

# Breathe Easy:

A Guide to Help You Quit Tobacco

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# Breathe Easy:

## A Guide to Help You Quit Tobacco

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Note: This information is not meant to be a substitute for consulting with your own physician.

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## Introduction

### Congratulations on taking the first step to quit tobacco!

**This booklet has important information to help you quit.**

We wrote this booklet to give you the latest information from research studies and quit tips from former smokers. Choose the tips that work for you.

**Most of the quit tips apply to both smoking and spit tobacco.** The steps to quitting are really very similar for both spit tobacco and smoking.

**You really can quit!** Millions of people have quit tobacco. Even if you have quit many times before, you can do it. In fact, most people need to quit several times before they succeed. Every time you try to quit, you improve your chances of quitting for good. So, it is important to keep trying!

**Stay positive.** Reach out to others who can help you. Find the right tools and you will quit for good.

**We wish you the very best in your quit attempt.  
Please call us for help and more information.**





## Thinking About Quitting

### Quitting is Possible!

Many people enjoy tobacco. But most people also know the dangers of tobacco use. About 1,192 Americans die every day from tobacco use.

More than 4 out of 5 people want to quit. Sadly, quitting is not easy. Why is quitting so hard? Quitting is hard because people get addicted to nicotine. Nicotine is a very addictive drug found in tobacco. Within seven seconds of inhaling a cigarette, nicotine reaches the brain. Nicotine affects your brain similarly to cocaine. This means each time you take a puff, you get a quick dose of an addictive chemical. This makes it hard to stop.

Because it is addictive, when you quit tobacco, you begin to have withdrawal symptoms. For example, when you quit you might feel irritable, tired, or fidgety. You may have cravings to smoke, have a hard time focusing, or you might feel down. These are normal symptoms. The good news is these symptoms are temporary. There are safe medications to help ease these symptoms. This makes quitting much easier. People who use medications double their chances of quitting for good!

It might seem difficult, but nearly 50 million adults have quit tobacco. **If they can do it, you can too!**

People who use tobacco cessation medications double their chances of quitting for good.

### What's in Tobacco?

Burning tobacco produces about 4,000 chemical compounds, many of them harmful to the human body.

A short list includes the following:

- Arsenic (poison)
- Ammonia (used in household cleaning products)
- Acetone (fingernail polish remover)
- Carbon monoxide (car exhaust fumes)
- Cyanide (poison, deadly in large doses)
- Formaldehyde (embalming fluid)
- Methanol (rocket fuel)
- Toluene (industrial solvent)

Other chemicals found in cigarette smoke are used to kill insects and found in toilet cleaners, mothballs, barbecue lighter fluid and cigarette lighter fluid.



# Thinking About Quitting

## Why Quit?

It is important to decide for yourself that you want to quit. It is normal to both want to quit and want to continue tobacco use. Many people have mixed feelings before they quit. Below is a list of information that might help you to quit for good:

### REASONS TO QUIT

- 1. Tobacco has more than 4,000 chemicals.** Some of these chemicals are also found in wood varnish, the insecticide DDT, rat poison, and nail polish remover. Over time, these chemicals harm your body.
- 2. People who quit start healing their bodies right away.** Over time, they breathe better, feel better, and can become more fit. They lower their chances for cancer, heart attack, stroke, emphysema, chronic bronchitis, and cataracts.
- 3. People who quit save a lot of money. In the U.S., the average pack now costs \$9.00.**  
Money Saved a Year by Not Smoking Cigarettes  

Packs per day	1	2	3
\$5.00	\$1825	\$3650	\$5475
\$6.00	\$2190	\$4380	\$6570
\$8.00	\$2920	\$5840	\$8760
\$10.00	\$3650	\$7300	\$10,950

  
Price per pack
- 4. Once people quit, they find that food and smells are more enjoyable.**
- 5. Quitting helps people have more energy.**
- 6. People who quit stop damaging their teeth and gums.**
- 7. Even a little secondhand smoke is harmful to other people.** Nonsmokers who breathe secondhand smoke are more likely to develop lung cancer, other forms of cancer, heart disease, lung problems, and get colds or the flu more often. Secondhand smoke can even trigger heart attacks.

**8. Children who inhale secondhand smoke are at risk to get ear infections, colds, flu, asthma, or chronic bronchitis.**

**9. Women and children are harmed from tobacco. Pregnant women who breathe smoke may be at greater risk for miscarriage.** They can have babies with low birth weight, birth defects, or have babies more likely to die from sudden infant death syndrome (SIDS).

**10. People who quit feel proud of themselves.** They feel they have more control of their lives.

## Risks from Tobacco Use

### Long-term risks

Chronic Obstructive Pulmonary Disease – emphysema, chronic bronchitis

Cancer – lung, throat, mouth, esophagus, pancreas, bladder, cervix and leukemia

Heart attack, heart disease

Stroke

### Short-term risks

Shortness of breath

Asthma becomes worse

Impotence

Infertility

Increased carbon monoxide level in the blood

### Effects on Appearance

Wrinkles at an early age

Tooth and gum disease

Yellowing of teeth and fingers

Smell like smoke

## Giving up Tobacco is the Right Decision

Quitting tobacco is the best decision you can make.

Tobacco use is an addiction though millions of people have quit.

**You can too!**

**Think about why you want to quit tobacco.**

### Why I Want to Quit Tobacco

Next, here is a list of some reasons to quit tobacco.

Check which ones are important to you.

- I will live longer and feel better.
- Quitting will lower my chance of having a heart attack, emphysema, chronic bronchitis, stroke and cancer.
- The people I live with, especially my children, will be healthier.
- Food will taste and smell better.
- I will have extra money to save or to spend.
- My home, car, clothing and breath will smell better.
- I can stop worrying about quitting.
- Quitting will set a good example for my children or grandchildren.
- I will do better in physical activities.
- I will have fewer wrinkles/less aging of skin.
- My doctor recommended that I give up smoking.
- I want to have a healthier baby.
- My family will be proud of me.
- \_\_\_\_\_
- \_\_\_\_\_

### Health Risks Caused or Worsened by Tobacco

- Shortness of breath
- Asthma or allergies
- Carbon monoxide in your blood
- Impotence
- Infertility
- Stomach ulcers
- Osteoporosis
- Emphysema
- Bronchitis
- Heart attacks or strokes
- Leukemia
- Cancer of the bladder
- Cancer of the lung
- Cancer of the pancreas
- Cancer of the cervix

### Health Risks That Are Caused by Tobacco That May Affect Your Family

- Your partner or children are more likely to have lung cancer.
- Babies of smokers are more likely to be born premature, with low birth weight, with cleft lip or palate, with birth defects, and may have other health problems.
- Children of smokers are more likely to be smokers themselves.
- Children of smokers are more likely to die from sudden infant death syndrome (SIDS), have asthma, lung problems, and ear infections.



### **Oral Health Risks That are Caused or Worsened by Tobacco**

- More than 90 percent of cancers affecting the mouth, tongue, lips, throat, pharynx, and larynx are attributed to tobacco use.
- Periodontal disease
- Cavities
- Gum recession
- Halitosis (bad breath)
- Reduced ability to taste
- Yellowed teeth

### **Social Risks**

- Smelly clothes, hair, car and home
- Pressure to stop smoking in public
- Wrinkles at an early age
- Cost

## Preparing to Quit

### Commitment

The most important part of quitting is COMMITMENT. Research shows that people who are committed are more successful at quitting.

**What is commitment?** Commitment is a decision that no matter what happens, you will not pick up another tobacco product. It is a promise you make to yourself and to others. When you make a commitment, you are making a firm decision to stop for good.

**Take this brief commitment quiz to see how committed you are.**

Commitment Quiz				
1 strongly disagree	2 disagree	3 neutral	4 agree	5 strongly agree
				SCORE
1. I'm willing to put up with whatever discomfort I have to in order to quit using tobacco.				
2. No matter how difficult it may be, I won't let myself smoke once I quit.				
3. Feeling very anxious or restless won't prevent me from quitting smoking.				
4. Even if I really want one, I won't let myself pick up a cigarette once I quit.				
5. No matter how much I crave a cigarette when I quit, I'm going to resist the urge to smoke.				
6. Feeling very depressed or sad won't prevent me from quitting smoking.				
7. I'm not going to let anything get in the way of my quitting smoking.				
8. Feeling very angry and irritable won't prevent me from quitting smoking.				
ADD YOUR TOTAL SCORE				

## Preparing to Quit

### LOW SCORE: 8 – 18

Your commitment is low at this time. You can improve your commitment! Here are some ideas:

- Talk with others who have quit, or a quit coach.
- Talk with friends or family who want you to quit.
- Journal about what is holding you back.
- Read more about the benefits of quitting.
- Find activities to help you when you're feeling down, irritable or stressed.

### MEDIUM SCORE: 19-29

Your commitment is medium at this time. You do have some commitment. This is excellent. You need to build up your commitment level more. Here are some ideas:

- List out all the benefits to quitting.
- Put a picture of your child, grandchild, or someone who wants you to quit where you keep your cigarettes.
- Talk with friends or family who want you to quit.
- Write a break-up letter to cigarettes or tobacco.
- Talk with a former smoker or quit coach.
- Learn about new tips and strategies to help you quit.
- Begin to cut down your number of cigarettes per day.
- Find a new hobby or recreational activity to help with stress or boredom.

### HIGH SCORE: 30 – 40

Your commitment is high at this time. Congratulations! You are in a good position to quit successfully. Research shows that people who score high on commitment are more likely to quit for good. Try any ideas from the list above or do several small things to keep your commitment strong, such as:

- Find new activities to keep you motivated such as exercise or volunteering.
- Make your home and car smoke free.
- Ask your friends to support you to quit.
- Buy yourself flowers or a plant to remind yourself that your sense of smell is getting better.
- Save the money you would normally spend on cigarettes and put it in a jar.
- Celebrate your non-smoking success each week with family or friends.





### Past Quit Attempts

You can learn a lot from your past quit attempts. Don't think of them as failures. Think of them as valuable lessons that can help you in this quit attempt. What was helpful when you quit? What was hard for you? What will you do differently this time? Use this information to increase your chance of being successful long-term. Complete the "My Past Quit Attempts" below.

#### MY PAST QUIT ATTEMPTS

What was helpful?

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What was not helpful?

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Why did I start again?

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### Quotes from Former Smokers:

"What I learned from my last quit was that I had to keep my hands and mouth busy. I got a bunch of plastic straws and toothpicks and used them to chew on. This helped a lot."

"What I learned from several quits was that every time I drank alcohol, I got triggered to smoke. This time around, I didn't go out drinking for the first few months of my quit. Now I've been smoke free for 6 months."

"What I learned is that talking to people really helped a lot. Each time I was about to slip and smoke, I called the Quitline."

"What I learned was that using the nicotine patch with nicotine lozenges gave me total control over my cravings. I've been smoke free over a year!"

### **P.L.A.N. Your Quit**

**PLAN:** It is important to plan your quit attempt.

**P** – Pick a Quit Day.

**L** – Let friends, family, and coworkers know you plan to quit.

**A** – Anticipate your triggers and use the A strategies to cope.

**N** – Nicotine addiction medication – talk to your doctor about options.

### **PLAN – Pick a Quit Day**

Choose a day that you will stop using tobacco. This is your Quit Day! It is important to set a day and prepare for it. Find a day that is not too stressful. Think about a day that may have some meaning to you. Here are some ideas:

- A birthday. Your birthday reminds you that you are doing this for your life.
- A child, grandchild, or family member's birthday. This reminds you that you are quitting for your family.
- An anniversary. An anniversary that reminds you that you want to be healthy for your loved ones.
- A vacation. Consider quitting on vacation when you will have little stress.
- A holiday. Perhaps New Years Day, Independence Day (July 4th), or The Great American Smokeout (the third Thursday of each November).

You might also choose a typical day, such as the first of the month. That is good too. When you are ready to make the change, the actual day is not as important as how well you prepare for it.

### **PLAN – Let family, friends, and coworkers know you plan to quit**

It is important to let others know about your Quit Day. Studies show that support from other people can really improve your chances to quit.

Some people like to have friends and family members ask them how things are going. Other people don't want to talk about their quit attempt. It is important to know what you need and let people know how they can help you. Here are some ideas:

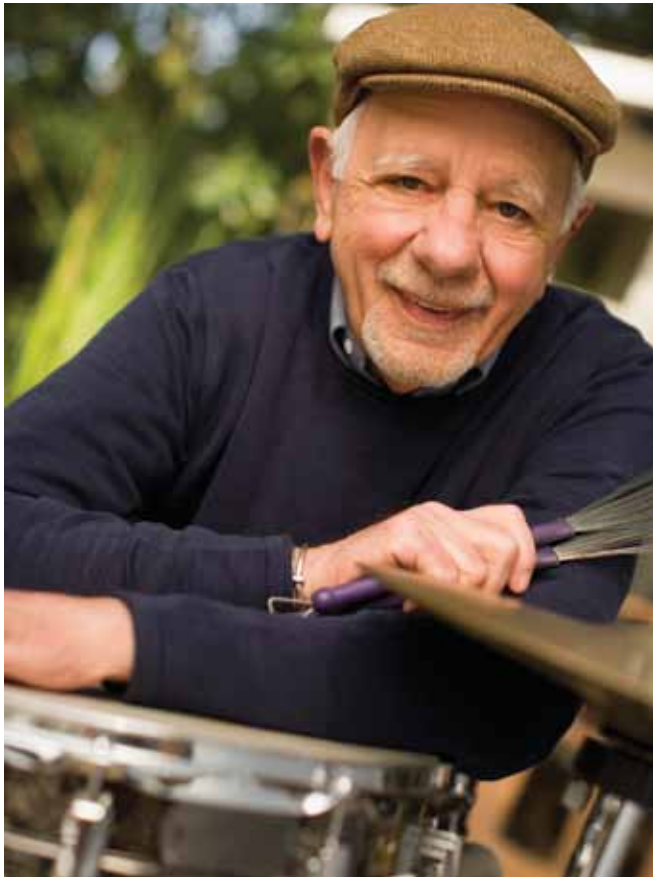
- Ask other smokers to avoid smoking around you.
- Ask family members to help you clean tobacco products and cigarette smell out the house and car.
- Talk with a quit coach on the phone to get support.
- Ask your loved ones and friends to understand if you have mood changes. Ask them not to take it personally.
- Talk with others who are quitting, such as an online support group.
- Quit with a buddy or friend who will support your success.



## Preparing to Quit

### **PLAN** – Anticipate your triggers and use “A” strategies to cope.

It is important to know your triggers. What is a trigger? A trigger is anything that gives you an urge to use tobacco. It could be a person smoking or using spit tobacco near you. It could be a feeling like stress, anger, excitement, or boredom. It could be a place like an outside bar or patio where you used to smoke. Everyone who tries to stop tobacco is going to face some triggers. It is easier to deal with them, if you can anticipate what they will be and have a plan how to deal with them.



### Common Triggers

- Waking in the morning
- When I drink coffee, tea
- Driving in my car
- Being a passenger in a car
- Smelling a cigarette
- Being with other smokers
- Seeing someone smoke
- Talking on the phone
- Working on the computer
- Watching TV
- Stress
- Feeling down, depressed, or blue
- Feeling irritable, impatient, or angry
- Feeling bored
- After I complete a task
- After eating
- After sex
- When I relax or as a reward

## The “A” Strategies

	<b>My Triggers</b>	<b>Avoid?</b>	<b>Adjust Routine?</b>	<b>Alternatives?</b>
<b>Example 1</b>	Work-break with coworkers	✓ Yes avoid	✓ Yes, I will take a stretch break in a different area with non-smoking friends	✓ Will keep straws and toothpicks in pocket at work ✓ Will use mints and nicotine gum ✓ Will drink a lot of water
<b>Example 2</b>	Stress	Can't avoid	✓ Will try to do less for first few weeks ✓ Will exercise at lunch	✓ Will use tea breaks ✓ Will use nicotine lozenges ✓ Will use positive self-talk
<b>Example 3</b>	Right after eating	Can't avoid	✓ Will brush my teeth immediately after eating	✓ Will use chewing gum or mints ✓ Will have popsicles in fridge
<b>1</b>				
<b>2</b>				
<b>3</b>				
<b>4</b>				
<b>5</b>				
<b>6</b>				

### **AVOID**

Avoid people, places, or things that trigger you to use tobacco. Ideas are other smokers, public smoke break areas, bars with outside patios, alcohol, or places you smoke a lot at home.

### **ALTERNATIVES**

Have alternatives to tobacco handy. Examples are toothpicks, mints, bubble gum, straws, cinnamon sticks, popsicles, crunchy vegetables, hard candies, swizzles, or a water bottle. Nicotine gum or nicotine lozenges are useful, too.

### **ADJUST**

Adjust your schedule, habits, or situation. Examples are keeping busy, working on hobbies, taking long walks, exercising, hiking, bike-riding, skiing, or calling a friend when you have a craving. Also try going to places that don't allow smoking like the mall, movies, store, or restaurants. Try changing your habits, like brushing your teeth after you eat or walking when you have a craving.

### Real Strategies from Ex-Smokers

**Waking up** – get right into the shower, brush teeth, go for a walk or exercise, get busy, change your morning routine.

**Morning coffee** – buy coffee on the way to work, skip coffee, wait until work to have coffee, switch to iced coffee.

**When hungry** – don't let self get too hungry, eat healthy meals, carry snacks with you, eat fruit, drink a lot of water or fat-free milk before you eat.

**After meals** – don't overeat, don't linger at the table, clean up immediately after eating, go for a brisk walk, make tea, have a popsicle, don't go into a typical smoke area after eating, use straws or toothpicks.

**In car** – listen to a book on tape/CD, try new music, take a different route to work, don't go into a gas station store where cigarettes are in sight, keep windows rolled up, have car cleaned to get rid of cigarette smoke smell.

**Breaks at work** – avoid walking by smokers' break area, don't leave the building, bring something else to do during break like a book, talk or walk with non-smoking co-worker.

**Stressed at work** – ask for help, take a break, try deep breathing, call someone for support, don't go outside, call a Quitline.

**End of workday** – find other way to reward self at end of long day (iced drink or magazine), drive a different way home, stay busy, do something enjoyable after work, exercise after work.

**While on telephone** – talk in a room you don't usually smoke in, have something to keep hands busy while on phone, doodle on paper, stretch, use a stress ball.

**With partner who is smoking** – ask partner not to smoke in front of you or in the home, don't sit next to them when they're smoking, ask them to hide cigarettes when not using them, ask them not to give you one even if you ask.

**While working on home tasks** – do less tasks in the beginning, use oral alternatives such as gum, mints, straws, or lozenges, ask for help, take lemonade or popsicle breaks.

**Fighting with partner** – try to avoid heated discussions for the first few days, if it gets too tense leave the house, exercise, find a fun activity, call friends for support, call a Quitline, go to mall or movies where you cannot smoke.

**Waking up during night** – do a calm activity such as reading or watching TV in a room you don't usually smoke in.

**While doing work at home** – work in a different area of the house that you usually don't smoke in, use gum, mints or other alternatives while doing work, try to avoid bringing extra work home.

**At the computer** – if cravings get to be too much then get off the computer, do other activities, exercise, or try using low-calorie alternatives like veggie snacks, use gum or mints.

### **PLAN** – Nicotine Medication – talk to your doctor about nicotine medications

Talk to your doctor or health care provider about nicotine medications. Everyone who is trying to quit may benefit from using a medication. In fact, research shows that using nicotine medications can double or triple your chances of quitting for good.

#### QUITTING TOBACCO MEDICINES

The U.S. Food and Drug Administration (FDA) has approved the following medicines to help you quit tobacco:

**Varenicline** (Chantix™) — This is a different type of medicine for quitting tobacco. Chantix acts at sites in the brain affected by nicotine. It works in two ways:

- lessens withdrawal symptoms
- blocks enjoyable effects of smoking

**Chantix** is a pill that must be prescribed by a health care provider. Begin taking Chantix one week before your Quit Day. Many people can continue taking this medicine for up to six months. In recent studies, people who continued taking Chantix for six months were much more likely to quit and remain tobacco-free at least one year. Some people have an upset stomach the first week of taking Chantix.

**Bupropion SR** (Zyban®, Wellbutrin SR®) — This is a pill that can lessen your desire to smoke. Zyban is a prescription medicine, so check with your doctor as soon as you decide to make a quit attempt. You should start taking Zyban seven to ten days before your Quit Day. Many people need to continue taking this medicine for up to six months.

If you have felt sad or “blue” when cutting down or trying to quit tobacco in the past, Zyban may be helpful for you. The medicine in Zyban is also helpful for symptoms of depression.

#### NICOTINE REPLACEMENT THERAPY

The following medicines are Nicotine Replacement Therapy (NRTs). These medicines provide nicotine to your body in a different way than tobacco. You also get less nicotine with NRTs than from tobacco. Using an NRT when you quit can lessen cravings and withdrawal symptoms.

Follow these recommendations to receive the most benefit:

- Start taking an NRT before or on your Quit Day.
- Read and follow the package instructions to make sure you:
  - use the correct technique
  - use the correct dose for the amount you smoke

**Nicotine Patch** (Habitrol®, NicoDermCQ®)— A nicotine patch is placed onto your skin and releases nicotine into your blood stream. It maintains an even level of nicotine in your system without tobacco. There are a number of nicotine patches available in different strengths and preparations. Some generic patches are available at a lower cost.

Some patches are meant to be worn overnight and others to be removed at bedtime. If you don't wear a patch overnight, your blood level of nicotine will be low in the morning. When you apply a new patch it takes some time for the nicotine to get into your system. If a morning cigarette is important to you, you may need a fast acting NRT, such as the nicotine lozenge (see below) when you awaken.

#### Did You Know?

Nicotine is not the deadly substance in cigarettes that causes cancer and lung disease. Carbon monoxide, tar and other toxins are the deadly ingredients in tobacco.

## Preparing to Quit

**Nicotine Gum** (Nicorette®) — As you chew nicotine gum, nicotine is released and absorbed by the blood vessels in your mouth. Don't chew this gum like regular gum. Slowly chew the piece of gum a few times until you feel a tingle. Then park it between your cheek and gum. One piece of gum lasts about 30 minutes. Use the nicotine gum on a schedule, such as one piece every 1-2 hours. Don't wait until you have a strong craving.

**Nicotine Lozenge** (Commit®) — The nicotine lozenge is small and releases nicotine as it slowly dissolves. Do not chew or swallow it. Shift it around in your mouth when you feel a tingle. A lozenge lasts about 30 minutes.

**Nicotine Nasal Spray** (Nicotrol NS® prescription only) — The nicotine nasal spray delivers nicotine into your bloodstream very quickly. This helps to reduce the craving for a cigarette. The nicotine solution can irritate the lining of the nose and upper airways and cause sneezing. The sneezing

lessens with use, but this medicine is not recommended for people with asthma, nasal or sinus problems.

**Nicotine Inhaler** (Nicotrol® prescription only) — The nicotine inhaler is a small device that you hold in your hand and inhale, similar to a cigarette. As you inhale from it, nicotine is quickly released into your blood stream. This is helpful for people who want to keep their hands busy.

Combinations of medicines – Some medicines can be combined for more relief. Some people do better by using a combination of nicotine replacement products such as the nicotine patch with the nicotine lozenges or gum. Another effective combination for some is Bupropion and the NRT patch. Some medicines cannot be combined such as Chantix with a nicotine patch. Talk to your doctor before your Quit Day to decide what is right for you. Studies show that the right combination of medicines can help your chances of quitting for good.





## Preparing to Quit

Name of Medicine	How to Use it	Potential Side Effects
<b>Varenicline</b> <ul style="list-style-type: none"> <li>■ Chantix™</li> <li>■ Tablet</li> <li>■ Prescription is needed</li> </ul>	Start one week before Quit Date Taken after eating and with a full glass of water Use 12 weeks, if quit, use another 12 weeks	Nausea, headache, trouble sleeping, changes in dreams
<b>Bupropion SR</b> <ul style="list-style-type: none"> <li>■ Zyban®, Wellbutrin®</li> <li>■ Tablet</li> <li>■ Prescription is needed</li> </ul>	Start seven to 10 days before Quit Date Usually taken twice a day, if trouble sleeping may be taken once a day Recommended use is 2-6 months	Trouble sleeping, dry mouth
<b>Nicotine Patch</b> <ul style="list-style-type: none"> <li>■ Habitrol®, NicoDerm CQ®</li> <li>■ Patch applied to skin that delivers a constant, steady dose of nicotine</li> <li>■ Available with or without a prescription</li> </ul>	Start use on Quit Date Apply once a day to skin, rotate placement Takes one hour after applied to feel effect of nicotine Patches available in different strengths, use lower strength if smoking 10 or fewer cigarettes a day Available as 16 hour and 24 hour patches Recommended use is 8-10 weeks	Skin irritation at site of patch, rotate placement of patch to lessen irritation Trouble sleeping (use 16 hour patch and remove at bedtime)
<b>Nicotine Lozenges</b> <ul style="list-style-type: none"> <li>■ Commit® Lozenge</li> <li>■ Available as 2mg and 4mg</li> </ul>	Start use on Quit Date Allow the lozenge to dissolve slowly – about 30 minutes Instructions for use – take, tingle and shift Don't eat or drink for 15 minutes before using or while using Don't use more than 5 pieces in 6 hours or more than 20 a day Recommended use for 3 months	Trouble sleeping, nausea, hiccups, heartburn, headache
<b>Nicotine Gum</b> <ul style="list-style-type: none"> <li>■ Nicorette® (Original, Mint and Orange)</li> <li>■ Available as 2mg and 4mg</li> <li>■ Prescription is not needed</li> </ul>	Start use on Quit Date Can use every hour but no more than 24 pieces per day Use on a regular schedule rather than waiting until you have a strong urge Instructions for use – chew slowly until you notice tingling, then park between cheek and gum Wait 15 minutes after drinking beverage before using Recommended use for 3 months or as needed	Mouth soreness, hiccups, jaw pain, heartburn Don't use if you have dentures
<b>Nicotine Inhaler</b> <ul style="list-style-type: none"> <li>■ Nicotrol® Inhaler</li> <li>■ Prescription is needed</li> <li>■ Helps with cravings and hand-to-mouth habit</li> </ul>	Start use on Quit Date "Puff" on each cartridge for about 20 minutes Use is 6-16 cartridges a day Recommended use up to six months	Cough, runny nose
<b>Nicotine Spray</b> <ul style="list-style-type: none"> <li>■ Nicotrol® Nasal Spray</li> <li>■ Prescription is needed</li> <li>■ Delivers nicotine very quickly and helps with cravings</li> </ul>	Start use on Quit Date A dose is 1 spray per each nostril, do not inhale At first, use 1-2 doses per hour; use is 8-40 doses a day Recommended use is 3-6 months	Nasal irritation (lessens with use) Runny nose, throat irritation sneezing and cough Don't use with severe asthma, sinusitis, nasal polyps

### On Your Quit Date

Congratulations! Remember, the first few weeks are the hardest. But, with each day, it gets easier and easier. Try to be good to yourself and ask for support from those around you.

- Read over your list of reasons for quitting. Look at the picture of a loved one to support those reasons.
- Take your quit tobacco medicine(s). Remember that taking medications correctly can double or triple your chance for success!
- Look over your triggers and A strategies. They will help you through.
- Think of the friends and family who have agreed to support you. When you are having a hard time, reach out and ask for help.

### What to Expect When You Quit

#### Withdrawal Symptoms

You are giving up an addiction to nicotine. This affects your body and your mind. Everyone is different and each person can have a different experience. Most people have some withdrawal symptoms in the beginning. They tend to be the most uncomfortable within the first few days. Medications can really help ease these symptoms.

#### Ways to Help Your Withdrawal Symptoms

##### FEELING IRRITABLE OR NERVOUS

Take several deep breaths, exercise, go for a walk, take a bath, do a fun activity, picture in your mind a relaxing event or place.

##### FEELING TIRED

Take it easy, take a nap, go to bed early.

##### TROUBLE SLEEPING

Avoid caffeine, drink warm decaffeinated tea, take a warm bath, read a book instead of watching TV.

##### COUGH, DRY THROAT

Drink plenty of liquids, use cough drops, mints, or chew gum.

##### DIZZINESS

Use caution when driving or operating machinery, remember this will pass.

##### TROUBLE CONCENTRATING

Be patient with yourself, avoid hard tasks, take deep breaths.

##### WANTING TO PUT SOMETHING IN YOUR MOUTH

Cut drinking straws or vegetables into cigarette length pieces.

##### CONSTIPATION

Eat plenty of fresh fruit, whole grains and drink plenty of fluids.

##### DEPRESSION, FEELING BLUE, DOWN

Remind yourself that this is a withdrawal symptom, find a fun activity, exercise, get rest.

##### HEADACHE

Take a pain reliever, drink plenty of water, remind yourself that this will pass.

##### INCREASED APPETITE

Tobacco use impacts your metabolism so eat nutritious foods, drink water, exercise, eat small low-fat meals and snacks.

##### SLEEP DISTURBANCE

If using the patch or other nicotine replacement medications, talk with your doctor about stopping use one hour before bed, try a warm bath before bed, or use deep breathing and other relaxation exercises. These withdrawal symptoms are common. It is important to plan for these feelings and for ways to help you deal with them.

## When You Quit

### CRAVINGS

In addition to withdrawal symptoms, most people experience cravings. A craving is a strong desire or urge to smoke a cigarette. Most cravings last only ten minutes or less and will pass whether you smoke or not. Cravings lessen over time. It's important to expect that you will have cravings, especially during the first weeks.

Try the following tips to help you deal with cravings:

- Nicotine gum or lozenges give fast relief.
- Take 10 deep breaths.
- Pretend to smoke with a plastic straw.
- Exercise, go hiking, or walk the dog.
- Try yoga, stretch, or use other relaxation techniques.
- Have a mint, gum, popsicle, or sugar-free candy.
- Drink water or low-calorie juice.



### What Happens to Your Body When You Quit Tobacco?

#### AT 20 MINUTES AFTER QUITTING:

- Blood pressure decreases.
- Pulse rate drops.
- Body temperature of hands and feet increases.

#### AT 8 HOURS:

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal (if no lung disease).

#### AT 24 HOURS:

- Chance of a heart attack decreases.

#### AT 48 HOURS:

- Nerve endings start regrowing.
- Sense of smell and sense of taste improve.

#### AT 2 WEEKS TO 3 MONTHS:

- Circulation improves.
- Walking becomes easier.
- Lung function improves.

#### AT 1 TO 9 MONTHS:

- Coughing, sinus congestion, tiredness, shortness of breath decrease.

#### AT 1 YEAR:

- Excess risk of coronary heart disease is decreased to half that of a smoker.

#### AT 5 YEARS:

- From five to 15 years after quitting, stroke risk is reduced to that of people who never smoked.

#### AT 10 YEARS:

- Risk of cancer drops to as little as one-half that of continuing smokers.
- Risk of ulcer decreases.

#### AT 15 YEARS:

- Risk of coronary heart disease is now similar to that of people who have never smoked.
- Risk of death returns to nearly the level of people who have never smoked.

## Staying Quit

**Congratulations! You have quit and are now trying to stay tobacco free!**

### Reward Yourself!

It is important to find ways to reward yourself when you quit. Rewarding yourself helps you to stay strong in the future. You deserve to pat yourself on the back for each day you have refused to smoke!

List four ways you can reward yourself while you are quitting:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

#### EXAMPLES OF POSSIBLE REWARDS:

Buy flowers or a plant to enjoy the fresh smell.  
Have some frozen yogurt or low-calorie treat.  
Watch a movie.  
Ask for a back rub.  
Go out to dinner with a loved one.  
Listen to your favorite music.  
Do a favorite fun activity.  
Go for a walk or bike ride.  
Call or visit a friend.  
Play a game.

### How To Handle “Slips”

- After you quit, it is best not to tempt yourself with even one puff. That’s because each time you smoke or use tobacco, you increase the chances of wanting a cigarette in the future.
- If you do “slip”, don’t give up. A “slip” is a mistake, not a failure.
- Review your reasons for quitting.
- Think about how you can better cope with the cravings in the future.
- Renew your commitment to quitting. Ask for help from others who want to see you succeed.

### How to Get More Help

If you need more help, talk with your doctor about your tobacco use and ask for help in quitting. They may be able to provide you with counseling, or refer you to a counseling program in your area.

Call a national Quitline to talk with a quit coach. Quit coaches talk with thousands of smokers and tobacco users. They have ideas on what can help. Some Quitlines offer free nicotine addiction medications.



## Positive Self-Talk

Trigger Situation	Positive Self-Talk
<b>Example.</b> Everyone is on my nerves, all I want to do is smoke (or chew).	<b>Example.</b> Ok, I do not need to smoke now. This is the addiction trying to trick me and win over. Everyone is on my nerves, but I can be happy that I am not using tobacco! That is a success! I am staying strong, no matter what.
<b>Example.</b> I just got really bad news. I am in shock. All I want to do is smoke.	<b>Example.</b> Ok, I need some time to cope with this news. Smoking is not going to change the news or make it better. If I smoke I will feel twice as bad about everything. Maybe I need to use more lozenges or gum right now. I can feel positive that I am taking care of myself even with bad news.
I can have just one....	
I deserve to have one, I did a great job.	
I don't care, I just want one.	

### Positive Self-Talk

Stress can make it hard to stay tobacco-free. Changing the way you think can change the way you react to stress. If you have a lot of negative thoughts, you probably react in a negative way to situations. Positive self-talk can improve your self-confidence and attitude. Replace the negative self-talk with positive self-talk:

- Instead of saying “I can’t do this,” say “I can do this if I give myself the time to learn” or “I believe I can do this.”
- Start every day by saying something positive about yourself. Repeat it throughout the day. “I deserve to quit tobacco.” “I believe in myself.”





**For more information**

1400 Jackson Street  
Denver, Colorado 80206

