

You can quit smoking

We'll teach you how



Oklahoma Tobacco Helpline
1 800 QUIT NOW
1-800-784-8669 OKhelpline.com

Welcome to the Program!

Quitting is the best thing you can do for yourself and the people you love. In this program, you will learn about the “4 Essential Practices to Quit for Life.” These practices, based on 25 years of research, have helped hundreds of thousands of smokers quit and stay quit.

Follow these practices to make your quit easier and more successful.

1. Quit at Your Own Pace

Quit at your own pace by choosing a quit date (the day you want to quit) that works best for you. Your Quit Coach® will help you prepare and get ready to quit on that date.

2. Conquer Your Urges to Smoke

We'll help you learn how to cope with urges to smoke, no matter when or where you have them. This will help you quit for good. You will also learn how to manage stress without smoking.

3. Use Quit Medicines So They Really Work

We'll help you choose a medicine like the patch, gum, bupropion SR, or Chantix® (varenicline) that is right for you and teach you how to use it correctly so it helps you quit.

4. Don't Just Quit, Become a Nonsmoker

Don't just quit—quit for good! We'll help you make this quit your last quit. We'll also help you learn how to reduce weight gain when you quit.

If you need support or have questions, you can always talk to one of us. See the back of this guide for the phone number to call.

Your Quit Coach

“Joining this program was the only thing I did differently this time and it worked. Just knowing you were standing by me made all the difference.”

Danielle, Age 34



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Your Guide to Quitting Smoking

This guide is for smokers who want to quit and stay quit. Just like you. No matter how many times you have tried to quit and returned to smoking, this guide can help. It has a lot of facts about what to do at each step along the way.

The guide also has worksheets where you can add your own ideas and plans. Most people start their quit by filling out the worksheet, **“Track Your Smoking.”** Quit Coaches often suggest that people fill out this worksheet for 2 or 3 days. This will help you better understand when, where, and why you smoke. Your Quit Coach® is trained in helping smokers quit and stay quit. You and your Quit Coach® will work together as a team. He or she will talk with you by phone and may suggest you complete some of the worksheets in this guide.

The second worksheet most Quit Coaches suggest is **“Practice Mini-Quits.”** A mini-quit is a short time when you practice not smoking before you quit for good. Mini-quits help you learn how to cope with urges to smoke. You can learn more about mini-quits on page 22.

There are many ways to use this guide. You can read the whole book from start to finish or just look at those sections you need now. You can also fill out any of the worksheets that interest you.

Track Your Smoking Worksheet

Write down the time of day you smoke, where you are when you smoke, what you are doing when you smoke, and how many cigarettes you smoke.

Time of Day	Where I Am	What I Am Doing	How Many Cigarettes I Smoke
Example: Morning	» Kitchen » Waiting for the bus	» Drinking coffee » Reading the paper	» 2 cigarettes » 1 cigarette
Morning			
Afternoon			
Evening			

Thinking About Quitting

Good for you for thinking about quitting! Quitting is the most important decision you can make for your health, family, and happiness. You have come to the right place for help.

Quitting as a Team

In this program, you will work as a team with Quit Coaches. This program has helped hundreds of thousands of smokers quit over the past 25 years.

Working as a Team, You Will:

1. Quit at Your Own Pace
2. Conquer Your Urges to Smoke
3. Use Quit Medicines So They Really Work
4. Not Just Quit, Become a Non-Smoker

Maybe you have tried to quit before. This time can be different. We can help you make this your last quit!

Health Problems Caused by Smoking

Each year smoking kills more people than all traffic accidents, illegal drugs, alcohol, fires, falls, and AIDS combined. Smoking also causes many health issues, such as heart disease, cancer, breathing problems, dental problems, eye and ear problems, bone problems, sex and reproductive problems, and skin problems.

If you suffer from a chronic condition such as asthma, COPD, diabetes, or heart disease, please see page 44 for more information about how tobacco use and quitting affects these conditions specifically.

Smoking can also cause health problems due to **“Secondhand Smoke.”** This refers to smoke from a burning cigarette, cigar, or pipe. Breathing Secondhand Smoke harms people’s health and kills more than 50,000 people each year.

Why is Secondhand Smoke a problem?

Secondhand Smoke has many poisonous chemicals in it that are dangerous to breathe. These chemicals cause heart disease, heart attacks, stroke, lung cancer, and blood vessel problems. Secondhand Smoke is even more dangerous to children and people who already have breathing problems or heart disease.

When you smoke, your children smoke.

Babies exposed to Secondhand Smoke are 3 times more likely to die from Sudden Infant Death Syndrome (SIDS or Crib Death). Children are more likely to get ear infections, asthma, bronchitis, pneumonia, and other lung infections when they are near people who smoke. Children of smokers are twice as likely to start smoking themselves.

How can I protect myself and others from Secondhand Smoke?

Once you have quit:

- » Ask smokers not to smoke when around you or your children.
- » Make your home and car smoke free.
- » Stay away from places where people smoke. If people smoke where you work, ask your boss to ban smoking at your workplace.

Until you quit, smoke outside so others do not have to breathe your Secondhand Smoke. Quitting and staying quit is the best thing you can do for yourself and those around you.

How Quitting Helps Your Health

Your health will improve no matter when you quit. Your body begins to heal within minutes after you stop smoking. The longer you are free from tobacco smoke, the healthier you will become. You will live up to 10 years longer than if you continued to use tobacco.

Time Since Quit

Effects on Your Body

20 minutes

- » Blood pressure and pulse return to a normal rate (not too fast or too slow)
- » Hands and feet feel a normal temperature (not too hot or too cold)

8 hours

- » Carbon monoxide level in your blood drops to normal
- » Oxygen level in your blood goes up to normal

1 day

- » Chance of having and dying from a heart attack goes down

2 to 3 days

- » Sense of smell and sense of taste improve

2 to 12 weeks

- » Circulation (blood flow) improves
- » Breathing is easier
- » Walking is easier

1 to 9 months

- » Less coughing and sinus congestion (stuffy nose)
- » More energy
- » Less shortness of breath
- » Less chance of infections

1 year

- » Risk of heart disease is half that of a smoker

5 years

- » Less chance of getting lung cancer
- » Less chance of having lung problems
- » Improved health if you have diabetes, asthma, kidney disease, or other chronic disease
- » Chance of getting mouth, throat, esophagus, bladder, kidney, and pancreas cancer is cut in half
- » Chance of having a stroke is the same as that of a person who never smoked

10 years

- » Risk of lung cancer is cut in half

15 years

- » Risk of heart disease is as low as a person who never smoked

Addiction: Why Quitting Is Hard

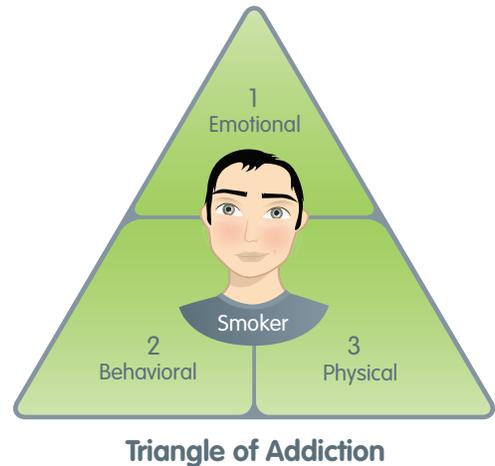
Addiction is when you lose control over the use of a drug. Nicotine in tobacco smoke is what causes you to be addicted to smoking. Tobacco companies make cigarettes so the nicotine gets to your brain very quickly. The faster nicotine gets to your brain, the more addictive it is. Nicotine from the patch or gum gets to your brain more slowly. This is why the patch and gum rarely cause addiction.

It can be hard to quit when you are addicted to tobacco. There are 3 reasons for this. You can think of these as 3 corners of a triangle.

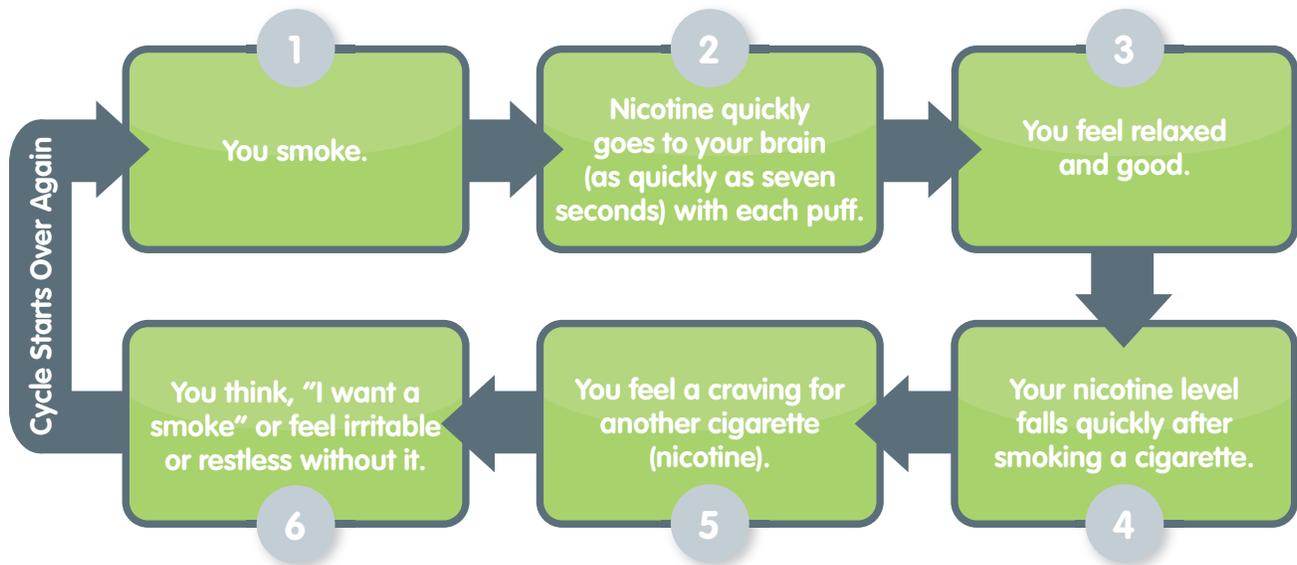
1. Emotional: How you feel when you use tobacco, what you believe about tobacco use, and how you think about tobacco.

2. Behavioral: How you respond to places and times when you want to smoke, like when you are having a cup of coffee or taking a break from work.

3. Physical: Your body craves the nicotine in tobacco.



The Nicotine Cycle happens when your body and mind crave nicotine. It helps to understand this cycle so you can break it. Here is a picture of this cycle.



Your Quit Coach® will help you learn ways to fight this Nicotine Cycle. One way to reduce the craving is to use medicines like nicotine patches, nicotine gum, and nicotine lozenges. Varenicline (Chantix®) or bupropion SR also can help. You will find information about these medicines starting on page 26. Your Quit Coach® can tell you more about these medicines that can help you quit and which may be covered. Give your Quit Coach® a call—he or she is there to help!

What You Can Do Now

It may be helpful to learn how smoking fits with what matters to you. For most people, their health, family, and happiness matter the most. Use the worksheet below to see how smoking affects what matters most to you.

What Matters to Me Worksheet

In each column write down what matters to you, why it matters, and how smoking gets in the way. You can add your own ideas at the end of this worksheet. There is an example in the first row for how this works.

What Matters to Me	Why This Matters to Me	How Smoking Gets in the Way of What Matters to Me
Example: Family	I like spending time with my kids and want to be a good parent.	I get winded when playing with my kids. My daughter coughs when I smoke.

Getting Ready to Quit

Quitting is the best thing you can do for yourself and the people you love. In this section you will learn about the **“4 Essential Practices to Quit for Life.”** These practices are based on 25 years of research and have helped hundreds of thousands of smokers quit and stay quit. Use these practices to make your quit easier and more successful.

The “4 Essential Practices to Quit for Life”

Practice 1: Quit at Your Own Pace

Quit at your own pace by choosing a quit date (the day you want to quit) that works best for you. Your Quit Coach® will help you prepare and get ready to quit on that date.

Practice 2: Conquer Your Urges to Smoke

We'll help you learn when and where you have urges to smoke and how to cope with them. This will help you quit for good. You will also learn how to manage stress without smoking.

Practice 3: Use Quit Medicines So They Really Work

We'll help you choose a medicine (like the nicotine patch, nicotine gum, nicotine lozenges, bupropion SR, or Chantix®) that is right for you. We'll teach you how to use the medicine correctly so it helps you quit.

Practice 4: Don't Just Quit, Become a Nonsmoker

Don't just quit—quit for good! We'll help you make this quit your last quit. We'll also help you learn how to reduce weight gain when you quit.

Practice 1: Quit at Your Own Pace

How many times have you tried to quit? For the average smoker, it takes several attempts to finally quit for good. Think about all the times you've tried to quit but then went back to using tobacco again. Chances are you weren't really ready, you felt pressured by others, or you made a quick decision and didn't prepare at all.

Quitting tobacco can be difficult, but preparation is half the battle. This section will help you think about your relationship with tobacco, why you want to quit, when to quit, and how to prepare for your quit date.



How and Why to Pick a Quit Date

It is very important to pick a date to quit smoking. This is called a "quit date." It can be scary to pick a quit date, but a quit date gives you a goal to work toward. When you pick a quit date, you are telling yourself, "I am serious about quitting."

So how do you pick a quit date? It is up to you to decide when you quit smoking, but here are some things to think about:

- » For some people, the work week may be better than the weekend. If you can't smoke at work, you have less opportunity to smoke during the week. Many people pick a Monday morning as their quit date.
- » The weekend may be a better time to quit if you have less stress than during the work week. On the weekend, you can plan to spend your first couple of days in enjoyable smoke-free places, such as the movie theater.
- » Maybe you want to quit right away or maybe you'd rather have time to plan. You can quit sooner if you feel you really know your smoking patterns and have ideas on how to cope with urges to smoke.
- » If you plan to use a medicine to help you quit, make sure you have it on hand and know how to use it correctly before quitting. Your Quit Coach® can help you learn how to use a quit medicine.
- » Do you plan to quit with a friend, spouse, or family member? If so, it's a good idea to sit down with him or her and select a date that works for both of you.

Write Your Quit Date on the Calendar

Use a calendar to write down your quit date. Post it in a place you will often see it, such as on your refrigerator.

The date you plan to quit: _____

The date you start using quit medicines: _____

Healthy Habits Worksheet

Now is the time to think about healthy habits that will help you quit. Mark what you plan to do and add your own ideas below.

2 WEEKS before my quit date, I will ...

- Think about things I like to do, other than smoking.
- Be active at least 3 times a week. Talk to my doctor if I have health problems or if it has been a while since I last exercised.
- Fill out the "**Track Your Smoking**" worksheet (see page 3).
- Learn how to cope with urges to smoke (see pages 19–21).

My ideas:

1 WEEK before my quit date, I will ...

- Stop smoking in my car and home.
- Tell other people there is no smoking in my car and home.
- Practice quitting for a few hours at a time before quitting for good. These are called "mini-quits" (see page 22).
- Start my quit medicine if using bupropion SR (Zyban® or Wellbutrin®) or varenicline (Chantix®).
- Think of ways to change my daily routine. Some ideas are: to get up later, to take a walk, or to drink tea instead of coffee.

My ideas:

THE NIGHT BEFORE my quit date, I will ...

- Throw away my lighters and cigarettes and put away ashtrays.
- Wash out the ashtray in my car.
- Review the right way to use nicotine patches, gum, or lozenges, if I plan to use these medicines.
- Practice ways to manage stress, such as deep breathing.
- Visit Web Coach® (if it is part of my program).
- Call your Quit Coach® if I have questions or need support.

My ideas:

"I have tried to quit before, but this time was different. Thank you for taking the time to REALLY listen to me and to help me make a successful plan. That's what made a difference."



Craig, Age 27

Practice 2: Conquer Your Urges to Smoke

Having an "urge" or a strong desire to use tobacco after you've quit is normal. Urges can be caused by your body physically craving nicotine or by a "trigger" such as talking on the phone or finishing a meal. These urges can be tough, especially in the first 2–3 weeks after quitting, so it's important that you have a plan in place for how to conquer these urges and stay on track!

This section will help you understand when, where, and why you use tobacco—before you quit. These patterns and triggers are unique to you, so understanding them is essential. You will also learn skills and techniques for how to be ready for urges when they happen.



Urges: What Are They?



Everyone gets urges to smoke when they quit, especially when they are confronted by a trigger. Triggers are the times, places, activities, and feelings that give you the urge to smoke. A trigger always comes before the urge to smoke.



Coping skills are ways to make urges to smoke pass much more quickly. They work better than willpower. It is important to know what to do instead of smoking when you are trying to quit. These skills will help you deal with all 3 corners of the Triangle of Addiction (see page 7).

Triggers

It helps to learn what triggers your urge to smoke. Many smokers say they have some of the triggers below. Which of these triggers give you the urge to smoke? Circle them and add more of your own:

» Waking up in the morning

» Waiting for the bus

» Finishing a meal

» Spending time with friends who smoke

» Driving my car

» Feeling bored

» Talking on the phone

» Drinking coffee or tea

» Feeling worried or stressed

» Reading the newspaper

» My ideas:

"After talking with my Quit Coach, I learned exactly what to do to quit for good. I still think about smoking but now know how to handle my urges like never before."



José, Age 56

Substitutes & Distractions

Quitting smoking can be hard. Once quit, most smokers face urges, sometimes strong urges, to light up. Some of these urges are triggered by your body craving nicotine. Others can be triggered by certain times of the day or by activities such as driving, finishing a meal, taking a break from work, or being where you used to smoke. Your urges may also be triggered by a need to relax and manage stress, maybe as you sit on the couch and watch TV.

But there is a solution. Quitting smoking doesn't have to be about willpower. There are ways to help urges pass without slipping or gritting your teeth. These tools are called Substitutes and Distractions.

What is a substitute?

Substitutes are things that can be used to keep your mouth and hands busy when you get an urge to smoke. Substitutes can include things like toothpicks, short straws, cinnamon sticks, gum, and hard candies for your mouth. For your hands, you can try pencils, paperclips, worry stones, or worry beads.

What is a distraction?

Distractions can include things or activities that take your mind off smoking when an urge hits. These can include taking a walk or getting some exercise, doing a puzzle of some kind, doodling, or starting a new hobby—anything to get your mind off smoking for 5 minutes. The only thing that limits what kind of substitutes and distractions you use is your imagination.

How do I know which tool works best for me?

Many people feel that they have to have a cigarette if they get a strong urge to smoke. Getting strong urges is very normal during the first few days after quitting. But you don't have to smoke, even if you want to!

Triggers & Coping Skills

Use this worksheet to identify your triggers for using tobacco.

1. Pick the "triggers" below that may give you trouble when you quit.
2. Next, try using different substitutes and distractions INSTEAD of smoking during these situations and times. If you feel like testing your own substitute or distraction, write it down in the "other" section.
3. Pick the substitutes/distractions that worked best for you and write them in the column titled "What Worked For Me."

Trigger	Substitutes and Distractions	What Worked for Me
After meals	<ul style="list-style-type: none"> » Go for a walk. » Do the dishes. » Brush my teeth. » Leave the table. » Have a cup of tea or coffee, a mint, or candy. » My ideas: _____ 	
After waking up	<ul style="list-style-type: none"> » Change my morning routine by showering right away or eating breakfast in a different place. » Have some breakfast. » Brush my teeth as soon as possible. » Take the dog for a walk. » My ideas: _____ 	
When drinking coffee, tea, or alcohol	<ul style="list-style-type: none"> » Try drinking coffee or tea in a different place than usual. » Switch my drink (i.e., tea instead of coffee). » Draw, write, or keep my hands busy while drinking coffee or tea. » My ideas: _____ 	

Trigger	Substitutes and Distractions	What Worked for Me
When driving	<ul style="list-style-type: none"> » Empty the ashtray and fill it with dried flowers or sunflower seeds. » Take a different route to avoid the places in my commute when I normally light up. » Remove all cigarettes from my car or truck. » My ideas: _____ 	
During work breaks	<ul style="list-style-type: none"> » Take a break in a no-smoking area. » Don't go to my old break area. » Take a break with nonsmokers. » Use substitutes for my hands and mouth if I have to be around other smokers. » My ideas: _____ 	
When watching TV	<ul style="list-style-type: none"> » Watch TV for shorter periods of time. » Remove ashtrays, cigarettes, and lighters from the TV room. » Make the TV room off-limits for smoking. » Play a game. » Post a reminder note on my TV. » My ideas: _____ 	
When stressed	<ul style="list-style-type: none"> » Talk to my ally. » Try deep breathing. » Remind myself that smoking will not take my anger or stress away. » Try prayer or meditation. » My ideas: _____ 	
When bored	<ul style="list-style-type: none"> » Get some exercise. » Walk outside. » Do a crossword puzzle. » Call or visit a friend. » Read a book. » Play video games. » Log into Web Coach® or the Quit For Life® Facebook fan page. » My ideas: _____ 	
When around others	<ul style="list-style-type: none"> » Spend time with nonsmokers. » Avoid other smokers whenever possible. » Ask others not to smoke around me. » Avoid restaurants and bars where smoking is allowed. » Use toothpicks. » My ideas: _____ 	

Trigger	Substitutes and Distractions	What Worked for Me
When on the phone	<ul style="list-style-type: none"> » Use a phone in a room where I usually don't smoke. » Practice my distractions to keep my hands busy, like drawing, fiddling with paper clips, even cleaning. » Don't keep any ashtrays, lighters, or cigarettes near the phone. » Play with a rubber band. » My ideas: _____ 	
When on the computer	<ul style="list-style-type: none"> » Visit the Discussion Forums on Web Coach®. » Keep typing and keep my hands busy. » When the urge hits to smoke, get up and walk around until it passes. » Look at pictures of smokers with lung disease. » My ideas: _____ 	
Other:		

Mini-Quits: A Way to Practice Quitting

Now is a good time to practice your coping skills. This can make quitting easier and increase your success. Think of it like you are in training. Long-distance runners build strength by taking shorter runs first. In the same way, practicing mini quits can help you prepare to stay quit for the long term when your quit date arrives.

Tips for Mini-Quits:

1. Use the information you entered in the Track your Smoking Worksheet on page 3 to practice your mini-quits.
2. Practice not smoking during an activity where you usually smoke, like after you finish a meal.

Try practicing mini-quits at different times of the day and during different activities. This is a great time to try the coping skills you wrote down on pages 19–21. Use the coping skills you selected in the Coping Skills Worksheet.

Time of Day	Where I Am	What I Am Doing	What Helped Me Not Smoke
Example: Morning	» Kitchen » Waiting for bus	» Drinking coffee » Reading paper	» Sucked on coffee stirrer and bent a paper clip » Chewed a piece of regular gum
Morning			
Afternoon			
Evening			

Ways to Cope with Stress

Stress can get in the way of quitting and staying quit. Stress makes it hard to think clearly and may make you more nervous. Most people have stress from time to time. It helps to learn ways to cope with stress.

Deep breathing is one way to cope with stress.

Here is a deep-breathing exercise you can try, for about 5 minutes, instead of smoking.

- » Go somewhere you can sit and relax, such as on a couch, on your office chair, or in your car.
- » Turn off your TV, radio, cell phone, and any other distractions.
- » Take a deep breath through your nose and expand your stomach.
- » Hold your breath for 5 seconds.
- » Gently release your breath through your mouth and wait for 5 seconds.
- » Then say the word “relax” out loud.
- » Keep breathing deeply for a total of 5 minutes.

Ways to Cope with Stress Worksheet

Here are some ways to cope with stress. Circle all the ideas you want to try, then add your own. Talk to your friends who have quit smoking and find out how they cope with stress.

For Your Health

- » Get enough sleep
- » Go for a walk
- » Try prayer or meditation
- » Eat healthy, fresh foods
- » Take a nap

When With Others

- » Talk to someone who listens to you
- » Read a story to your children
- » Play a game of cards
- » Have dinner with a friend
- » Prepare a meal with your family

When Alone

- » Read a book
- » Watch a movie
- » Listen to music
- » Write in your journal
- » Try a relaxation exercise

Choose Your Allies

Allies are people who can help you quit. They can be anyone you like and trust, such as family members, friends, or people you work with. Think about Allies who can best support you when you quit.

It can help to choose Allies who have quit smoking themselves since they know what you are going through. But a helpful non-smoker can support you too! Do not pick Allies who still smoke.

Here are some ways Allies can help:

- » Listening when you need to talk.
- » Cheering you on and not judging you.
- » Calling to see how you are doing.
- » Helping with childcare or errands.
- » Talking about problems and ways to solve them.

Help your Allies support you. Here are some ways:

- » Tell Allies your quit date. Ask them to write your quit date on their calendars so they know when you are quitting.
- » Let your Allies know if quitting is a secret.
- » Give them the booklet, **Your Allies' Guide: Helping Someone Quit Tobacco**.
- » Plan how often to talk to your Allies.
- » Warn your Allies that you may be grouchy after you quit.
- » Do fun things together, such as cooking, walking, going to the movies, or other things you both enjoy.

Control Your Environment

One of the keys to a successful quit is an environment that helps rather than hinders your progress. Think about how your work, home, car, and other places where you spend time can help support you.

Tobacco-Proof Your Home

It is important to get rid of your cigarettes and any other types of tobacco the night before you quit. Soak your tobacco products under water so you cannot smoke them. Look in your purse, car, and coat pockets to make sure you don't have any stray cigarettes to tempt you.

The urge to smoke will be stronger and more frequent if you are near tobacco. You will have fewer urges to smoke if you get all tobacco and smoking supplies out of your home and car. Why keep ashtrays and lighters if you don't smoke? Give them away, or throw them away.

What to Do When Others Smoke Around You

It can be difficult if your friends, co-workers, or family members smoke around you. But there are some things you can do to make these situations easier.

Talk to Your Family, Friends, and Co-workers

The first thing to do is to talk to those around you who smoke and tell them you are planning to quit. Maybe they will want to join you and you can use each other for support. Even if they don't want to quit, they may be willing to help support your quit process. **Ask them if they are willing to: smoke outside when you're inside; make at least one room tobacco-free at all times; only smoke in one part of the house.**

Remember—You Are in Control!

It is important to remember that it is your decision to smoke or not to smoke. You are in control of your own behaviors and the way you think. **Next time you are around people who are smoking, think about:**

- » What you can do to distract yourself from the urge to join them. Can you play with a puzzle, chew on a straw, or give yourself a manicure?
- » What you can tell yourself that will make your decision to quit stronger than the urge to smoke. You might tell yourself something like "I am tired of spending so much money on cigarettes" or "I promised my daughter I would quit and I don't want to let her down."

One idea that has worked for many smokers is to post notes around the home. These remind you of your decision to quit.

Here are some ideas to help you come up with your own "post-it" reminders: "I don't have to smoke even if I want to;" "All I have to do is get through today without having a cigarette;" "No one can make me smoke—I can do it!"

Practice 3: Use Quit Medicines So They Really Work

There are safe and effective medicines that can make your quit easier. Some have nicotine in them, such as the patch, gum, lozenges, inhaler, and nasal spray. Some have no nicotine, such as bupropion SR (Zyban® or Wellbutrin®) and varenicline (Chantix®). But many people have tried to use medicines in the past only to be frustrated by side effects, or have stopped because they felt like the medicines weren't working. Has this happened to you?

It is true that quitting with medicines can double your chances of success, but if you're using them incorrectly or if you're not dealing with your emotional and behavioral ties to tobacco, then it is unlikely you'll succeed.

This section will help you understand the difference between all of the quitting medicines out there, how to use each type correctly, and how to manage common side effects.

 Contact your doctor or your Quit Coach® if you have any side effects that concern you or if you have questions about how to use your medicine.

Medicines That Can Help You Quit

Nicotine Patch

The nicotine in these patches can help you stop wanting to smoke. Over time you will use patches with less and less nicotine.

How to Use

- » Put on a new patch each day as soon as you wake up. Make sure to always take off the patch you used the day before.
- » Find a place on your body to put the patch—this should be above your waist but below your neck. Put your patch in a new place each day so it does not make your skin sore.
- » Press the patch in place by holding it firmly for 10 seconds.

How Patches Can Help

- » Easy to use.
- » Gives you a steady dose of nicotine all day, to help you not smoke.
- » You can find patches at most drug stores and do not need a prescription.
- » Costs less per day than a pack of cigarettes!
- » Research shows the patch can double your chances of quitting.

Nicotine Gum

This is a type of sugarless gum that has nicotine in it. The gum keeps your mouth busy and helps your body take in nicotine slowly, which helps you stop smoking.

How to Use

- » Must be chewed in a special way to make it work.
- » Chew it slowly several times. You may get a "peppery" taste.
- » "Park" the gum in the corner of your mouth after several chews.
- » When the taste fades, chew and "park" again.
- » Spit out the gum after 30 minutes.
- » Use a new piece of gum every 1–2 hours during the first 4 weeks.

How Gum Can Help

- » Gives you a steady dose of nicotine all day, to help you not smoke.
- » You can find gum at most drug stores and do not need a prescription.
- » Costs less per day than a pack of cigarettes!
- » Research shows the gum can double your chances of quitting.

Nicotine Lozenge

A nicotine lozenge is used like a throat lozenge for a cold or sore throat. It releases nicotine slowly into your body as it dissolves, which helps you stop wanting to smoke.

How to Use

- » Put one nicotine lozenge in your mouth.
- » Do not chew it.
- » Move the lozenge around your mouth from time to time.
- » Allow it to dissolve in your mouth.
- » Use a new lozenge every 1–2 hours during the first 4 weeks.

How Lozenges Can Help

- » Easy to use.
- » You can use a lozenge as often as you need to help with urges (up to 20 times a day).
- » You can find the nicotine lozenge at most drug stores and do not need a prescription.
- » Cost less per day than a pack of cigarettes!
- » Research shows nicotine lozenges can double your chances of quitting.

Nicotine Inhaler

The nicotine inhaler looks like a cigarette. You hold it between your fingers and "puff" on it. The inhaler is a prescription medicine, so you will need to see your doctor.

How to Use

- » Put the nicotine cartridge into the inhaler mouthpiece.
- » Puff on the inhaler to take the vapor into your mouth, but do not breathe it into your lungs.
- » Use as directed by your doctor.

How Inhalers Can Help

- » You can use a nicotine inhaler as often as you need to (read the package instructions).
- » Using the inhaler feels like smoking a cigarette.
- » The inhaler keeps your hands and mouth busy.
- » Research shows the inhaler can double your chances of quitting.

Nicotine Nasal Spray

You spray this medicine into your nose from a pump bottle. This is a prescription medicine, so you need to first see your doctor.

How to Use

- » Put the nozzle from the pump bottle into each side of your nose.
- » Spray, but do not sniff.
- » You can use the spray 1 to 2 times each hour.
- » Use as directed by your doctor.

How Nasal Spray Can Help

- » Nasal spray gets nicotine to your brain faster than the patch, gum, or lozenge, which helps reduce cravings.
- » You can use the nasal spray as often as you need to (read the package instructions).
- » Research shows the nasal spray can double your chances of quitting.

Combining the Patch & Gum or Patch & Lozenge

Using the nicotine patch with nicotine gum or lozenges together might make your quit easier and more successful. The patch gives you nicotine slowly while the others work fast and help reduce withdrawal symptoms and cravings before they come up.

Combined Patch & Gum

How to Use Patch & Gum Together

- » Begin using your nicotine patches and gum on the first day you quit.
- » Put on 1 new patch at the start of each day.
- » Place the patch somewhere above your waist and below your neck.
- » Do not put the patch on exactly the same spot every day because it may make your skin sore.
- » You may use a piece of gum every 1–2 hours. Do not use more than 24 pieces per day.
- » Chew each piece of gum several times and then “park” it in the corner of your mouth.
- » After 5 minutes, chew it again a few times and “park” it again.
- » Repeat this for 20–30 minutes and then spit it out.

How Patch & Gum Can Help

- » Using the patch and gum together can help you better manage urges to smoke.
- » You decide how much gum to chew in addition to using the patch.
- » Research studies show that using the patch with gum can increase your chances of quitting over using the patch or gum alone.
- » You can find nicotine gum at most drug stores and do not need a prescription.
- » The patch and gum together may cost less per day than a pack of cigarettes!

Combined Patch & Lozenge

How to Use Patch & Lozenge Together

- » Begin using your nicotine patches and lozenges on the first day you quit.
- » Put on 1 new patch at the start of each day.
- » Place the patch somewhere above your waist and below your neck.
- » Do not put the patch on exactly the same spot every day because it may make your skin sore.
- » You may use 1 lozenge every 1–2 hours. Do not use more than 20 pieces per day.
- » Let the nicotine lozenge slowly dissolve. Do not chew or swallow it.
- » Move it to the other side of the mouth every few minutes.
- » The lozenge should dissolve completely in about 30 minutes.

How Patch & Lozenge Can Help

- » Using the patch and lozenges together can help you better manage urges to smoke.
- » You decide how many lozenges to use in addition to using the patch.
- » Research studies show that using the patch with lozenges can increase your chances of quitting over using the patch or lozenges alone.
- » You can find nicotine lozenges at most drug stores and do not need a prescription.
- » The patch and lozenges together may cost less per day than a pack of cigarettes!

Prescription Medicines That Can Help You Quit

Bupropion SR (also known as Zyban® or Wellbutrin®)

This medicine comes in tablets. It lowers your urge to smoke and reduces cravings, but it does not have any nicotine in it.

How to Use It

- » Start taking bupropion SR one week before your quit date.
- » Limit alcohol, including beer, wine, and spirits.
- » Let your doctor or nurse know if you want to stop taking this medicine.
- » Use as directed by your doctor. If you have questions about how to use bupropion SR talk to your doctor or pharmacist.

How Bupropion SR Can Help

- » It reduces cravings to smoke and lessens nicotine withdrawal.
- » Bupropion SR can double your chances of quitting.
- » It costs less per day than a pack of cigarettes!

Varenicline (also known as Chantix®)

This medicine comes in tablets. It works in the same part of your brain that nicotine does. Most people who use it have fewer urges to smoke. Varenicline does not contain any nicotine.

How to Use It

- » Start varenicline one week before your quit date.
- » Follow the dosage instructions closely.
- » Limit alcohol, including beer, wine, and spirits.
- » Take varenicline with a full glass of water and a meal to reduce the chance of an upset stomach. Having an upset stomach is a common side effect of this medicine.
- » Talk to your doctor right away if you have serious mood changes, or feel depressed or angry after starting varenicline.
- » Use as directed by your doctor. If you have questions about how to use varenicline talk to your doctor or pharmacist.

How Varenicline Can Help

- » It reduces withdrawal from nicotine.
- » If you smoke after you quit, you are less likely to “enjoy” the cigarette. Varenicline blocks the part of the brain that rewards you for smoking.
- » It costs less per day than a pack of cigarettes!
- » Research shows using varenicline more than doubles your chances of quitting.

If you have certain health conditions, talk to your doctor before using these medicines. Please see below for specific concerns for each type of medicine.

For Nicotine Patch, Gum, Lozenge, Inhaler, or Spray: talk to your doctor if you:

- » have had a heart attack or stroke within the past two weeks
- » are pregnant or breastfeeding
- » have angina (heart or chest pain)
- » have a very irregular or fast heartbeat
- » have asthma (shortness of breath or wheezing)
- » have a skin rash from adhesive bandages (like band-aids)
- » wear dentures or have pain when you chew

For bupropion SR (Zyban® or Wellbutrin®), talk to your doctor if you:

- » have kidney disease
- » have liver disease
- » are pregnant, breastfeeding, or trying to get pregnant
- » have anorexia or bulimia (eating disorders)
- » get seizures
- » have a prior serious head injury (fainted or lost consciousness)

For varenicline (Chantix®), talk to your doctor if you:

- » are pregnant, breastfeeding, or trying to get pregnant
- » have depression, anxiety, schizophrenia, bipolar disorder, or are suicidal (thoughts of ending your life)
- » have kidney disease

Common Questions:

Q. How do I decide which medicines to use?

A. Your Quit Coach® can help you decide which medicines to use. Tell your Quit Coach® whether you have used any of these medicines before and if they helped. Tell him or her if you take any other medicines, and if you have any health problems.

Q. Can I use more than one medicine?

A. Yes. Talk with your Quit Coach® about which medicines can be combined.

Q. Some of these medicines cost a lot of money. Are there ways to get help paying for them?

A. Talk with your Quit Coach® about ways to pay for these medicines. He or she will help you find out which medicines are covered.

Q. I have a health problem. Can I still use these medicines?

A. Tell your doctor, nurse, or Quit Coach® about your health problem. He or she can help you decide which medicines are safe for you.

Medicines: Side Effects and What You Can Do

Quit medicines may have side effects. Many of these are listed below. Most side effects are minor and go away on their own. Read the information that comes with each medicine to learn about side effects you might have. Contact your doctor or Quit Coach® if you have side effects that worry you or do not go away in one to two weeks.

Nicotine Patch Side Effects	What to Do
Skin irritation (local redness or a rash or hives that are close to the patch site)	Move the patch to a new location each day. Talk to your health care provider or pharmacist about using hydrocortisone cream.
Upset stomach or headache	This can be the result of getting too much or too little nicotine. Call your Quit Coach® to discuss the problem.
Strange or vivid dreams	This may be caused by getting nicotine while you sleep. Try taking off the patch one hour before bedtime if vivid dreams are a problem.
Nicotine Gum Side Effects	What to Do
Upset stomach or headache	Make sure you are using the gum correctly. Nicotine gum is not chewed like regular gum. Go to page 27 to review use instructions. A headache can be the result of getting too much or too little nicotine. Call your Quit Coach® to discuss the problem.
Stomach gas	Make sure you are using the gum correctly.
Gum is not working like you think it should	Nicotine gum is not chewed like regular gum. If not chewed correctly it may give you gas and it will not help you quit as well. Go to page 27 to review use instructions.
Nicotine Lozenge Side Effects	What to Do
Upset stomach or headache	This can be the result of getting too much or too little nicotine. Call your Quit Coach® to discuss the problem.
Sore throat	This can be a temporary side effect. Contact your doctor if it does not go away.

Nicotine Inhaler Side Effects**What to Do****Upset stomach or headache**

This can be the result of getting too much or too little nicotine. Call your doctor or pharmacist to discuss the problem.

Sore throat

Try not to inhale into your throat. Hold the nicotine in your mouth only.

Nicotine Nasal Spray Side Effects**What to Do****Upset stomach or headache**

This can be the result of getting too much or too little nicotine. Call your doctor or pharmacist to discuss the problem.

Nose is sore

This is a common side effect and often goes away within a week or so. Contact your doctor if your nose irritation does not go away after two weeks.

Bupropion SR Side Effects**What to Do****Trouble going to sleep or staying asleep**

If taking 2 pills per day, take the last one at least 4 hours before bed (and at least 8 hours after the first pill). You could also talk to your doctor about taking only one pill per day.

Dry mouth

Sip on water. Suck on hard candies.

Feel nervous

Bupropion SR can increase anxiety for some people. Talk to your doctor if this does not go away.

Think you had a seizure

Stop taking bupropion SR right away and contact your doctor or call 911.

Varenicline (Chantix®) Side Effects**What to Do****Nausea (an upset stomach so upset you feel you may throw up)**

This is the most common side effect. Follow instructions closely and take with a full glass of water and with a meal. If nausea does not go away contact your doctor or pharmacist to discuss a lower dosage.

Changes in your mood (feeling sad or angry)

Be sure to let your doctor know about this as soon as possible. He or she will help you decide whether to keep using varenicline.

Strange dreams or trouble sleeping

This usually goes away in a week or two. If it lasts longer than a week or two, try reducing your dosage. Your doctor can help you.

Practice 4: Don't Just Quit, Become a Nonsmoker

For many people trying to quit tobacco, the hardest part is the first 2 weeks after they quit. These 2 weeks can potentially make or break a person's success at quitting. If you've prepared well and have set a realistic quit date, have figured out how to conquer your urges, and know how to use your medicines correctly, then your chances of success are very high. But you still might be feeling grouchy, nervous, and stressed. This is normal; your body is craving nicotine and you're having to adjust to life without tobacco. The good news is that it all gets easier with time, and the rewards for staying quit are great.

This section helps you recognize the rewards you will gain from quitting. It also teaches you how to stay quit for life using coping strategies for dealing with stress and withdrawals from nicotine.

Quitting Gets Easier Over Time

Most people find it helpful to think about quitting one day at a time, or even one hour at a time. The hours and days add up. You have a very high chance of quitting for good after staying quit for 2 weeks!

Here are some tips from other smokers that may help in the first 2 weeks after quitting:

- » **Avoid other smokers.** You are more likely to smoke if you are around other smokers.
- » **Do NOT smoke**—not even one puff.
- » **Use medicines to help you quit.** Talk with your doctor, nurse, or Quit Coach® to decide which medicines are right for you.
- » **Remove all cigarettes and other tobacco from your home and car.** Throw out ashtrays.
- » **Do things in different ways now that you are not smoking.** Go to page 19 to review your coping skills.
- » **Ask Allies for their help and support.** Call your Quit Coach® for even more support.
- » **Remind yourself why you are quitting.** Make a list of your reasons for quitting and display the list where you often see it.
- » **Reward yourself.** Celebrate the benefits of quitting.
- » **Avoid alcohol.** Stay out of smoky bars and taverns. If you must drink, please do so moderately.
- » **Reduce your stress.** Try breathing exercises and stay active.

“Money in the Bank” Rewards

You will save a lot of money when you quit. Cigarettes cost as much as \$11.00 a pack. Think of all the money you can save by not buying cigarettes! The charts below show how much you will save if cigarettes cost \$5.00 or \$7.00 a pack.

This is your savings if cigarettes cost \$5.00 a pack:

Money I will save in:	If I smoked:		
	1 pack per day	2 packs per day	3 packs per day
1 Day	\$5.00	\$10.00	\$15.00
1 Week	\$35.00	\$70.00	\$105.00
1 Month	\$150.00	\$300.00	\$450.00
1 Year	\$1,825.00	\$3,650.00	\$5,475.00
5 Years	\$9,125.00	\$18,250.00	\$27,375.00
10 Years	\$18,250.00	\$36,500.00	\$54,750.00

This is your savings if cigarettes cost \$7 a pack:

Money I will save in:	If I smoked:		
	1 pack per day	2 packs per day	3 packs per day
1 Day	\$7.00	\$14.00	\$21.00
1 Week	\$49.00	\$98.00	\$147.00
1 Month	\$210.00	\$420.00	\$630.00
1 Year	\$2,555.00	\$5,110.00	\$7,665.00
5 Years	\$12,775.00	\$25,550.00	\$38,325.00
10 Years	\$25,550.00	\$51,100.00	\$76,650.00

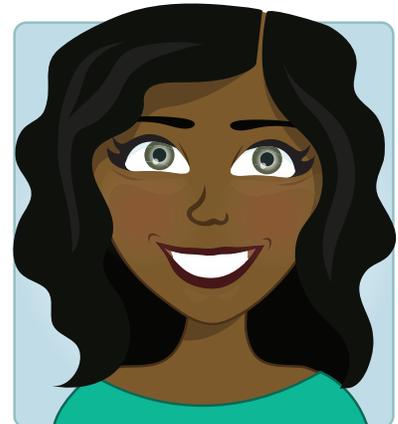
Nicotine Withdrawal

Nicotine withdrawal is when your body misses the nicotine you got from smoking. Nicotine withdrawal usually goes away within 2 to 4 weeks after quitting. Using a quit medicine can make quitting easier. Here are some things that can help you feel and be more in control—even if you are also using a medicine.

Withdrawal Symptom	What You Can Do
Strong urge or craving to smoke	Use a substitute (something that replaces a cigarette), like a toothpick, or find a distraction like a crossword puzzle. Drink water or take deep breaths. Most urges go away in 3 to 5 minutes. If you are using nicotine gum or lozenges, try using them when urges hit.
Feel sleepy during the day	This is very normal and usually goes away in a couple of weeks. Go for a walk or be active in other ways. Take a 15 minute nap.
Feel restless, like you have too much energy and cannot sit still	Go for a walk or be active in other ways. Try cutting back on coffee, tea, or sodas with caffeine. Use deep breathing.
Have trouble sleeping	Exercise can help improve sleep. Try cutting back on caffeine (in coffee, tea, and some sodas) especially in the early afternoon. Take deep breaths before bedtime to relax. Talk to your doctor if this continues. If you are using a medicine to quit smoking, call your Quit Coach® or doctor.
Extra hungry, craving sweets, or eating too much	After quitting, it is normal to want to eat more. Choose healthy foods that are filling but are low in fat and sugar. You can also use substitutes that are not food. Look on page 17 for more ideas.

Withdrawal Symptom	What You Can Do
Have diarrhea (too many bowel movements) or an upset stomach	Quitting smoking can change the way you digest food for a while. If you are using the patch, gum, or lozenges, an upset stomach may mean that you are getting too much nicotine or are not using them the right way. Contact your doctor or nurse. (To learn more about side effects of quit medicines, see page 32).
Constipation (trouble having bowel movements)	Drink lots of water. Eat more fruits, vegetables, and whole grains. Be active each day.
Trouble thinking clearly or getting things done	This is very common in the first month or so after quitting. It is a sign of nicotine withdrawal. Go easy on yourself. Ask others to be patient with you. This will get better soon.
Irritable or grouchy	This is very normal right after quitting. Your body and brain crave nicotine after quitting. Quit medicines like the patch, gum, lozenges, bupropion SR, or varenicline can help with these feelings.
Mild headache	This is common in the first couple of weeks after quitting. If it persists or gets in the way of your daily activities, call your Quit Coach® or your doctor.

"My husband and I are so happy with your program. We're here and healthy and going to be around for our grandkids. Your program really helped us."



Margaret, Age 42

Dealing with Strong Feelings

If you've tried to quit tobacco in the past, you may have experienced some strong feelings, like frustration, anger, sadness, regret, and fear. Maybe you found it hard to sleep, focus on your work, or get along with other people because of these feelings. These feelings can make it much harder to stick with your plan to quit.

These strong feelings can be tough to cope with, but don't worry—they are common for people quitting tobacco. Strong feelings come and go throughout the day. If you know how, you can deal with them in the moment and turn these feelings into something more positive.

Why do we have such strong feelings after quitting tobacco?

Nicotine leaves your body within 2 or 3 days. But you might experience strong feelings for several weeks, months, and even years later. You may be drinking coffee, trying to meet a work deadline, or just watching TV and suddenly you have a strong feeling that has nothing to do with using tobacco. Why does this happen?

The answer depends on how you used tobacco. Did you use it to relieve stress and calm yourself down when you were feeling angry, frustrated, or anxious? If so, your body and mind may be searching for another way to manage these feelings. Think about what you can do instead of smoking. Make sure it is something that's fun, exciting, and rewarding.

Frank's story:

Frank used this program and found a great solution. When Frank quit tobacco, he was no fun to be around. He was sad all the time and became angry over small things. He told us that he really wanted to smoke during these times, so one day he decided to try something different.

When he started to feel angry, he went to the gym and hit a racquetball against the wall as hard as he could. He couldn't believe how quickly it took away his anger and desire to smoke! From then on, Frank packed his racquet in his backpack and played each day. Can you think of something like this that could work for you?

My ideas:

Don't ignore your strong feelings—they are telling you something! Just like Frank, you too can turn your strong feelings into something fun and rewarding—and stay quit for life.

A.C.E. Model to Stay Quit

The A.C.E. Model is a proven way to avoid having that first smoke after you quit.

Avoid people and places that may give you an urge to smoke. If you can't avoid them, **Cope** with the situation using the skills you practiced. If the coping skills aren't working, **Escape**. Leave before you have a cigarette.

Now your work is to stay quit for good. Here are some ways to stay on track:

» **Do not smoke—not even one puff.**

Do not tell yourself “it is okay to have just one.” This is not true. If you have a cigarette—even one puff—it is very easy to start smoking again. Everyone who returns to smoking starts with “just one puff.”

» **Make staying quit your #1 goal.**

You have done a lot of work to get this far. Make this your goal so you never have to go through this again!

» **Keep using quit medicines.**

Use them every day for at least eight weeks. Call your Quit Coach® if you have questions or concerns.

» **Ask for help and support.**

Call your Allies or your Quit Coach® for help if you feel stressed, angry, or just plain down.

» **Stay away from people who are smoking.**

Make sure people know you have quit and ask them not to offer you any cigarettes. Use your coping skills to deal with urges to smoke. Stay away from places where people smoke.

» **Keep using your coping skills.**

You are more likely to stay quit if you use coping skills that work for you.

» **Limit alcohol.**

Many people go back to smoking when they have a drink. Try to drink as little alcohol as you can for the first month or so. Stay away from smoky bars and taverns at first. If you must drink, know that urges may be stronger. Use your coping skills.

» **Avoid high-risk situations.**

These are places or people that may give you the urge to smoke. Stay away from them if you can.

» **Learn from the past.**

Have you tried to quit before? Think about why you started smoking again. Plan what to do if it happens again.

Risky Thinking

Here are four kinds of risky thinking that often lead back to smoking. If you find yourself having risky thoughts, try replacing them with more helpful thoughts.

Risky Thought

"I remember the good old days, when I used to smoke and felt so cool."



Helpful Thought

"Now that I am free of tobacco, I feel so healthy. I'm so glad I quit smoking."



Risky Thought

"I should be able to smoke just one cigarette every once in a while."



Helpful Thought

"I know that if I have one cigarette, I will likely have another. I have learned ways to cope with my cravings and can prevent myself from starting down that slippery slope."



Risky Thought

"I am dealing with a lot right now; I deserve a cigarette."



Helpful Thought

"If I smoke a cigarette now, I will feel worse in the long run. I deserve the rewards of a healthier life, free of tobacco."



Risky Thought

"I would rather deal with the health consequences of smoking than gain weight!"



Helpful Thought

"Smoking harms my entire body – if I eat healthy foods and remain physically active, I can reduce any potential weight gain and make my body even healthier."



What if I Slip?

A slip is when you have a cigarette, cigar, pipe, or even a puff after your quit date. Many people slip from time to time. Here is what you can do if you slip:

» **Use positive self-talk.**

Tell yourself, "This is only one slip. I will do things differently next time."

» **Learn from your slip.**

Figure out what caused the slip and what you can do the next time you have an urge to smoke. Take a look at your list of coping skills (pages 23).

» **If you are using a quit medication keep using it.**

Continuing to use a quit medication when slipping will help you get back on track to quit for good.

» **Get support.**

Call your Quit Coach® and talk about ways to keep from having more slips.

» **If you slip, do NOT give up.**

Call your Quit Coach® for more ideas.

Reward Yourself

Some people reward themselves for quitting smoking. Now is the time to start thinking about what kind of reward you would like. Rewards can be small, large, frequent, or once in a while. Here are some ideas:

Small Rewards

- » Dinner out
- » Massage
- » New pair of shoes
- » New music

Large Rewards

- » Exotic vacation
- » New car or truck
- » Kitchen or bathroom remodel
- » Gym membership

Why You May Gain Weight

You may worry about gaining weight. And it is true you may gain weight when you quit smoking; most people gain about ten pounds. Some do not gain any weight at all. Here are some reasons you may gain weight when you quit smoking:

» **Your body does not burn up calories quite as fast.**

Your heart does not have to work as hard to pump blood through your body.

» **You may be eating more calories than your body needs.**

Some people eat more after they quit. This is because they eat when they get a craving for a cigarette or want to do something with their hands or mouth.

» **You may not be active enough.**

You may need to be more active to not gain weight. Being active most days of the week will help you stay at a healthy weight.

Ways to Manage Your Weight

You will likely not gain weight if you are active at least 30 minutes a day, limit how much you eat, and eat healthy food. If you are worried about your weight gain, try these ideas:

Stay Active!

Walk 10 minutes, twice a day. This can keep you from gaining 10 pounds a year! Take the stairs instead of the elevator or park farther away so you need to walk a little farther to your job, home or grocery store.

Move Around—Everything Counts

- » Light housework
- » Slow walks
- » Playing with your children
- » Working on your car
- » Gardening
- » Raking leaves

Check with your doctor to see what kinds of activities you can do.

Eat Healthy Snacks—Everyone snacks.

People snack because they are hungry, bored or restless. Here are some healthy snack ideas if you are really hungry:

- » Apple or banana
- » 1 cup blueberries or grapes
- » A serving of raw almonds
- » Slices of chilled cucumber
- » Chilled carrots and celery sticks

Keep Weight Off with the Right Foods

Your weight is affected by the foods you eat and how you cook them. Try these ideas to keep your weight gain low:

- » Eat 9–12 servings of fruits and vegetables per day
- » Eat 2–3 servings of low-fat dairy per day
- » Eat 1–2 servings of fish, lean meat, beans, or tofu per day
- » Eat more whole foods and fewer processed foods per day
- » Reduce fat intake to 25% of daily calories (or less)

Chronic Conditions

If you have any of these conditions, quitting smoking can help.

When you have asthma and smoke:

- » You are more likely to have an asthma attack because smoke can trigger these attacks.
- » Asthma attacks may be more severe, and you are more likely to be hospitalized because of your asthma.
- » Family and friends with asthma are at risk from Secondhand Smoke (when you smoke and they do not).

When you stop smoking:

- » Your lungs and airways are clear of smoke, which is one of the most common triggers of asthma attacks.
- » You can better control your asthma symptoms and may need less asthma medicine.
- » Your airways are clearer and it is easier for you to breathe.

When you have COPD (emphysema) and smoke:

- » It gets harder and harder to breathe because the smoke continues to damage your lungs.
- » You have higher risk of serious lung infections, like pneumonia.
- » Your COPD will continue to get worse and you are likely to need more oxygen to help you breathe.

When you stop smoking:

- » You will stop damaging your lungs and your breathing should get better.
- » You will cough less and be less likely to get lung infections.
- » You may not need extra oxygen to help you breathe.

When you have diabetes and smoke:

- » Your risk of diabetes and strokes is very high.
- » You are more likely to get cancer of the lung, mouth, throat, esophagus, bladder, kidney, pancreas, and so on.
- » You are at risk for breathing problems and lung diseases, such as COPD, asthma, and pneumonia.
- » Blood sugar medicines and insulin shots may not work as well.

When you stop smoking:

- » Your risk of heart disease goes down soon after you quit and continues to go down as long as you stay quit.
- » You have less risk of getting cancer and other complications of diabetes, including loss of vision, kidney disease, nerve damage, and skin infections.
- » You will be able to better control your blood sugar with insulin or other medicines.

When you have heart disease and smoke:

- » You have double the risk of getting a heart attack or stroke than people with heart disease who do not smoke.
- » Smoking increases blood pressure and heart rate and causes damage (clogging and hardening) in your blood vessels.
- » If you are taking birth control pills, you are at even greater risk for heart attacks and strokes.

When you stop smoking:

- » Your blood pressure and heart rate go down very soon after you quit, and your risk of having a heart attack or stroke also goes down.
- » The damage to your blood vessels caused by smoking starts to repair itself.
- » If you have a heart attack, you are less likely to die from it, and if you have had a heart attack before, you are less likely to have another one.

Quit the Spit

If you are reading this you probably chew or “dip” tobacco and smoke. You may use moist snuff or chewing tobacco, or both. Maybe you have tried to quit before but found it very hard. The information in this section will help you quit using these types of tobacco for good. We give you a step-by-step plan to quit so that you can become completely free of smoked and chewed tobacco. We will refer to snuff and chewing tobacco as Spit Tobacco in this section of the Guide.

Should I quit smoking and Spit Tobacco at the same time?

The simple answer is **yes**. Quitting both at the same time will help you stay quit for good and receive all the health benefits of being totally free of tobacco.

Dangers of Spit Tobacco

Unlike smoking, Spit Tobacco does not cause lung cancer or emphysema. But that is where the good news ends. Spit Tobacco is known to cause other health problems that can shorten your life and make life less enjoyable. These include cancer of the mouth, tooth decay, gum problems that can lead to tooth loss, and some research has shown that Spit Tobacco is also linked to heart disease and high blood pressure.

Addiction to Nicotine

Spit Tobacco gives you a lot of nicotine. In fact, someone who uses 2 tins per week of moist snuff, such as Copenhagen, is getting about the same amount of nicotine as a person who smokes 30 cigarettes per day! Most users of Spit Tobacco take in more nicotine each day than a typical smoker does. This can make it hard to quit Spit Tobacco.

The top selling brands of Spit Tobacco such as Kodiak, Copenhagen, Skoal, and Hawken also have the most nicotine. In fact, the makers of these products actually treat the tobacco with chemicals (ammonia) to help the nicotine be absorbed into your body more quickly. In fact, between 50% and 70% of the nicotine in Kodiak and Copenhagen is what is called “free nicotine.” This is nicotine that is absorbed into the your mouth very, very quickly. This makes you more addicted to nicotine.

So, if you smoke and use Spit Tobacco you may be VERY addicted to nicotine. The information that follows will help you quit for good.

List Your Reasons to Quit

Chewers can have many reasons to quit. Take a minute and think about why you want to quit Spit Tobacco. It is a good idea to post your reasons somewhere you will see them each day. Doing this will help you stayed motivated to quit.

- » To avoid health problems
- » To prove I can do it
- » I have sores or white patches in my mouth
- » To please someone I care about
- » To set a good example for my kids or other kids
- » To save money
- » I’m tired of the taste
- » I have gum or tooth problems
- » My physician or dentist told me to quit
- » People look at me funny when I spit
- » Because it’s banned at work or school
- » I don’t want it to control me
- » My girlfriend/boyfriend (or a person I’d like to date) hates it
- » My wife/husband/partner hates it

» My reasons:

Create Your Quit Plan

Here is a step-by-step plan to stop using spit tobacco.

1. Set Your Quit Date

Do you have a date to quit smoking? Why not make that same date you quit using Spit Tobacco? Take a minute and add a note to your quit calendar that you are quitting Spit Tobacco the same day you quit smoking.

2. Learn to Control Your Urges to Chew Before You Quit

As it was with smoking, it is a good idea to track when and where you chew or dip, and what you are doing or feeling at the time. When you do this you can figure out what you are going to do instead of chewing. You may want to complete the **Tracking Worksheet** (page 3) for a couple days. Then pick out some coping strategies below and give them a try.

3. Use Quit Medicines

Most people who smoke and chew will have more success quitting if they use a quit medicine. You can choose between a medicine that has nicotine in it and pills that have no nicotine. Many people who both smoke and chew do better if they use two nicotine medicines like the patch and the gum, or the patch and the lozenge at the same time. Your Quit Coach® can tell you more and help answer your questions.

4. Once You Quit, Stay Quit For Life

Once you quit you can stay quit by watching out for difficult situations, such as stress or being around other chewers. Don't forget the A.C.E. Model:

Avoid other chewers and situations where you always chew. If you can't avoid these, then....

Cope using oral substitutes and remembering why you want to quit. If coping is not working, then...

Escape the situation by leaving. Protect your health—you are worth it.

Track Your Spit Tobacco Use

On page 3 there is a **Track your Smoking Worksheet**. You can use this to track your Spit Tobacco at the same time as you track your smoking. Many smokers and chewers find this exercise helps them see patterns in their smoking and chewing that they did notice before.

- » Avoid being around other Spit Tobacco users when you can.
- » Use an herbal substitute when you have a craving to take a dip or chew.
- » Use other oral substitutes like hard candy, chewing gum, or sunflower seeds
- » Keep reminding yourself why you want to stop chewing or dipping. Try posting reminder notes. » Mix up your routine to avoid places and activities that give you the urge to chew or dip.
- » My Ideas:

Should I "Taper" before Quitting?

If you use more than 2 tins per week, you may want to "taper" or reduce your nicotine intake slowly before you quit for good. There are a couple ways to do that. One is to reduce how much you use over the course of 2 to 3 weeks by taking smaller dips or chews and spacing them farther and farther apart. The other way is to use an herbal substitute which you can mix with your spit tobacco before quitting.

1. Three Week Taper Method: Using this method you will reduce your nicotine by at least half (50%). If you want to taper down even more you can take a week or two longer to taper further.

- » **Week 1:** Track how many tins or pouches you chew for one week. Write it down.
- » **Week 2:** Reduce how much spit tobacco you use by one-quarter. For example: If you found in week 1 that you normally use one tin or one pouch a day, reduce back to three-quarters of a tin or pouch during week 2.
- » **Week 3:** This is the week before you quit. Cut back to one-half the amount you used in Week 1.
- » **Week 4:** This is the week you quit.

2. Three Week Herbal Substitute Method. Using this method you can reduce your nicotine by half (50%) or more. If you want to reduce even more you can take a week or two longer to taper further. Herbal substitutes, such as Mint Chew, BACC OFF, Golden Eagle Herbal Chew, or Smoky Mountain Herbal Chew can be found in many convenience stores or online. Check to make sure the herbal brand you get does not contain any tobacco.

- » **Week 1:** Track how many tins or pouches you chew for one week. Write it down.
- » **Week 2:** Empty how much tobacco you normally use per day on a plate. Take away one-quarter of the tobacco and mix in some herbal substitute.

Important Note: It is very important to mix the tobacco and herbal substitute together very well. "Long-cut" tobacco is harder to mix well than "fine-cut." You may want to switch to a fine-cut brand before you start reducing. If you use Skoal Long Cut, you can switch to Skoal Fine Cut. This will help you mix the tobacco with the herbal substitute so they are blended very well.

- » **Week 3:** Repeat what you did for Week 2, but instead take away one-half of the tobacco and replace it with an herbal substitute.
- » **Week 4:** This is the week you quit.

Remember that your Quit Coach® is available 7 days a week to help you achieve your goal of being tobacco-free for life. Call if you need help!

Help Someone Else

Congratulations on quitting for good. You have done what many people are still trying to do—quit their deadly addiction to smoking. Give your support to someone you know who is trying to quit smoking or even thinking about quitting. Helping others is a great way to stay quit.

We are always here to help you stay quit for life. Feel free to call your Quit Coach® for help at any time.

Congratulations on quitting for good!

"I didn't know I could quit until this program came along....I have never been so proud and happy with myself and with my life."



Erica, Age 31



If you would like more information or have any questions about this guide please contact us:

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Spanish: 1-855-DEJELOYA (1-855-335-3569)

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