



## What you need to know about...

### Quitting Smoking

Quitting smoking is the single most important thing you can do for your health. Quitting is hard, but millions of smokers have quit successfully. Talking to someone who helps people quit smoking, getting support from friends or family and using medication to help you quit can increase your chances of quitting for good.

#### **Here are some inside tips to help you quit smoking for good:**

1. Talk to someone who helps people quit smoking. Find a group program, a program online or talk to someone individually, either in person or through a telephone quit line.
2. Talk to your doctor about medications to help you quit smoking. Your doctor can help you decide if medication is right for you and help you find the right one.
3. Make a list of your reasons for quitting and carry it with you. Look at them when you have an urge to smoke.
4. Choose a quit day. Make a plan and prepare for the challenges of quitting.
5. Get support. Tell your family and friends about your quit day and ask them not to smoke around you.
6. Before your quit date, get rid of your cigarettes, ashtrays, lighters, and anything else that has to do with smoking.
7. Avoid your smoking triggers. Try to alter your routine and habits that make you want to smoke. You don't have to do it forever, but it can help you to avoid cravings.
8. Plan ahead. Try to avoid alcohol. Drink a lot of water and keep healthy snacks available. Keep busy with activities you enjoy and spend time with people that don't smoke.
9. Reward yourself for making an important decision to quit smoking. Set short and long term goals and reward yourself each time you reach one.

If you slip and smoke, don't be hard on yourself. Quitting takes practice and it can take several times to get it right. Learn from what happened and try quitting again.

#### **There are many immediate and long term benefits to quitting smoking:**

- The benefits begin as soon as 20 minutes after quitting. Your blood pressure and pulse rate returns to normal.
- Your skin will look better and you'll get fewer wrinkles. Your teeth and fingernails won't get discolored and your clothes, hair, and breath won't smell of smoke.
- You will save money. If you smoked two packs a day, quitting can save you more than \$3,000 a year.
- Food will taste better and your sense of smell will improve. You will get rid of the "smokers cough" or wheezing.
- You will have more energy. Breathing becomes easier and you won't be out of breath from ordinary activities.