in the U.S. Department of Health and Human Services (DHHS). The NCI is the Federal Government's principal agency for cancer research and training.

Before You **START** a Smoke-Free Life

How to use this booklet

This booklet has five parts that you can read in order, or you can read just the information you want:

1. Before You **START** a Smoke-Free Life
2. **START** by Preparing
3. Today's the Big Day—Your Quit Date!
4. Quitting for Good
5. For More Information

Parts 1, 2, 3, and 4 take you step-by-step through the process of quitting. Part 5 is a list of groups that offer more information and programs to help you quit.

Why is quitting so hard?

Many ex-smokers say quitting was the hardest thing they ever did. Do you feel hooked? You're probably addicted to nicotine. Nicotine is in all tobacco products. It makes you feel calm and satisfied. At the same time, you feel more alert and focused. The more you smoke, the more nicotine you need to feel good. Soon, you don't feel "normal" without nicotine. It takes time to break free from nicotine addiction. It may take more than one try to quit for good. So don't give up too soon. You *will* feel good again.

Quitting is also hard because smoking is a big part of your life. You enjoy holding cigarettes and puffing on them. You may smoke when you are stressed, bored, or angry. After months and years of lighting up, smoking becomes part of your daily routine. You may light up without even thinking about it.





Keep in Mind...

Your body gets more than nicotine when you smoke.

There are more than 4,000 chemicals in cigarette smoke. Some of them are also in wood varnish, the insect poison DDT, arsenic, nail polish remover, and rat poison.

The ashes, tar, gases, and other poisons in cigarettes harm your body over time. They damage your heart and lungs. They also make it harder for you to taste and smell things, and fight infections.

Source: U.S. Department of Health and Human Services. *Reducing Tobacco Use: A Report of the Surgeon General*. Centers for Disease Control and Prevention, 2000.

Smoking goes with other things, too. You may light up when you feel a certain way or do certain things. For example:

- Drinking coffee, wine, or beer
- Talking on the phone
- Driving
- Being with other smokers

You may even feel uncomfortable *not* smoking at times or in places where you usually have a cigarette. These times and places are called “triggers.” That’s because they trigger, or turn on, cigarette cravings. Breaking these habits is the hardest part of quitting for some smokers.

Quitting isn’t easy. Just reading this booklet won’t do it. It may take several tries. But you learn something each time you try. It takes will power and strength to beat your addiction to nicotine. Remember that millions of people have quit smoking for good. You can be one of them!

Just thinking about quitting may make you anxious. But your chances will be better if you get ready first. Quitting works best when you’re *prepared*. Before you quit, **START** by taking these five important steps:

S = **Set** a quit date.

T = **Tell** family, friends, and co-workers that you plan to quit.

A = **Anticipate** and plan for the challenges you’ll face while quitting.

R = **Remove** cigarettes and other tobacco products from your home, car, and work.

T = **Talk** to your doctor about getting help to quit.



Even a little second-hand smoke is dangerous.

Second-hand smoke can cause cancer in non-smokers. It can also cause breathing problems and heart disease. People who breathe second-hand smoke get colds and flu more easily. And they often die younger than those who don't breathe it.

Pregnant women who breathe second-hand smoke have many risks:

- They may lose their babies.
- Their babies may be born small.
- Their babies are more likely to die of SIDS (Sudden Infant Death Syndrome).
- Their children may be cranky, restless, and get sick more often.
- Their children are more likely to have learning problems.

Children who breathe second-hand smoke have troubles too. They are much more likely to have breathing problems such as asthma. They also get more ear and lung infections (like pneumonia).

Some things to think about before you START...

Think about why you want to quit

Decide for sure that you want to quit. Promise yourself that you'll do it. It's OK to have mixed feelings. Don't let that stop you. There will be times every day that you *don't* feel like quitting. You will have to stick with it anyway.

Find reasons to quit that are important to *you*. Think of more than just health reasons. For example, think of:

- How much money you'll save by not buying cigarettes
- The time you'll have for yourself instead of taking cigarette breaks, rushing out to buy a pack, or searching for a light
- Not being short of breath or coughing as much
- Setting a better example for your children

Write down all the reasons why you want to quit. List ways to fight the urge to smoke, too. (You will find tips for coping later in this booklet.) Keep your list where you'll see it often. Good places are:

- Where you keep your cigarettes
- In your wallet or purse
- In the kitchen
- In your car

Source: U.S. Department of Health and Human Services. *Smoking and Tobacco Control Monograph 10: Health Effects of Exposure to Environmental Tobacco Smoke*. National Cancer Institute, August 1999.



When you reach for a cigarette you'll find your list.
It will remind you why you want to stop.

Here are some examples of reasons to quit:

- I will feel healthier right away. I will have more energy and better focus. My senses of smell and taste will be better. I will have whiter teeth and fresher breath. I will cough less and breathe better.
- I will be healthier the rest of my life. I will lower my risk for cancer, heart attacks, strokes, early death, cataracts, and skin wrinkling.
- I will make my partner, friends, family, kids, grandchildren, and co-workers proud of me.
- I will be proud of myself. I will feel more in control of my life. I will be a better role model for others.
- I will no longer expose others to my second-hand smoke.
- I will have a healthier baby. (If you're pregnant)
- I will have more money to spend.
- I won't have to worry: "When will I get to smoke next?" or "What do I do when I'm in a smoke-free place?"

Other reasons:



Nicotine Addiction Test

Find out how much you depend on nicotine

Knowing how addicted you are to nicotine can help you quit. It can help you decide if you need extra help, such as medicine or support from a program. Take this test to find out how hooked you are.

Check the box for every “yes” answer:

- Do you usually smoke your first cigarette within a half hour after you wake up?
- Do you find it hard not to smoke where smoking isn’t allowed?
(At the library, movie theater, or doctor’s office?)
- Do you smoke 10 or more cigarettes a day?
- Do you smoke 25 or more cigarettes a day?
- Do you smoke more during the morning than during the rest of the day?
- Do you smoke even when you’re sick?

How many boxes did you check? _____

The more boxes you checked, the more addicted you are.

You’ll have to work hard to quit, even if you checked only one box or no boxes at all.

You may be very addicted to nicotine if you checked more than three boxes.

Medicine can help you quit. Read about these medicines starting on page 17.

**Remember, no matter how hooked you are, you *can* stop smoking!
The key is staying strong and sticking with it.**



Keep track of when and why you smoke

Think about when you smoke and why you smoke. Do this for the next few weeks. Keep a record of every cigarette you smoke. Copy the Craving Journal on page 11. You will probably need one copy for every day.

You will find that you light up a lot without thinking about it. And you may be tempted to skip writing down some of the cigarettes you smoke. But keeping this journal is very helpful if you do it right. You'll learn about your smoking triggers. And you'll learn which cigarettes are your favorites. These facts will help you prepare to fight your urge to smoke.

Know your triggers

Certain things trigger, or turn on, your need for a cigarette. They can be moods, feelings, places, or things you do.

Think about what might tempt you to smoke. Put a check next to things that tempt you to smoke:

- | | |
|---|--|
| <input type="checkbox"/> Feeling stressed | <input type="checkbox"/> Being with other smokers |
| <input type="checkbox"/> Feeling down | <input type="checkbox"/> Drinking coffee |
| <input type="checkbox"/> Talking on the phone | <input type="checkbox"/> Seeing someone else smoke |
| <input type="checkbox"/> Drinking liquor, like wine or beer | <input type="checkbox"/> Cooling off after a fight |
| <input type="checkbox"/> Watching TV | <input type="checkbox"/> Feeling lonely |
| <input type="checkbox"/> Driving your car | <input type="checkbox"/> After having sex |
| <input type="checkbox"/> Finishing a meal | <input type="checkbox"/> Other triggers: |
| <input type="checkbox"/> Playing cards | |
| <input type="checkbox"/> Taking a work break | |



Meet these triggers head-on

Knowing your triggers is very important. It can help you stay away from things that tempt you to smoke. It can prepare you to fight the urge when you are tempted.

- Stay away from places where smoking is allowed. Sit in the non-smoking section at restaurants.
- Keep your hands busy. Hold a pencil or paper clip. Doodle or write a letter. Carry a water bottle.
- Stay away from people who smoke. Spend time with non-smoking friends.
- Put something else in your mouth. Chew sugar-free gum. Snack on a carrot or celery stick. Keep your mouth and hands busy with a toothpick, sugarfree lollipop, or straw.
- Drink less or stay away from alcohol. Drinking alcohol often makes people want to smoke. Drink juice, soda, or ice water instead.
- Remember: The urge to smoke only lasts 3 to 5 minutes. Try to hold off until the urge passes.

Want some tips for fighting the urge to smoke? See “Today’s the Big Day — Your Quit Date!” starting on page 23.



Craving Journal

Keep track of each cigarette you smoke and how much you wanted it. Every time you light up, write down:

- The time
- Where you were
- What you were doing
- Who was with you

Rate how strongly you wanted to smoke:

1 = just a little

2 = some

3 = a lot

Date: _____

| Cigarette number | Time of day | Craving level | What I was doing | Who I was with | How I was feeling |
|------------------|-------------|---------------|------------------|----------------|-------------------|
|------------------|-------------|---------------|------------------|----------------|-------------------|

| | | | | | |
|---------|------------|---|---------|-------|--------------|
| Example | 10:45 a.m. | 3 | at work | alone | stressed out |
|---------|------------|---|---------|-------|--------------|

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

9 _____

10 _____

11 _____

12 _____

13 _____

14 _____

15 _____

16 _____

17 _____

S Now Let's START

Set a quit date

Pick a date within the next two weeks to quit. That gives you enough time to get ready. But it's not so long that you will lose your drive to quit.

Think about choosing a special day:

- Your birthday or wedding anniversary
- New Year's Day
- Independence Day (July 4)
- World No Tobacco Day (May 31)
- The Great American Smokeout
(the third Thursday of each November)

If you smoke at work, quit on the weekend or during a day off. That way you'll already be cigarette-free when you return.



My Quit Date is:



Tell your family, friends, and co-workers that you plan to quit

Quitting smoking is easier with the support of others. Tell your family, friends, and co-workers that you plan to quit. Tell them how they can help you.

Some people like to have friends ask how things are going. Others find it nosy. Tell the people you care about *exactly* how they can help. Here are some ideas:

- Ask everyone to understand your change in mood. Remind them that this won't last long. (The worst will be over within two weeks.) Tell them this: "The longer I go without cigarettes, the sooner I'll be my old self."
- Does someone close to you smoke? Ask them to quit with you, or at least not to smoke around you.
- Do you take any medicines? Tell your doctor and pharmacist you are quitting. Nicotine changes how some drugs work. You may need to change your prescriptions after you quit.
- Get support from other people. You can try talking with others one-on-one or in a group. You can also get support on the phone. You can even try an Internet chat room. This kind of support helps smokers quit. The more support you get, the better. But even a little can help. See page 21 or the resource list starting on page 35 to find this kind of help.

Withdrawal: How You May Feel When You Quit

Common feelings of smoking withdrawal include:

- Feeling depressed
- Not being able to sleep
- Getting cranky, frustrated, or mad
- Feeling anxious, nervous, or restless
- Having trouble thinking clearly
- Feeling hungry or gaining weight

Not everyone has feelings of withdrawal. You may have one or many of these problems. And they may last different amounts of time. The medicines described on pages 17 through 20 can help.

A Anticipate and plan for the challenges you'll face while quitting

Expecting challenges is an important part of getting ready to quit.

Most people who go back to smoking do it within three months. Your first three months may be hard. You may be more tempted when you are stressed or feeling down. It's hard to be ready for these times before they happen. But it helps to know when you need a cigarette most.

Look over your Craving Journal. See when you may be tempted to smoke. Plan for how to deal with the urge *before* it hits.

You should also expect feelings of withdrawal. Withdrawal is the discomfort of giving up nicotine. It is your body's way of telling you it's learning to be smoke-free. These feelings will go away in time.

Keep reading for tips on handling urges and withdrawal.



R

Remove cigarettes and other tobacco from your home, car, and work

Getting rid of things that remind you of smoking will also help you get ready to quit. Try these ideas:

- Make things clean and fresh at work, in your car, and at home. Clean your drapes and clothes. Shampoo your car. Buy yourself flowers. You will enjoy their scent as your sense of smell returns.
- Throw away all your cigarettes and matches. Give or throw away your lighters and ashtrays. Remember the ashtray and lighter in your car!
- Have your dentist clean your teeth to get rid of smoking stains. See how great they look. Try to keep them that way.
- Some smokers save one pack of cigarettes. They do it “just in case.” Or they want to prove they have the willpower not to smoke. Don’t! Saving one pack just makes it easier to start smoking again.

Don’t use other forms of tobacco instead of cigarettes

Light or low-tar cigarettes are just as harmful as regular cigarettes. Smokeless tobacco, cigars, pipes, and herbal cigarettes also harm your health. For example, bidi cigarettes are just as bad as regular cigarettes. Clove cigarettes are even worse. They have more tar, nicotine, and deadly gases. All tobacco products have harmful chemicals and poisons.

Pregnant or Thinking About Having a Baby?

There's no better time to quit than now.

Women who smoke have a harder time getting pregnant. And you face more dangers if you do get pregnant:

- You may lose the baby or have a stillborn (dead) baby.
- Your baby may be born small.
- Your baby is more likely to die of Sudden Infant Death Syndrome (SIDS).
- Your baby may be cranky, restless, and get sick more often.
- Your baby is more likely to have learning problems.

The good news is that quitting can help you have a healthy baby. It helps to quit *at any time* while you are pregnant. It's even better to quit *before* you get pregnant.

Adapted from *Women and Smoking: A Report of the Surgeon General – 2001*. U.S. Department of Health and Human Services, 2001.



Talk to your doctor about getting help to quit

Quitting “cold turkey” isn't your only choice. Talk to your doctor about other ways to quit. Most doctors can answer your questions and give advice. They can suggest medicine to help with withdrawal. You can buy some of these medicines on your own. For others, you need a prescription.

Your doctor, dentist, or pharmacist can also point you to places to find support or toll-free quit lines. (The National Cancer Institute's Smoking Quitline can help, too. It can help you find support in your area. See “Where to Find Help” on page 21.)

If you cannot see your doctor, you can get some medicines without a prescription that can help you quit smoking. Go to your local pharmacy or grocery store for over the counter medicines like the nicotine patch, nicotine gum, or nicotine lozenge. Read the instructions to see if the medicine is right for you. If you're not sure, ask a pharmacist.



Medicines that help with withdrawal

When you quit smoking, you may feel strange at first. You may feel dull, tense, and not yourself. These are signs that *your body is getting used to life without nicotine*. It usually only lasts a few weeks.

Many people just can't handle how they feel after they quit. They start smoking again to feel better. Maybe this has happened to you. Most people slip up in the *first week* after quitting. This is when feelings of withdrawal are strongest.

There are medicines² that can help with feelings of withdrawal:

- Bupropion SR pills
- Nicotine gum
- Nicotine inhaler
- Nicotine lozenge
- Nicotine nasal spray
- Nicotine patch



² These are the names of some of the medications you can use to help you quit. Many large drug stores or pharmacies sell their own brands of nicotine gum and nicotine patch. **The following is not intended to be a complete list of products nor does it constitute endorsement of any brand or product by the National Cancer Institute, National Institutes of Health, or the Department of Health and Human Services.**

| | |
|----------------------|--|
| Bupropion SR pills | Zyban®, Wellbutrin® |
| Nicotine gum | drug store brands, Nicorette®, Nicotrol® |
| Nicotine inhaler | Nicotrol® |
| Nicotine lozenge | Commit™ |
| Nicotine nasal spray | Nicotrol® |
| Nicotine patch | drug store brands, Nicoderm® |



Using these medicines can *double* your chances of quitting for good. Ask your doctor for advice. But remember: Medicine alone can't do all the work. It can help with cravings and withdrawal, but quitting will still be hard at times.

Here is more information about the different medicines.

Nicotine Gum, Patch, Inhaler, Spray, and Lozenge (NRT)

Nicotine gum, patches, inhalers, sprays, and lozenges are called nicotine replacement therapy (NRT). That's because they take the place of nicotine from cigarettes. NRT can help with withdrawal and lessen your urge to smoke.

You need a prescription to buy the inhaler and nasal spray. But you can buy nicotine gum, nicotine patches, and nicotine lozenges on your own.

Other Medicines

Bupropion SR is a medicine that has *no* nicotine. You need a prescription to get these pills. They seem to help with withdrawal and lessen the urge to smoke.

Some people have side effects when using bupropion SR pills. The side effects include dry mouth and not being able to sleep.

Thinking About Using NRT?

**Bottom line: Read the instructions that come with the medicine.
Talk to your doctor or pharmacist if you have any questions.**

- **Ask your doctor, dentist, or pharmacist if nicotine gum, the patch, or some other kind of NRT is right for you.** These medicines can cause side effects in some people. Some people should *not* use NRT without a doctor's help. Pregnant women are a good example.
- **Be patient.** Using NRT correctly can take some getting used to. Follow the instructions and give it some time.
- **Don't mix tobacco and NRT.** Having one or two cigarettes while you use the gum, patch, nasal spray, inhaler, or lozenge is not dangerous, but your goal is to quit smoking for good. Use NRT only when you are ready to stop smoking. If you do slip up and smoke a cigarette or two, don't give up on NRT. Keep trying.
- **Start out using enough medicine.** Use the full amount of NRT in the instructions. Don't skip or forget to use your NRT after you first stop smoking.
- **Slowly use less and less medicine.** But don't stop completely until you're ready. You can set up a schedule with your doctor or pharmacist.
- **Keep some of the medicine with you after you stop using it.** This way you'll be ready for an emergency.
- **Wait a half hour after using the gum, lozenge, or inhaler before you eat or drink anything acidic.** Acidic foods and drinks can keep nicotine gums and inhalers from working. Acidic foods and drinks include tomato sauce, tomatoes, oranges, lemons, grapefruit, coffee, soda, orange juice, and grapefruit juice.

This medicine *isn't* right for:

- Pregnant women
- People who have seizures
- People with eating disorders
- Heavy drinkers

Ask your doctor, dentist, or pharmacist if this medicine is right for you. Make sure to use it the right way if your doctor prescribes it.

Join a quit-smoking program

You may want to try a quit-smoking program or support group to help you quit. These programs can work great if you're willing to commit to them.

How do quit-smoking programs and support groups work? They help smokers spot and cope with problems they have when trying to quit. The programs teach problem-solving and other coping skills. A quit-smoking program can help you quit for good by:

- Helping you better understand why you smoke
- Teaching you how to handle withdrawal and stress
- Teaching you tips to help resist the urge to smoke



Where to Find Help

1. Your state may have a toll-free telephone quitline. Call the quitline to get one-on-one help.
2. Call the National Cancer Institute's Smoking Quitline at 1-877-44U-QUIT (1-877-448-7848). This number works anywhere in the U.S. You can get one-on-one help quitting. Or you can ask where to get help in your state.
3. Visit the National Cancer Institute's [smokefree.gov](http://www.smokefree.gov) Web site at <http://www.smokefree.gov>. This Web site offers science-driven tools, information, and support that has helped smokers quit. You will find state and national resources, free materials, and quitting advice from the National Cancer Institute and its partners.
4. More and more workplaces have help for workers who want to quit. Some offer quit-smoking clinics and support on the job. Others will pay for outside programs for their workers. Ask at work about the choices open to you.
5. Your doctor may know about a quit-smoking program or support group near you.
6. See "For More Information" beginning on page 35 in this booklet. It lists groups that offer:
 - One-on-one support
 - Group support
 - Support from a former smoker

Write down your plan for quitting in the space below. Write what you will do when you are triggered to smoke. Writing the steps you'll take *before* you quit will help you stop smoking for good.



The week before you quit
Date: _____ to _____

Steps I'll take before quitting:

How I'll handle triggers:

Today's the Big Day— Your Quit Date!

Today's the day you start your smoke-free life! Remind your family and friends that today is your quit date. Ask them to support you during the first few days and weeks. They can help you through the rough spots.

Here are more tips to help you get through this very important day.

Keep busy

- Keep very busy today. Go to a movie. Exercise. Take long walks. Go bike riding.
- Spend as much free time as you can where smoking isn't allowed. Some good places are malls, libraries, museums, theaters, department stores, and places of worship.
- Do you miss having a cigarette in your hand? Hold something else. Try a pencil, a paper clip, a marble, or a water bottle.
- Do you miss having something in your mouth? Try toothpicks, cinnamon sticks, lollipops, hard candy, sugarfree gum, or carrot sticks.
- Drink a lot of water and fruit juice. Avoid drinks like wine and beer. They can trigger you to smoke.

Keep in Mind...

If you decided to use a **support program**, use it fully. Go to the sessions. Call your telephone quit-line. Visit your Internet site. The more support you get, the more likely you will quit for good.

Are you using **medicine** to help you quit? If so, follow the directions. If you don't, you're more likely to go back to smoking. Also, don't rush to stop using the medicine. Stick with it for at least 12 weeks. Or follow your doctor's advice.



Stay away from what tempts you

- Instead of smoking after meals, get up from the table. Brush your teeth or go for a walk.
- If you always smoke while driving, try something new: Listen to a new radio station or your favorite music. Take a different route. Or take the train or bus for a while, if you can.
- Stay away from things that you connect with smoking. Do it today and for the next few weeks. These may include:
 - Watching your favorite TV show
 - Sitting in your favorite chair
 - Having a drink before dinner
- Do things and go places where smoking is not allowed. Keep this up until you're sure that you can stay smoke-free.
- Remember, most people don't smoke. Try to be near non-smokers if you must be somewhere you'll be tempted to smoke, for example at a party or in a bar.



Plan to reward yourself

- You will save money by becoming smoke-free. Is there something you'd like to buy for yourself or someone else? Make a list. Figure out what these things cost. Then start putting aside "cigarette money" to buy some of them.
- Buy yourself something special today to celebrate. See a movie. Buy a CD you've been wanting. Or buy some other treat. Be careful with food treats. You need *less* food when you don't smoke. This is true no matter how much you want to put something in your mouth.

When you really crave a cigarette

Remember: The urge to smoke usually lasts only three to five minutes. Try to wait it out. Or look at the plan you made last week. (See page 22.)

You wrote down steps to take at a time like this.

Try them! You can also try these tips:

- Keep other things around instead of cigarettes. Try carrots, pickles, sunflower seeds, apples, celery, raisins, or sugarfree gum.
- Wash your hands or the dishes when you want a cigarette very badly. Or take a shower.



- Learn to relax quickly by taking deep breaths. Take 10 slow, deep breaths and hold the last one. Then breathe out slowly. Relax all of your muscles. Picture a soothing, pleasant scene. Just get away from it all for a moment. Think only about that peaceful image and nothing else.
- Light incense or a candle instead of a cigarette.
- Where you are and what is going on can make you crave a cigarette. A change of scene can really help. Go outside, or go to a different room. You can also try changing what you are doing.
- No matter what, *don't* think, "Just one won't hurt." It *will* hurt. It will undo your work so far.
- Remember: Trying *something* to beat the urge is always better than trying nothing.

Remember the instant rewards of quitting

Your body begins to heal within 20 minutes after your last cigarette. The poison gas and nicotine start to leave your body. Your pulse rate goes back to normal. The oxygen in your blood rises to a normal level.

Within a few days you may notice other things:

- Your senses of taste and smell are better.
- You can breathe easier.
- Your "smoker's hack" starts to go away. (You may keep coughing for a while, though.)

The nicotine leaves your body within three days. Your body starts to repair itself. At first, you may feel worse instead of better. Withdrawal feelings can be hard. But they are a sign that your body is healing. (See “Withdrawal: How You May Feel When You Quit” on page 14.)

Find new things to do

Starting today you may want to create some new habits.

Here are some things you might try:

- Swimming, jogging, playing tennis, bike riding, or shooting baskets. It's hard to smoke and do these things at the same time. How about walking your dog?
- Keep your hands busy. Do crossword puzzles or needlework. Paint. Do woodworking, gardening, or household chores. You can also write a letter or paint your nails.
- Enjoy having a clean tasting mouth. Brush your teeth often and use mouthwash.
- Take a stretch when you're tempted to reach for a cigarette.

Set aside time for the activities that satisfy you and mean the most to you. There are natural breaks even during a busy day. After dinner, first thing in the morning, or just before bed are good examples. You'll also need plenty of rest while you get used to your smoke-free lifestyle.



Quitting for Good

Stick with it

Look at page 3 again. Beating an addiction to nicotine takes a lot of will power and determination. You should feel great about yourself for making it so far. Now's the time to focus on sticking with it.

Keep your guard up

Your body has changed since you began to smoke. Your brain has learned to crave nicotine. So certain places, people, or events can trigger a strong urge to smoke, even years after quitting. That's why you should never take a puff again, no matter how long it has been since you quit.

At first, you may not be able to do things as well as when you were smoking. Don't worry. This won't last long. Your mind and body just need to get used to being without nicotine.

After you've quit, the urge to smoke often hits at the same times. For many people, the hardest place to resist the urge is at home. And many urges hit when someone else is smoking nearby. Look at your Craving Journal to see when you might be tempted. Then use the skills you've learned to get through your urges without smoking.



Fight the urges

Review the tips in this booklet to help you fight the urge to smoke. These tips are meant to help you stay a non-smoker.

Stay upbeat

As you go through the first days and weeks without smoking, keep a positive outlook. *Don't* blame or punish yourself if you do have a cigarette. Don't think of smoking as "all or none." Instead, take it one day at a time. Remember that quitting is a learning process.

Keep rewarding yourself for not smoking

Now that you aren't buying cigarettes, you probably have more spending money. For example, if you used to smoke one pack per day:

| after... | ...you've saved |
|----------------|-----------------|
| 1 day | \$5 |
| 1 week | \$35 |
| 1 month | \$150 |
| 1 year | \$1,820 |
| 10 years | \$18,200 |
| 20 years | \$36,400 |

Prices are based on a 2001 average of \$5.00 per pack. The cost of a pack of cigarettes may differ, depending on where you buy them.



Think about starting a "money jar" if you haven't already. Put your cigarette money aside for each day you don't smoke. Soon you'll have enough money to buy a reward for yourself.



If you do slip up

Don't be discouraged if you slip up and smoke one or two cigarettes. It's not a lost cause. One cigarette is better than an entire pack. But that doesn't mean you can safely smoke every now and then... no matter how long ago you quit. One cigarette may seem harmless, but it can quickly lead back to one or two packs a day.

Many ex-smokers had to try stopping many times before they finally succeeded. When people slip up, it's usually within the first three months after quitting. Here's what you can do if this happens:

- Understand that you've had a slip. You've had a *small* setback. This doesn't make you a smoker again.
- Don't be too hard on yourself. One slip up doesn't make you a failure. It doesn't mean you can't quit for good.
- Don't be too easy on yourself either. If you slip up, don't say, "Well, I've blown it. I might as well smoke the rest of this pack." It's important to get back on the non-smoking track *right away*. Remember, your goal is no cigarettes — not even one puff.
- Feel good about all the time you went without smoking. Try to learn how to make your coping skills better.
- Find the trigger. Exactly what was it that made you smoke? Be aware of that trigger. Decide *now* how you will cope with it when it comes up again.



- Learn from your experience. What has helped you the most to keep from smoking? Make sure to do that on your next try.
- Are you using a medicine to help you quit? Don't stop using your medicine after only one or two cigarettes. Stay with it. It will help you get back on track.
- Know and use the tips in this booklet. People with even one coping skill are more likely to stay non-smokers than those who don't know any. **START** to stop again!
- See your doctor or another health professional. He or she can help motivate you to quit smoking.

A note about gaining weight

Your body uses food more slowly when you first stop smoking. You may eat more when you quit too. There is a good chance you will gain weight. But not *everyone* does.

Are you worried about gaining weight? Think about this: What you get from quitting far outweighs the drawbacks of adding a few pounds. You'd have to gain a lot of weight to offset the health rewards of quitting.

Here are some tips to keep from gaining too much weight.



Get in shape

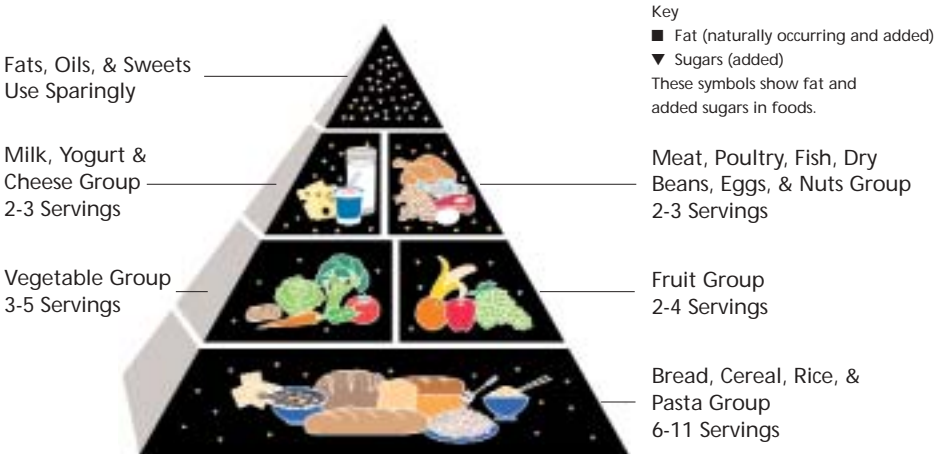
- Make time to exercise every day. Or join a fitness group. Even walking will improve your health. And all exercise burns calories, which helps you gain less weight.
- Exercising can distract you from smoking. It lowers the stress that makes you crave a cigarette.
- Are you starting a new exercise program? Begin with as little as 10 minutes. Slowly build up to longer periods of time. In fact, it's a good idea to talk to your doctor before you start. Your doctor can suggest what will keep you safe and get you healthy.
- Get plenty of rest.
- As you get in shape, you will build muscle. Muscle weighs more than fat. So you may find that clothes become looser even if you weigh more.



Eating tips for the new non-smoker

- Follow the Food Guide Pyramid³. Stay away from sweets and high-calorie foods. But don't cut back on eating to lose weight. Craving both food *and* cigarettes is tough to handle.
- Have healthy, low-calorie foods on hand if you like to snack. Try fresh fruits and vegetables, juices, yogurt, or air-popped popcorn without butter.
- Drink water before your meals and between meals. Drinking plenty of water is healthy for everyone. It can also give you something to do instead of smoking a cigarette.
- Chew sugarfree gum or suck on sugarfree candy if you crave sweets.

Food Guide Pyramid: A Guide to Daily Food Choices



³ The Food Guide Pyramid was created by the U.S. Department of Agriculture to help you choose what foods to eat and how much to eat to stay healthy.



Keep in Mind...

Almost four out of every five smokers would like to quit. And almost half of all adult smokers have already quit.

It doesn't matter how old you are or how long you've smoked. You become healthier and stronger each day you are tobacco-free.

Finally...the long-term rewards of quitting

Tobacco use in the United States causes more than 450,000 deaths each year. Of those deaths, 170,000 are from cancer.

After you've quit, you've added healthy, full days to each year of your life. You've greatly lowered your risk of death from lung cancer and other diseases including:

- Heart disease
- Stroke
- Chronic bronchitis
- Emphysema
- At least 13 other kinds of cancer

You've also cut back on dangerous second-hand smoke for your loved ones. Finally, by quitting smoking, you're setting a good example. You're showing young people that a life without cigarettes is a longer, healthier, happier life.

For More Information

National Cancer Institute (NCI)
Cancer Information Service
Suite 3036A

6116 Executive Boulevard, MSC 8322
Bethesda, MD 20892-8322

You may want more information for yourself, your family, and your doctor. The NCI's Smoking Quitline is staffed by specialists who can help you quit smoking. Toll-free: **1-877-448-7848 (1-877-44U-QUIT)**

The [smokefree.gov](http://www.smokefree.gov)[™] Web site is another source of information about quitting. You can get live help and links to sources of help in your area. **<http://www.smokefree.gov>**

In addition to help quitting smoking, the NCI's Cancer Information Service (CIS) provides accurate, up-to-date information on cancer. Information specialists can assist you with quitting and also explain the latest cancer information in understandable language in English, Spanish, or on TTY equipment. Toll-free: **1-800-422-6237 (1-800-4-CANCER)**
TTY: **1-800-332-8615**

The NCI's [Cancer.gov](http://cancer.gov)[™] Web site provides information from numerous NCI sources, including *LiveHelp*, an instant messaging service. Information specialists provide live, online assistance to users of [Cancer.gov](http://cancer.gov), the NCI's Web site. The staff can assist smokers, in addition to providing cancer information and helping users to navigate the Web site. Click on the *LiveHelp* link, Monday through Friday. **<http://cancer.gov>**



American Cancer Society (ACS)

1599 Clifton Road, NE

Atlanta, GA 30329

1-800-227-2345 (1-800-ACS-2345)

Check your phone book to find your local office.

www.cancer.org

The American Cancer Society (ACS) has volunteers and offices all over the country. ACS helps people learn about the health hazards of smoking and how to become ex-smokers. Its programs include “The Great American Smokeout®” in November of each year and the Cancer Crusade every April. It also has many booklets and other information that can help.

American Heart Association (AHA)

7272 Greenville Avenue

Dallas, TX 75231

1-800-242-8721 (1-800-AHA-USA1)

Check your phone book to find your local office.

www.americanheart.org

The American Heart Association (AHA) has thousands of volunteers. It has 130,000 members (doctors, scientists, and others) in 55 state and regional groups. AHA makes books, tapes, and videos about the effects of smoking on the heart. AHA has also written a guidebook on weight-control in quit-smoking programs.

American Lung Association (ALA)

61 Broadway, 6th Floor

New York, NY 10006

1-800-586-4872 (1-800-LUNG-USA)

Check your phone book to find your local office.

www.lungusa.org

The American Lung Association (ALA) helps smokers who want to quit through its Freedom From Smoking® self-help quit-smoking program. ALA actively supports laws and information campaigns for non-smokers' rights. It also gives public information programs about the health effects of smoking.

Centers for Disease Control and Prevention (CDC)

Office on Smoking and Health

Mail Stop K-50

4770 Buford Highway, NE

Atlanta, GA 30341-3724

1-800-311-3435 or (770) 488-5705

www.cdc.gov

The CDC's Office on Smoking and Health (OSH) is the government's lead agency on smoking control. OSH funds booklets on smoking topics, such as relapse, helping a friend or family member quit smoking, the health hazards of smoking, and the effects of parental smoking on teenagers.

