

YOU CAN QUIT SMOKING!



DID YOU KNOW?

- Cigarette smoking kills more than 430,000 Americans each year-that's more than the combined deaths from car crashes, fires, homicides, suicides, drugs, alcohol and AIDS.
- More than 10,300 of those deaths are in Indiana alone-Indiana ranks fourth highest state for women who smoke.
- Smoking in pregnant mothers increases risk factors for low birth weight infants, infant mortality and long-term health outcomes of surviving infants
- Cigarette smoking increases the risk of many forms of cancer
- Cigarette smoking increases the risk of cardiovascular death by more than five times.
- After one heart attack, the risk of another heart attack is 22 to 47 percent higher among those who continue to smoke.

STEP 1: GET READY TO QUIT SMOKING

- Make a positive decision to quit smoking
- Set a target date for quitting
- Have realistic expectations
- Expect to encounter 'trigger' situations i.e. stressful situations
- Involve a friend or family member

STEP 2: CHANGE YOUR HABITS

- Make smoking a separate activity disassociated with driving, a meal, etc.
- Try cutting down on the number of cigarettes you smoke
- Try switching to a brand of cigarettes that does not taste as good to you

STEP 3: DO A TRIAL RUN

- Do a trial run - *practice going without cigarettes and clean you clothes to rid the smell of smoke*

STEP 4: TIME TO QUIT!

- Throw away all your cigarettes
- Have your teeth cleaned
- Keep very busy
- Remind your family and friends
- Buy yourself a treat, or do something special to celebrate

STEP 5: EASE YOURSELF THROUGH THE FIRST FEW DAYS

- Surround yourself with a clean, fresh, nonsmoking environment.
- Spend as much time as you can in places where smoking is not allowed.
- Drink large quantities of water and fruit juice.
- If you miss the sensation of having a cigarette in your hand hold something else: a pencil, a toothpick or a fake cigarette.
- Avoid temptation: brush your teeth after meals; take a walk.

YOU CAN QUIT SMOKING!



- When the craving for a cigarette is overwhelming, substitute carrots, apples, raisins or sugarless gum.
- Find new habits and activities—swimming, jogging, playing tennis, crossword puzzles, needlework or gardening

WHAT TO EXPECT WHEN YOU QUIT SMOKING:

- Your heart and lungs will begin to repair
- Your sense of taste and smell may improve
- You will breathe more easily
- Your smoker's cough may begin to disappear

TEMPORARY WITHDRAWAL SYMPTOMS

- Dry mouth or sore throat
- Headaches
- Trouble sleeping
- Irregularity (constipation/diarrhea)
- Fatigue
- Excess hunger
- Tenseness and irritability
- Cough

COMMONLY ASKED SMOKING CESSATIONS QUESTIONS

1. What are the long-term benefits of quitting smoking?

You may greatly improve your chances for a longer life by significantly reducing your risk of death from heart disease, stroke, chronic bronchitis, emphysema and several types of cancer.

2. What if I still have the urge to smoke?

Think about why you are quitting.

- Know when you are rationalizing
- Think positively
- Reward yourself
- Anticipate “triggers” and prepare to avoid them
- Use relaxation techniques
- Get social support

3. Do you gain weight when you quit smoking?

There may be some weight gain but many times it is due to eating more. Try these tips:

- Eat a well-balanced diet
- Do not try to lose weight; try to maintain your weight
- Weigh yourself weekly
- Do not set your target date for quitting for a holiday
- Drink a glass of water before each meal
- Chew sugarless gum when you crave something sweet
- Keep low-calorie snacks available
- Exercise daily or join an exercise group