

Resources

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WEB SITES:
www.4women.org
www.thetruth.com
www.lungusa.org

From the National Cancer Institute, Cancer Control and Population Sciences: Tobacco Control Research
http://dccps.nci.nih.gov/TCRB/Clearing_the_Air/cleaning.html

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ALCOHOL, TOBACCO, AND OTHER DRUGS PROGRAM

TEN STEPS TO QUIT

[Tobacco that is]



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Nicotine is one of the most addictive and toxic substances on earth. One in three people who try smoking or chewing will become addicted. Like any addictive substance, nicotine is hard to give up. To succeed in quitting, you need to be prepared mentally, physically and emotionally. Here's how you can overcome your addiction.

WHY SHOULD I QUIT?

First, your decision to stay off nicotine should be personal and for your own well-being. By quitting you lessen your risk of cancer, heart disease, and emphysema. You have increased energy. Think about how much money you would save by not buying tobacco. You would be sick less often and have less medical expenses. And what about the social benefits? You would have better looking skin and teeth, plus, you'd be fresher-smelling. You may even feel more free and empowered because you were able to conquer this powerful addition!

GETTING READY TO QUIT

Start by asking yourself why do you smoke and what triggers your nicotine intake. It is helpful to keep a record of when you tend to smoke or chew. Recognizing your triggers helps you to develop a successful quit plan. To identify your triggers, take notes of the times and situations where you find yourself turning to nicotine.

Psychological triggers are generally emotional situations that make you reach for a dip or cigarette. Do you chew or smoke when you are nervous, angry, or frustrated?

Dealing with emotional triggers, like stress and anger are very common reasons why women smoke. For some people, smoking has unfortunately become a more socially acceptable way to deal with frustration and anger than expressing it directly.

Weight control is another reason some women smoke. Living in a society that places great value on thinness, makes smoking seem like a tool for weight control. You can quit smoking AND maintain a healthy weight. Quitting smoking and making the choice to lead a healthier life requires understanding our triggers and developing healthy alternative coping strategies.

WHAT KEEPS YOU FROM QUITTING?

Ask yourself what reasons you have developed or what barriers you have that prevent you from quitting.

"I MIGHT FAIL": Most former smokers have succeeded in quitting after trying **many** times. Instead of thinking about unsuccessful attempts as failures, think about them as learning experiences. What do you need to do different the next time?

"I MIGHT LOSE CONTROL": You fear falling apart without nicotine. However, with thought and preparation, you can develop a plan that will prepare you to deal with the rough times.

"I'LL GAIN WEIGHT": This is a common fear, especially for women. Although it is a possibility, developing a cessation plan that incorporates healthy eating and a regular exercise plan can maintain your weight.

"IF I'M NOT A SMOKER WHO AM I?" Well, lighting up or chewing has become second nature, but, constantly remember how important the benefits of quitting are to you. Changing is possible. Plus, your identity at one time was as a non-smoker, so think of it as returning to a former you.

"I'VE GOTTA DIE FROM SOMETHING" Sure you've got to go sometime, but why choose to die prematurely a slow, painful death from lung disease, cancer, or heart disease? Quitting greatly reduces these risks. You will experience health enhancing benefits almost immediately.

ACT ON IT NOW

Set a quit date and a time that's definite. For men, there's no wrong time to quit. For women, research suggests that there may be times that will improve your chances for success. Women who are in the later part of their menstrual cycle may experience more withdrawal symptoms. This could decrease her success rate. If possible, women should plan to quit after the last day of her menstrual cycle.

Most importantly, you are more likely to be successful if you are committed and motivated. Before seeking any help, you should be strongly willing to quit. Choose to be nicotine-free and stick to your decision. Having a quit buddy will help too if you both really want to take quit.

PREPARE PHYSICALLY AND

MENTALLY: As in any other goal or decision you set to achieve, proper preparation is key to your success in quitting. Days before your quit date, start getting appropriate sleep (about 8 hours every night). By doing so, you will train your body to have appropriate sleeping habits. You'll find it helpful in coping with insomnia that you might face after quitting.

You might also want to get your teeth cleaned at the dentist's the day you quit. The clean feeling you'll get may make you think twice about staining your teeth with tobacco again. Also, exercising regularly could reduce your desire to smoke as well as improve your cardiovascular health.

Mentally, visualize yourself enjoying the benefits of being tobacco free. Strongly believe in your success. You can do it! It may take several attempts, but ultimately if you are determined to quit, you will be successful.

Ask non-smoking friends or former smokers who have been successful at quitting for support and/or guidance.

REWARD YOURSELF OFTEN

You are more likely to succeed if you set short term goals such as one week of tobacco freedom, one month of freedom, three months of freedom. For each goal you achieve, plan to reward yourself.

On average a pack of cigarettes are \$4.00 and a pouch/can of snuff is \$4.00. By quitting, just think about the money you will save!

HAVE A CEREMONIAL BREAK FREE

On your quit date and time, throw away all your cigarettes, pipes, lighters, ashtrays, filters, all your smoking, chewing or dipping paraphernalia. Let your friends and family know you've quit. You can celebrate, but avoid alcohol and caffeine because it triggers a strong urge to smoke.

CHOOSE GOOD NUTRITION

For a few days after quitting, think fluids. Drink water to overcome an urge to smoke, and drink fruit juice to reduce the withdrawal symptoms. Avoid anything caffeine-packed and high-fat food. Emphasize fresh fruits and vegetables.

PLAN A SURVIVAL KIT

If you crave the pleasure of smoking or chewing, there's help. Chew gum, or healthy snacks like carrot sticks. Toothpicks can also be helpful. Drink water, fruit juice or milk. Brush your teeth often. If it was a habit to light up or dip while driving or talking on the phone, have alternatives available. Mints to suck on or a pencil or paperclip to manipulate with your idle fingers are helpful. Also, you could observe nonsmokers to learn how they cope with situations that would trigger your smoking or chewing. Practice relaxation exercises. Tighten each set of muscles in your body for five counts, then relax for ten counts. Deep breath.

COPING WITH NICOTINE WITHDRAWAL

Here are some of the most common withdrawal symptoms that you might face and activities to help cope with them.

WATER YOUR CRAVINGS AWAY

After quitting, think fluids. Staying hydrated is very helpful. Drink water to overcome an urge to smoke, and drink fruit juice to reduce the

withdrawal symptoms. Avoid anything caffeine-packed. Emphasize fresh fruits and vegetables.

Irritability and tenseness: You may experience moments of grouchiness once you quit. Taking walks or soaking in a hot bath or taking showers could help you overcome these moments. You could also try relaxation or meditation techniques.

Insomnia: Do not drink coffee, tea, or any soda with caffeine after 6 pm. Relaxation techniques and warm milk also work.

Light-headedness: For a couple of days you may feel light-headed because your body is releasing toxins to adjust to the lack of nicotine. Take small walks and drink a lot of water. You'll feel better in no time.

Boredom: Boredom can potentially make it harder to quit. Plan interesting activities to keep yourself busy. Now's the chance to try out things you've been meaning to try for a while.

Fatigue: You may feel tired during the day. Take a nap. Don't expect too much of your body until it's had a chance to begin to heal itself over a few weeks.

NICOTINE REPLACEMENT THERAPY (NRT)

Nicotine replacement therapy is also recommended for quitting in gradual steps. NRT helps reduce withdrawal symptoms such as irritability and restlessness. It eases your discomfort by reproducing some of the effects you derive from cigarettes. NRT is also much safer than smoking or chewing. Nicotine gum, patch, inhaler, or spray are available in pharmacies. For additional information about NRT and its use, consult your health care provider.

IF YOU FAIL, TRY AGAIN

Most former smokers have succeeded after trying to quit several times. False starts can occur. If before you realize it you find yourself smoking or chewing, stop immediately but don't beat up on yourself. Remember that "you only fail when you fail to try again." Constantly remind yourself of the benefits of being tobacco-free.

Nicotine is deeply addictive, and you don't have to be alone in fighting your addiction. Friends, support groups, counselors can help.

Quitting for life

With your determination and this killer plan, you are seriously prepared to take charge and quit for life. Quitting will give you an edge on your path to wellness.

IMPORTANT INFORMATION FOR WOMEN

Smoking and Heart Disease-Women's rate of heart disease has been steadily increasing. Smoking is the one of the main factors for this increase. Quitting smoking is an important step in decreasing your risk for heart disease.

SMOKING AND THE PILL- Smoking while taking birth control pills, at any age, greatly increases a woman's risk for deep vein thrombosis and high blood pressure.

WOMEN'S BODIES AND NICOTINE-A woman's body tends to process nicotine more slowly than a man's. This may mean that women can become addicted at a faster rate.