

Tennessee

# QuitKit



[tnquitline.org](http://tnquitline.org)





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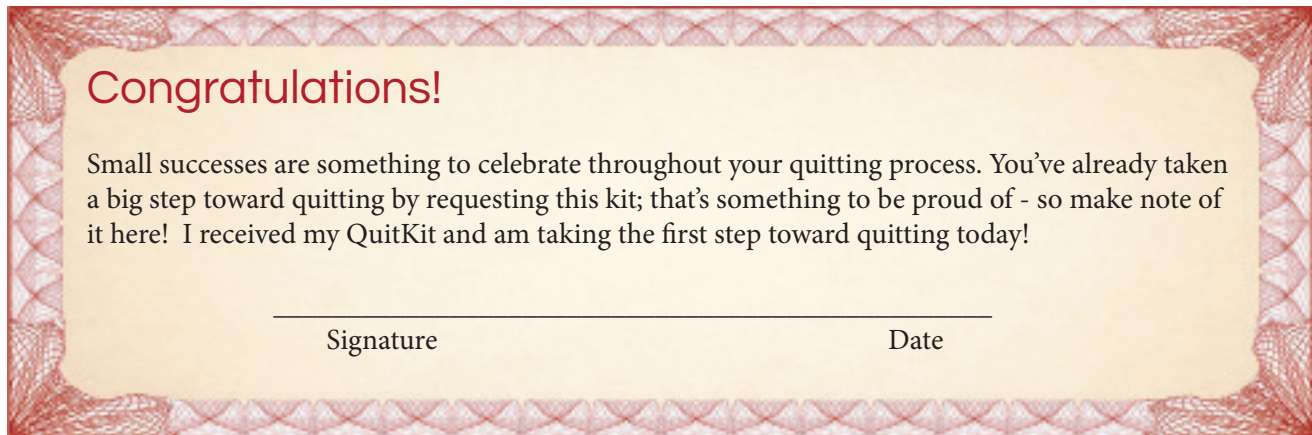
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# Step 1: Deciding to Quit



## Why do you want to quit?

You have to want to quit. Quitting is hard, maybe one of the hardest things you'll ever do, but it's also one of the most rewarding!

Knowing the facts about the harm smoking can cause, and also knowing the many benefits of quitting, can help you stay strong in your decision to quit and focused on the reward of becoming a non-smoker.

To quit successfully, it's important to understand the reasons why you want to quit and why quitting is one of the most important things you can do for your own health and for the health and well-being of those around you.

## Know the facts:

Smoking is harmful to your health

- Smoking decreases oxygen to the heart
- Smoking decreases exercise tolerance
- Smoking decreases good (HDL) Cholesterol in the body
- Smoking increases blood pressure and heart rate
- Smoking increases the risk of coronary artery disease and heart attack
- Smoking increases the tendency for blood clotting
- Smoking increases the risk of a stroke
- Smoking causes problems with breathing and other respiratory conditions

Smoking increases the risk of developing several types of cancer, including:

- Lung Cancer
- Stomach Cancer
- Mouth & Tongue Cancers
- Throat Cancer
- Colon Cancer
- Bladder Cancer
- Kidney Cancer
- Pancreatic Cancer
- Breast Cancer
- Cervix Cancer

Smoking worsens or increases the risk of several diseases, including:

- Gum Disease
- Cataracts
- Tooth Loss
- Rheumatoid Arthritis
- Osteoporosis
- Infertility
- Impotence
- Crohn's Disease
- Chronic Asthma
- Emphysema
- Diabetes
- Ulcers
- COPD

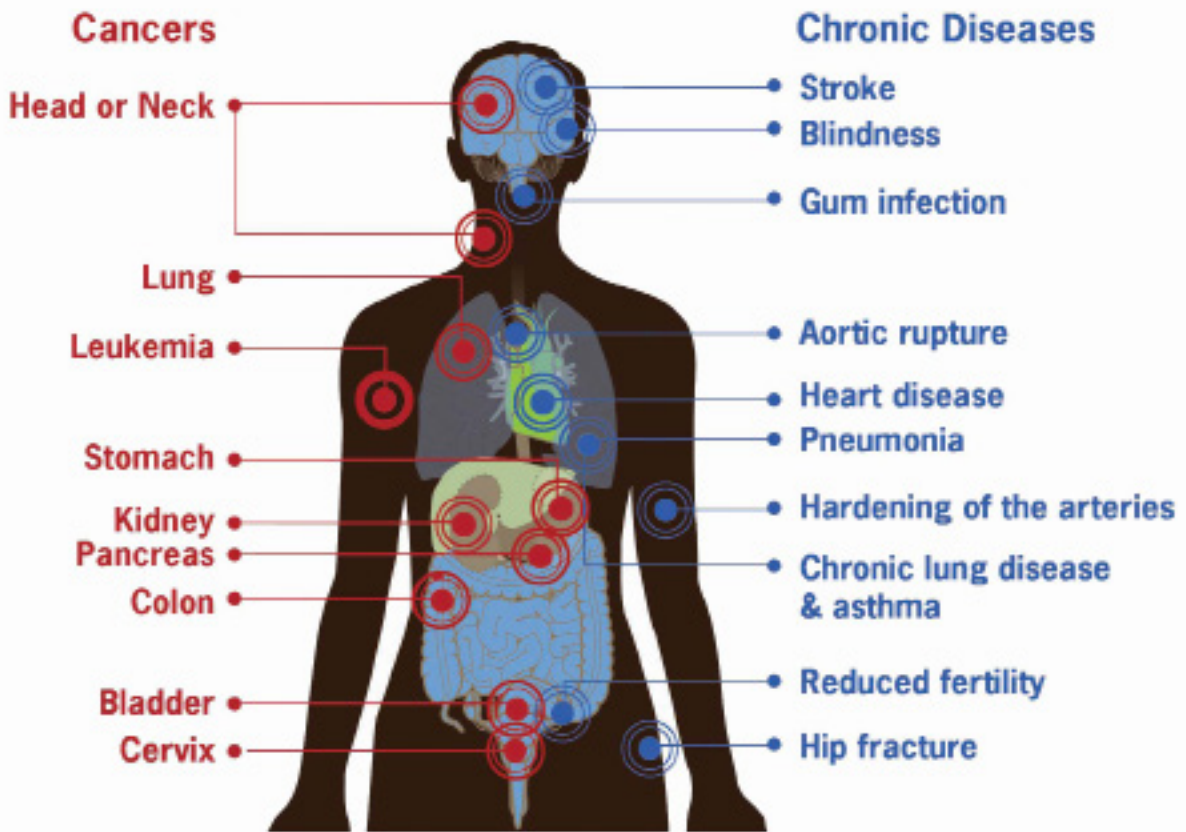
### Did You Know?

Smoking kills more people than alcohol, AIDS, car crashes, illegal drugs, murders and suicides **COMBINED**.

Thousand more die from tobacco-related causes — such as smokeless tobacco use and fires caused by smoking.

# Risks from Smoking

Smoking can damage every part of the body



Source: CDC Vital Signs September 2010

## What's in a Cigarette?

Cigarettes are full of poisons

There are approximately 600 ingredients in cigarettes that when burned create more than 7,000 chemicals. At least 69 of these chemicals are known to cause cancer, and many are poisonous.

Here are a few of the chemicals in tobacco smoke:

**Acetone** – found in nail polish remover

**Formaldehyde** – embalming fluid

**Acetic Acid** – an ingredient in hair dye

**Hexamine** – found in barbecue lighter fluid

**Ammonia** – a common household cleaner

**Lead** – used in batteries

**Arsenic** – used in rat poison

**Naphthalene** – an ingredient in moth balls

**Benzene** – found in rubber cement

**Methanol** – a main component in rocket fuel

**Butane** – used in lighter fluid

**Nicotine** – used as insecticide

**Cadmium** – active component in battery acid

**Tar** – material for paving roads

**Carbon Monoxide** – released in car exhaust fumes

**Toluene** - used to manufacture paint

Source: <http://www.lung.org/stop-smoking/about-smoking/facts-figures/whats-in-a-cigarette.html>



## When you quit, the health benefits are both immediate and ongoing!

### Within 20 minutes

of having your last cigarette:

- Blood pressure drops to normal
- Heartbeat slows to normal
- Circulation improves

### Within 12 hours

almost all of the nicotine is out of your system and the level of carbon monoxide in your blood drops to normal.

### After 24 hours

your chance of having a heart attack decreases.

### After 72 hours

breathing becomes easier and your lungs begin to repair.



### 1 to 9 weeks

after quitting, a smokers' cough or shortness of breath becomes less. The tiny hairs lining the lungs (cilia) work normally again and clean the lungs to reduce risk of infection.

### 1 year

after quitting, the risk of getting coronary heart disease is **half** that of a smoker.

### 10 years

after quitting, the risk of dying from lung cancer is **half** that of a smoker. Risk of getting pancreatic and larynx cancer also decreases.

### 5 years

after quitting, the risk of getting mouth, throat, esophagus and bladder cancer is **cut in half**. Risk of cervical cancer and stroke fall too.

### 15 years

after quitting, the risk of coronary heart disease is the same as a non-smoker's.

## Quitting is Beneficial

- Quitting can prolong your life! According to the American Heart Association, smokers who quit between the ages of 35 and 39 add an average of 6 to 9 years to their lives. Smokers who quit between the ages of 65 and 69 increase their life expectancy by 1 to 4 years.
- Quitting, at any age, significantly reduces your risk factors. It's never too late.
- Quitting reduces the risk of repeat heart attacks and death from heart disease by 50 percent or more.
- Quitting reduces your risk of high blood pressure, peripheral artery disease and stroke.
- Quitting reduces your risk of developing a variety of other conditions, including diabetes, lung cancer, throat cancer, emphysema, chronic bronchitis, chronic asthma, ulcers, gum disease and many other conditions.
- Quitting reduces your risk of cardiovascular disease.
- Feel healthier after quitting. You won't cough as much or have as many sore throats, and you will increase your stamina.

### Quitting will reduce your risk of getting many cancers, including:

- Lung Cancer
- Stomach
- Mouth & Tongue
- Throat
- Colon
- Bladder
- Kidney
- Pancreas
- Breast
- Cervix



Find more online at [www.tnquitline.org](http://www.tnquitline.org)

Snuff, Dip, Chew. ALL tobacco is harmful — even smokeless tobacco products.

Dip and chew contain more nicotine than cigarettes!

Chewing tobacco and snuff contain 28 cancer-causing agents.

Smokeless tobacco users have an increased risk of developing cancer of the oral cavity. These tobacco products have been linked to several oral cancers – predominantly carcinomas of the lip, mouth, tongue and pharynx. Cancer of the esophagus is also linked to smoking tobacco.

Smokeless tobacco products can lead to precancerous conditions, like oral lesions, including erythroplakia (a reddened patch in the mouth) and leukoplakia (a white patch on the mucous membranes in the mouth that cannot be wiped off).

Using smokeless tobacco can also lead to a precancerous lesion that stiffens the soft pink tissue that lines the inside of the mouth and can also extend into the esophagus tract. It is a debilitating and irreversible condition that often results in an inability to open the mouth.

Sugar in spit tobacco can cause decay in exposed tooth roots.

Dip and chew can cause your gums to pull away from the teeth in the place where tobacco is held. Your gums do not grow back!

Leathery white patches and red sores common in dippers and chewers can turn into cancer.

Smokeless tobacco products can also lead to reproductive issues, such as increased risk of having a low birth-weight baby.

Chewing and dipping have social consequences too. The smell, spitting and drooling of tobacco juice is not something many people find desirable.

It's not just about cigarettes.

Quitting smokeless tobacco is beneficial too!



#### Did you know?

Holding an average-size dip in your mouth for 30 minutes gives you as much nicotine as smoking three cigarettes. A 2 can-a-week snuff dipper gets as much nicotine as a 1<sup>1/2</sup> pack-a-day smoker.



## More reasons to quit!



### You'll not only feel better, but you'll look better too after quitting.

For smokers, wrinkles around the eyes and mouth develop earlier and tar stains your fingers and teeth. Chewing and dip tobacco can stain your clothes, your furniture, your car and your teeth.

Quitting can improve your skin and help prevent wrinkles and premature aging. The nicotine in cigarettes causes blood vessels to narrow, restricting blood flow carrying oxygen, vitamins and nutrients to the skin.



### Quitting will improve your sense of taste and smell

Smoking can dull your senses of taste and smell. When you quit, you regain the ability to taste foods fully and many ex-smokers find that everything tastes better. Likewise, when you quit, you have a better sense of smell. In fact, you may find you're more aware of cigarette smell on your clothes, in your home or car, and on other smokers. This can be a great motivator in your effort to quit.




### Quitting will improve your stamina for fitness and sports


Smoking deprives your body and muscles of oxygen, so when you exercise or play sports you tire more easily. You'll really up your game by putting down those cigarettes.

### You'll save money when you quit


Smoking is expensive. Each puff of a cigarette or spit of chew is costing you more than your health. At a cost of about \$5.30 per pack, a 1 pack a day smoker will have spent almost \$2,000 in a year. Grab a calculator and fill in the chart below to see how much you're spending on cigarettes each year.

**How Much Do You Spend Each Year?**

\$  Cost per pack 

X  Packs per week x 52 

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= \$  Per year 

Packs	1 Day	1 Week	1 Month	1 Year	10 Years
1/2	* 2.65	*18.55	* 80.60	* 967.25	* 9,672.50
1	* 5.30	*37.10	*161.20	*1,934.50	*19,345.00
1 <sup>1/2</sup>	* 7.95	*55.65	*241.81	*2,901.75	*29,017.50
2	*10.60	*74.20	*322.41	*3,869.00	*38,690.00
2 <sup>1/2</sup>	*13.25	*92.75	*403.02	*4,836.25	*48,362.50

Now, what could you do with that extra money?

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## e-Cigarettes | Vaping

Electronic cigarettes, also called e-cigarettes or electronic nicotine delivery systems, are battery-operated devices that people use to inhale an aerosol. The aerosol is usually an oil mixture typically containing nicotine (though not always), flavorings, and other chemicals. The e-cig devices can resemble traditional tobacco cigarettes (cig-a-likes), cigars, or pipes, or even everyday items like pens or USB memory sticks. (see image below)

Some common nicknames for e-cigarettes are:

- e-cigs
- e-hookahs
- hookah pens
- vapes
- vape pens
- mods



### Are e-cigarettes safer than tobacco cigarettes?

No. Nicotine in any form is a highly addictive drug.

Are you are thinking of replacing a tobacco cigarette with a vaping device because you believe it is less harmful? Think again. Vaping can put users at risk for addiction to other drugs and exposes your lungs to a variety of cancer-causing chemicals that can cause breathing problems and disease.

Because nicotine affects the development of the brain's reward system, continued e-cigarette use not only leads to nicotine addiction, but it also can affect the development of brain circuits that control attention and learning. Other risks include mood disorders and permanent problems with impulse control—failure to fight an urge or impulse that may harm yourself or others.

### Can e-cigarettes help me quit?

Replacing a tobacco cigarette with an e-cigarette doesn't guarantee your cravings for nicotine will go away. For many, the replacement only makes the craving stronger. Tobacco users who don't use e-cigarettes are twice as likely to quit and stay tobacco-free longer.

## e-Cigarette Facts and Myths

**MYTH:** Electronic cigarettes are a healthy alternative to smoking.

**FACT:** To date, there is no scientific evidence establishing the safety of e-cigarettes.<sup>2</sup> The vapor of some e-cig cartridges contains harmful substances (formaldehyde, acetaldehyde, acrolein, diethylene glycol, nickel, chromium, lead)<sup>4</sup> similar to those chemicals found in regular cigarettes.

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**MYTH:** Electronic cigarettes can help people quit smoking.

**FACT:** The efficacy of e-cigarettes as an aid for sustained smoking cessation has not been proven.<sup>2</sup>

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**MYTH:** Electronic cigarettes are not marketed toward youth.

**FACT:** Data has shown an increase in use of e-cigarettes by youth.<sup>3</sup> Public health advocates are concerned that the appealing flavors and attractive appearance of e-cigarettes will lure young people and lead them to smoke regular cigarettes.<sup>1</sup>

**MYTH:** It is safe to smoke e-cigarettes around others.

**FACT:** Adverse health effects from secondhand smoke exposure cannot be excluded, because the use of e-cigarettes leads to emissions of fine and ultrafine inhalable liquid particles, nicotine and cancer-causing substances into indoor air.<sup>4</sup>

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**MYTH:** e-Cigarettes don't contain nicotine.

**FACT:** Although e-cigarettes don't contain tobacco, the majority do contain nicotine — the most addictive substance in tobacco.<sup>1</sup> Nicotine is more addictive than cocaine or heroin.<sup>5</sup>

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**MYTH:** e-Cigarettes are a socially acceptable alternative to regular cigarettes.

**FACT:** The use of e-cigarettes models unhealthy behavior to youth. ANYTHING that glamorizes smoking to youth is unacceptable.

### Sources:

- 1.) McDonald, Cathy, M.D., M.P.H. E-cigarette use is increasing through data about risks and benefits are still scant: WHAT YOU SHOULD KNOW. Nicotine-Free News. Alameda County Cessation Provider Training and Support Network Newsletter.
- 2.) Thomas, L. Marye M.D.. Informational Document Regarding Electronic Cigarettes. 31 January 2013; E-Cigarette Task Force. Alameda County Behavioral Health Care Services.
- 3.) Talking Points on E-Cigarette Regulation. April 2013. Contra Costa Health Services Tobacco Prevention Project.
- 4.) German Cancer Research Center (Ed.) Electronic Cigarettes – An Overview. Heidelberg, 2013
- 5.) Blakeslee, Sandra. "Nicotine: Harder to Kick than Heroin." The New York Times. 29 March 1987.

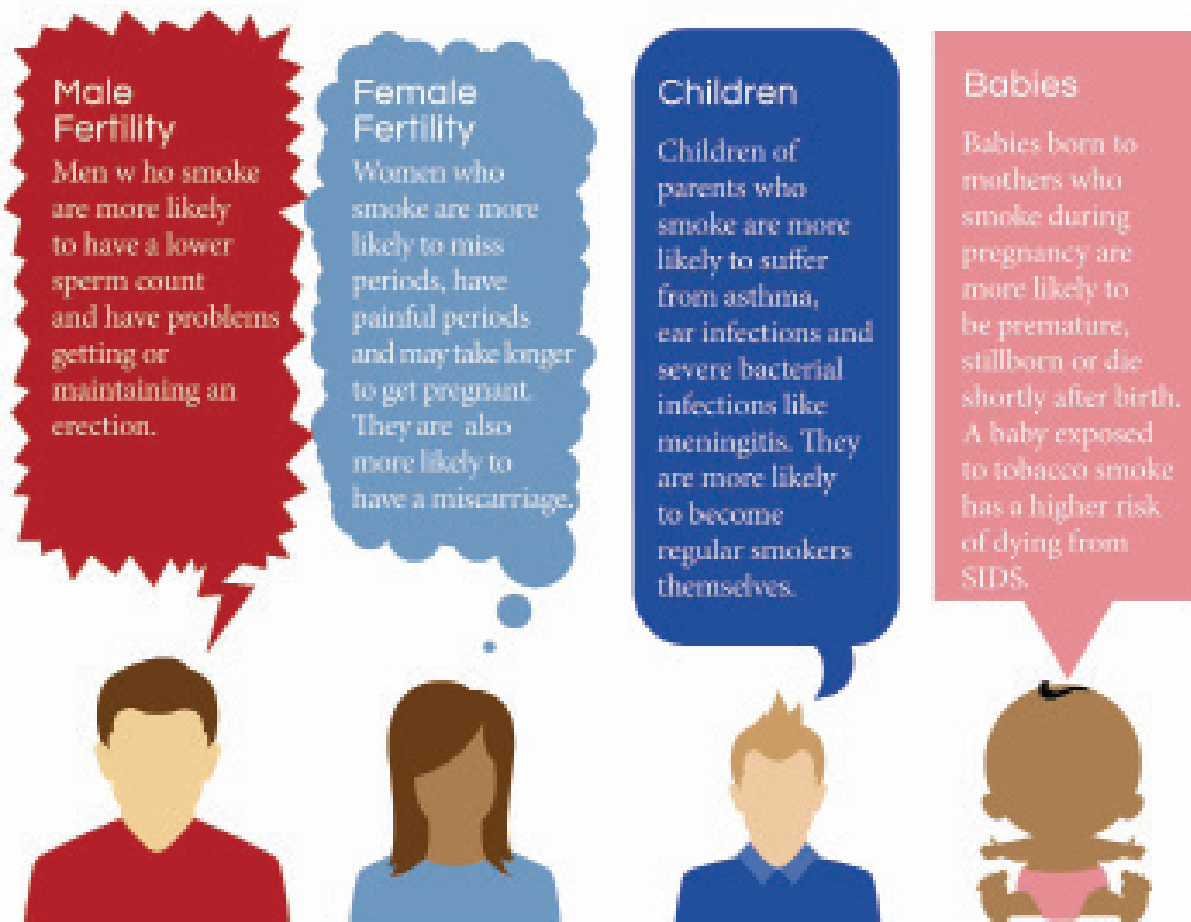
## Quitting for others: Pregnancy, babies and loved ones

By now, you've learned that the cost to your wallet is high and the cost to your own body and health is even greater.

Still, many smokers find their motivation to quit and stay quit by considering the effects of smoking on pregnancy, the risks to an unborn baby or the risk to loved ones around them exposed to second hand smoke.

If your own health isn't enough for you to quit, then the health of your baby or your loved ones should be. Smoking during pregnancy affects you and your baby's health before, during, and after your baby is born.

The nicotine (the addictive substance in cigarettes), carbon monoxide, and other poisons you inhale from a cigarette are carried through your bloodstream and go directly to your baby.



### Secondhand Smoke

Secondhand smoke (also called passive smoke) is the smoke given off by a burning tobacco product and the smoke exhaled by a smoker.

At least 69 chemicals in secondhand smoke are known to cause cancer. Secondhand smoke causes lung cancer in nonsmokers. Secondhand smoke has also been associated with heart disease in adults and sudden infant death syndrome, ear infections, and asthma attacks in children.

There is no safe level of exposure to secondhand smoke.

## Smoking while pregnant will:

Increase several health risks, such as ectopic pregnancy.

Lower the amount of oxygen available to you and your growing baby.

Increase your baby's heart rate.

Increase the chances of miscarriage and still birth.

Increase the risk that your baby is born prematurely and/or born with low birth weight.

Increase your baby's risk of developing respiratory (lung) problems.

Increase the risk of birth defects.

Increase the risk of Sudden Infant Death Syndrome (SIDS).

Find more online at [www.tnquitline.org](http://www.tnquitline.org)



# My Reasons for Quitting

Now you know some of the many reasons why quitting tobacco is one of the best things you can do for yourself and for those you love. Every person is different, and every smoker and every person that dips tobacco has a different reason for wanting to quit.

Take some time to think through your reasons for quitting. Check off those that most concern you or apply to your own desire to quit.



## Health Related

- I am concerned about the effect smoking may have on my health
- I am concerned about the effect chewing tobacco may have on my health
- I am worried about getting cancer
- I feel that smoking is interfering with my level of fitness
- I am worried about getting pregnant and having a healthy baby
- I am worried I may be affecting my child's/childrens' health and well-being
- I do not want those that I love to breathe secondhand smoke or copy my habit
- I worry about the chemicals I'm putting in my body from cigarette smoking or chewing tobacco
- I want to cough less and breathe easier
- My doctor is encouraging me to quit for \_\_\_\_\_ reasons

My other health concerns:

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## Lifestyle related

- Family members are worried about me
- I want to be a good role model for my children
- I do not like the feeling that cigarettes are controlling my life
- I want to save money
- I feel embarrassed about my smoking or dipping
- I'm tired of my friends and family nagging me
- Most people I know do not smoke - I feel out of place when I light up
- It is inconvenient to smoke in public places or to go outside when it's cold
- Smoking and frequent smoke breaks are interfering with my work
- I want to have more energy and better focus for other things I enjoy doing
- I want my partner, friends, family, kids, grandchildren and coworkers to be proud of me

Other reasons why I want to quit:

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## My Reasons for Quitting

Of all the reasons you marked for wanting to quit, write down in your own words the top three reasons that are most important to you. This is an important step in quitting!

1 My Reason

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2 My Reason

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3 My Reason

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### Congratulations!

You've taken another big step toward quitting by identifying the main reasons why you want to quit tobacco for good; that's something to be proud of - so make note of it here!

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date



# Step 2: Making a Plan

## Let's make a plan to quit!

Knowing why, when, and how you smoke now can help identify the habits, triggers or cravings that lead you to light up. And, when you know what these triggers are, you're better prepared to overcome them when you quit.

Completing the tools in this section will help put together a personalized quit plan that can help you succeed.

## Why do you smoke?

Nicotine is a very addictive substance found in cigarettes and chewing tobacco. When you inhale cigarette smoke, nicotine travels very quickly into your bloodstream, throughout your body and to the brain in as little as 10 seconds. It elevates your heart rate and can cause you to feel a temporary state of relaxation or stress relief. As a smoker, your body gets used to the nicotine and relies on these temporary fixes to feel normal. And so, you want another cigarette, then another, then another...

Smokers report many different reactions to why they smoke. Some feel when they smoke it elevates their mood or causes them to be more alert and focused. Others say it has a calming, relaxing effect. Either way, every smoker who wants to quit should understand what kind of satisfaction they get from smoking.

- I can't go through half a day without smoking. ☒
- Sometimes I find myself smoking, even though I don't remember lighting up. ⊖
- Smoking helps me clear my mind and think better. ⊙
- I feel a strong urge to smoke when I haven't smoked in a few hours. ☒
- Smoking is one of the greatest pleasures in my life. ⊖
- I enjoy the steps in lighting a cigarette like tapping the cigarette and flicking the lighter. ⊙
- I need a cigarette as soon as I wake up in the morning. ☒
- I enjoy a cigarette after my meal. ⊖
- I smoke when I am angry or depressed. ⊙
- If I don't smoke, I feel anxious. ☒
- Smoking relaxes me. ⊖
- I feel more comfortable with a cigarette in my hand. ⊙

☒ If you chose more statements with this symbol, then you are addicted to the nicotine in tobacco. Being hooked on nicotine is a form of drug addiction. Your body craves it and you experience withdrawal symptoms when you don't smoke. This is the main reason that smokers continue to smoke.

⊖ If this symbol was marked repeatedly, then you smoke out of habit. You have formed links between your daily activities and smoking. You may smoke after a meal, on a coffee break, while talking on the phone, or while driving. It also gives you something to do with your hands.

⊙ If this symbol was marked more than the others, then you are psychologically dependent on cigarettes. You think smoking will help you feel better when you are nervous, depressed or stressed. Cigarettes and tobacco products cannot help you feel better or put you at ease. You feel better because you have convinced yourself that cigarettes are your source of comfort.

You may have a combination of two or more categories, but the symbol with the most checks is your main reason for continuing to smoke. To quit successfully, you should pay more attention to this factor.

SOURCE: <https://bcbsms.com/assets/docs/whydoIsmoke.pdf>

# My Personal Tobacco Quit Log

## When do you smoke?

Learning patterns for when you smoke, and what's going on around you at that time, is one of the best ways to identify habits, cravings and triggers that lead to your urge to smoke. Recording every cigarette you smoke throughout your day will help show you these patterns. Once you see them, you're well on your way to quitting for good – because you can be prepared to turn to other coping mechanisms or activities during these times instead! Use as many or as few log sheets as you need, but try to record an entire week's record. Weekdays and weekend patterns sometimes are different, so try to record an entire, 7 day week.

Today's Date: _____/_____/_____						
		Month	Day	Year		
Number	Time of Day	Where I was	Who I was with	Activity Keywords, ie: drink coffee or at movie	Mood What was my mood?	Need S= Strong M= Moderate L= Light
1	: AM   PM					
2	: AM   PM					
3	: AM   PM					
4	: AM   PM					
5	: AM   PM					
6	: AM   PM					
7	: AM   PM					
8	: AM   PM					
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26	: AM   PM					
27	: AM   PM					
28	: AM   PM					
29	: AM   PM					
30	: AM   PM					
31	: AM   PM					



## Let's Prepare to Cope with Your Own Triggers

Here are more ideas that can help you cope with the urge to smoke or chew tobacco.

- Change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Brush your teeth. Your craving will pass more quickly and you'll be less inclined to still want to smoke when your mouth and teeth are fresh and clean.
- Bum a stick of gum instead of a cigarette, or keep candy with you.
- Do something to reduce your stress. Take a hot bath, exercise or read a book or magazine.
- Plan something enjoyable to do every day.
- Try to distract yourself from urges to use tobacco. Wash the car, do laundry, talk to someone, go walking, or get busy organizing photos or cleaning a closet.
- Take a walk or jog. Don't have time? Go up and down the stairs a few times or just walk around the block. Physical activity, even in short bursts, can help boost your energy to beat a craving.
- Calculate your savings. Add up all the money you're saving and decide what you're going to buy with it.
- Go to a smoke-free zone. Most public places don't allow smoking. Go to a movie, a store, or any other smoke-free public place on days when your cravings are frequent.

**Call or text someone. You don't have to do this alone. Lean on the people you trust to distract you. Or call 1-800-QUIT-NOW to talk to your Quit Counselor!**

**Review your reason for quitting. Just one puff will feed your craving and make it stronger. Starve the craving by reminding yourself why you want to be smoke-free.**

## Triggers & Cravings

### Common Triggers Wallet Cards

Looking back at why and when you smoke, you'll start to see a pattern. These "triggers" can be the places you go, the times-of-day you light up, things you do frequently, certain people around you, or even how you're feeling. In the information you've already filled out for why and when you smoke or chew, find your pattern of smoking triggers.

Below are some common triggers that show up for many smokers and some solutions to overcoming these triggers when they occur. We've put them in the form of wallet-sized cards for you to cut out and carry with you when you're ready to quit.



### Meal Time

When you're first trying to quit, don't smoke directly after a meal; wait a few minutes and gradually increase the amount of time between the meal and cigarette.

Keep your mind and hands busy after a meal: Help with dishes, walk the dog, play cards, etc.

### Coffee

When you first try to quit, wait until you finish your coffee to have a cigarette. Over the next few days, gradually increase the amount of time between finishing your coffee and having a cigarette. Eventually, with enough time between the coffee and the cigarette, you discover you can drink coffee without having a cigarette.

### Alcohol

Don't smoke while you drink. Wait to smoke until after you have finished your drink. Begin gradually increasing the amount of time between finishing your drink and smoking. Choose a smoke-free bar or restaurant for happy hour. Try a different drink or switch to non-alcoholic for a short while. Engage in an activity to keep your hands busy while drinking.

### Driving

When you're first trying to quit, don't light up the moment the key is in the ignition — wait a few minutes. Over time, increase the amount of time between starting the car and smoking.

Put your cigarette in your purse or briefcase and then keep those in the backseat or trunk, making it difficult to reach your cigarette.

### Working or Studying

During stressful moments, give yourself 5 minutes to take deep breaths and think of something calm, something other than smoking.

Avoid where you would often take smoke breaks.

### Boredom

Call or text a friend or loved one. Tackle chores like laundry, dusting, vacuuming. When you're done, you will have a clean home and will have avoided a craving. Pick up a hobby that keeps your hands busy like crossword puzzles, knitting or chess. Exercise or run errands. Play a quick game on your phone or computer.

### Stress

Exercise isn't just good for the body; it's good for the mind. Exercise increases endorphins, which boosts your mood. Decrease morning stress by preparing the day before: Make lunches ahead of time, prepare the coffee maker and choose an outfit.

### Friends Who Smoke

Alert your friends - smokers and non-smokers - to your attempt at quitting smoking and ask for their support. As a result, you may help your friends decide to quit, too. Arrange to meet up with friends at smoke-free places such as a friend's home or restaurant. Make your home smoke-free.



## My Trigger & Solutions

You won't be able to avoid all smoking triggers, so plan for them by making a list of the activities, actions or distractions that can be your go-to solution to help you through those cravings for another cigarette or chew. Cravings will come and go, but they only last about 5 to 10 minutes and the more you're able to get through each one successfully, the easier it will become.

Do what works best for you when a craving hits. Just don't smoke, dip or chew.

Not even one puff. Not even one pinch.

### Congratulations!

You're on your way to becoming smoke-free! Knowing your triggers, and how you'll cope with them when they occur, will help you succeed! Write them down here:

My Key Triggers	My Solutions

## Week of Small Steps

Taking small steps toward quitting, like cutting back on the number of cigarettes you typically smoke in a day, or getting your house, car and other places smelling fresh and ash-free, can help increase your chances of quitting for good! Try tackling these small steps a week to a few weeks out from when you plan to quit. It's okay if you still smoke or chew tobacco, but really make an effort to change small habits, practice control over your triggers and make plans for stocking up on the things that can help you through cravings.



### Try these methods that can help you gradually use less tobacco during the day:

- Choose a few specific cigarettes to give up, like one you smoke in your car on your way to work. If you're a dipper, cut your usual amount back to half, and if you usually carry your tin or pouch with you, try leaving it behind in your vehicle.
- Gradually increase the time between cigarettes or chew by watching the clock. Add an extra 15 minutes between each smoke or dip.
- Try to smoke or chew only during odd or even hours.
- Limit your tobacco use only to certain places (outside, not at work, not in the car, etc.)
- Wait as late in the day as possible for your first smoke or chew.
- Buy only one pack at a time and change the brand every time you buy a pack.

### Get to cleaning and get rid of the ashtrays in your home, car and work.

Clean up your environment and don't let other people smoke in your home or car. Try a week or two of only allowing yourself to smoke or dip outside.

### Get support!

Studies show you have a better chance of quitting tobacco if you have help. Get prepared by making a list of all the people you can call when you quit.

- Get a list together of your family, friends and coworkers and their phone numbers. Think about who you'll want to call first and who will be supportive while you're quitting.
- Talk to your healthcare provider (for example, doctor, dentist, nurse, pharmacist, psychologist, or smoking Quit Counselor).
- Get individual, group or telephone counseling. The more counseling you have, the better your chances are of quitting. Programs are given at local hospitals and health centers.
- Call **1-800-QUIT-NOW** for free, professional counseling from your Quit Counselor.
- Ask friends who use tobacco to quit with you. Have them call **1-800-QUIT-NOW** too so you can be partners for each other in your quit attempt.
- Go register at [www.tnquitline.org](http://www.tnquitline.org) for online support while quitting.

### Make a list of treats.

Plan to treat yourself every day you successfully quit. Make a list of small treats so you have it once you quit! Little rewards, like watching a favorite TV show, working a crossword puzzle or playing a video game will help keep you entertained and motivated.



## Survival Kit Supplies

Take a look back at your triggers and solutions, and let's make a list of items you might need to gather that can help you through quitting:



Make sure you have your "My Reasons for Quitting" page. Carry it with you or copy it and put it all around your house, in your car, at work, etc. You'll want to refer to it and remember why you're focused on quitting.



Bottled water or a bottle that you can refill easily – something you can carry around easily.



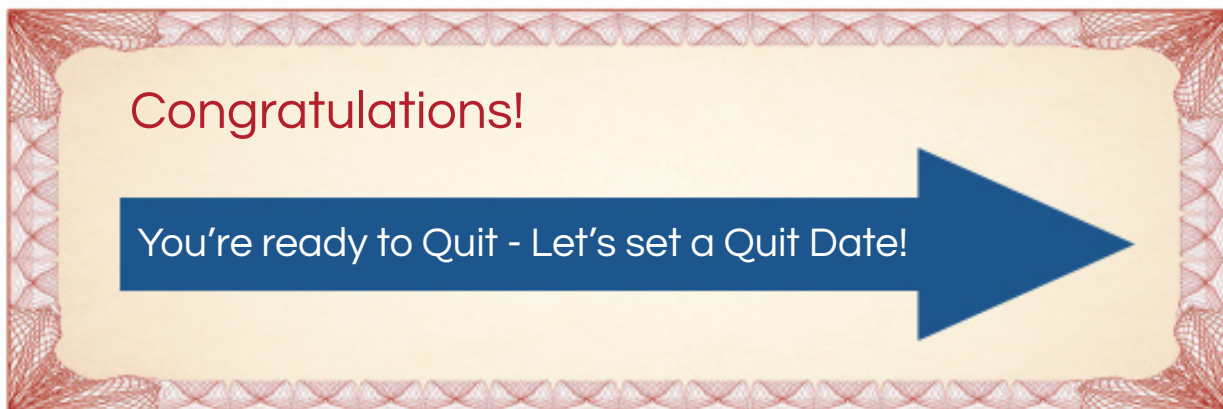
Things to chew on like carrot sticks, toothpicks, cinnamon sticks, sugarless candy and gum, celery; plastic straws work too. Fill up your fridge and place candies and other items throughout your home, car, and work. Keep items with you all the time, in a handbag or pocket.



Find some toys or other items to keep your hands occupied, like silly putty, a rubber band or a small squeeze ball. Gather supplies for activities that you like to do; like a board game, a deck of cards or a crossword puzzle book.

Make a list below of the items you'll want to get together before the big Quit Day!

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# Step 3: The START of a new, healthier you - Let's Quit!

## Let's get STARTed!

S = Set Quit Date

T = Tell your Family & Friends

A = Anticipate

R = Remove all cigarettes from the home, work and car

T = Talk with your healthcare provider or Quit Counselor

## S = Set Quit Date

You're ready to quit tobacco for good! You've done your homework. You've written down all the reasons why you want to quit. And, you're prepared for quitting.

Really think about your quit date. Try to set a quit date that falls in the next 15 to 30 days. Avoid choosing a day where you know you'll be busy or stressed. Try not to choose a date when you plan to be out with friends or family who smoke. Circle your quit day on your calendar and write it down here.

Congratulations!

I've made a plan, I'm ready, and I'm quitting for good! My quit date is:

---

## T = Tell your Family & Friends, notify a support network

When you tell others, you're more likely to stick to your chosen quit date. Get out your list of phone numbers for family and friends. Think about who will support you the most and who you might need to avoid for a while. Call the top three people on your list that you feel will be most supportive to let them know your quit date!

\_\_\_\_\_  
Name:

\_\_\_\_\_  
Phone:

\_\_\_\_\_  
Called

\_\_\_\_\_  
Name:

\_\_\_\_\_  
Phone:

\_\_\_\_\_  
Called

\_\_\_\_\_  
Name:

\_\_\_\_\_  
Phone:

\_\_\_\_\_  
Called

## A = Anticipate

You're prepared! Grab your personal list of Triggers & Solutions from Section 2 of this book. Review them and put your plan into action. Make sure you have items with you to keep your hands busy when you get the urge to smoke or chew, and make sure you've stocked up on sugar-free hard candies, carrots, water and other items to help you through any cravings.

### Other Craving Quit Tips:

- \_\_\_ Write a letter to yourself about your journey to be tobacco-free
- \_\_\_ Go online and look up gross pictures of the damage tobacco can cause
- \_\_\_ Read stories of inspiration posted by former smokers

## R = Remove all cigarettes from the home, work and car

- \_\_\_ Get rid of ALL tobacco and other items associated with smoking or dipping
- \_\_\_ Throw out lighters and matches
- \_\_\_ Get rid of all ashtrays; indoors and out
- \_\_\_ Clean up your environment so traces of smoke and spit tobacco are nowhere to be found
- \_\_\_ Light a candle in your home or put an air freshener in your car to rid your environment of the smell of tobacco

## T = Talk with your healthcare provider or Quit Counselor

Give your healthcare provider a call or contact your Quit Counselor at **1-800-QUIT-NOW**. Let them know how your quitting is going and talk to them about any concerns or set-backs you're facing.

Your Quit Counselor has helped many people, just like you, throughout the quitting process. They can help you with your quit plan and remind you of the tools available to help you along the way. They have a wealth of information they can share and discuss with you on your journey to become tobacco-free! They're ready to help!



### Additional resources while you're quitting:

The following pages provide some additional information that can help you while you're quitting. Your Quit Counselor at **1-800-QUIT-NOW** can help you through these, and many other concerns you may have on your path to living tobacco-free.

## Dealing with withdrawals

When you stop using tobacco, you can expect symptoms of nicotine withdrawal. Here's what to expect and some ideas to deal with any withdrawals you might experience.

Irritability Nervousness Moodiness	<ul style="list-style-type: none"> <li>• Take a walk</li> <li>• Take a hot bath</li> <li>• Try relaxed breathing</li> </ul>	
Fatigue	<ul style="list-style-type: none"> <li>• Take a nap</li> <li>• Take a walk</li> </ul>	
Insomnia	<ul style="list-style-type: none"> <li>• Use less caffeine and not after 6 p.m.</li> <li>• Take a long, warm bath</li> <li>• Get some exercise during the day</li> </ul>	
Lack of Concentration	<ul style="list-style-type: none"> <li>• Plan your workload</li> <li>• Take frequent breaks</li> <li>• Work on one task at a time</li> </ul>	
Weight Gain	<ul style="list-style-type: none"> <li>• Drink lots of water</li> <li>• Eat low fat foods</li> <li>• Avoid fast food</li> <li>• Take a walk</li> </ul>	
Craving	<ul style="list-style-type: none"> <li>• Wait out the urge</li> <li>• Exercise</li> <li>• Distract yourself</li> </ul>	

**Remember...these symptoms will fade within a few weeks!**

## What if you relapse?

If you slip, it's OK! Most smokers make many attempts before they quit for good. When you make a plan and get help, you're twice as likely to quit.

If you have a small set-back keep going! Or, if you've tried to quit before, do not let past attempts bring you down. You can use your past attempts to help you determine why it did not work last time and what you can do differently to succeed this time!

Use the following questions to see how your past attempts can help you now.

What was good about quitting?

- I felt better.
- I saved money.
- Cigarettes didn't control me.
- I was proud of myself.
- My family and friends were proud of me.

What was hard about quitting?

- Dealing with cravings for cigarettes.
- Not knowing what to do with my hands.
- Staying quit when others around me keep smoking.
- Giving up certain cigarettes (like the one after lunch, etc.)
- Not knowing what to do when I got angry, nervous, or upset.

Other hard things:

Why did you go back to tobacco? \_\_\_\_\_

Where were you? \_\_\_\_\_

What were you doing? \_\_\_\_\_

Who were you with? \_\_\_\_\_

How were you feeling? \_\_\_\_\_

Ask yourself, "Why am I using tobacco right now?" \_\_\_\_\_

- Is it withdrawal? Look for a better way to handle the discomfort.
- Is it stress or anger?
  - Remember the Four Ds.
  - Take a walk or call your support person.
- Did someone offer you tobacco and you took it?
  - Try to stay away from people with tobacco for a while.

Don't let this slip set you back. You can use these small set-backs to help improve your chances to go on to success - just pick up where you were and continue on your path to being tobacco-free.

Call **1-800-QUIT-NOW** or **1-800-784-8669** to speak to a Quit Counselor. They can help you get back on track!

## Different methods for quitting

Get medication and use it correctly.

Medications can help you stop smoking and lessen the urge to smoke. All of these medications will increase your chances of quitting and staying tobacco-free!

The U.S. Food and Drug Administration (FDA) has approved six medications to help you quit smoking:

1. Prescription medications
2. Nicotine gum - Over the counter
3. Nicotine inhaler - By prescription only
4. Nicotine lozenge - Over the counter
5. Nicotine nasal spray - By prescription only
6. Nicotine patch - Over the counter

Ask your health care provider for advice and carefully read the information on the package.

Everyone who is trying to quit may benefit from using a medication. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other healthcare provider before taking medication.

Method	How it works	Where to get it	Pros	Cons
Cold Turkey	<ul style="list-style-type: none"> <li>• Just doing it</li> <li>• Gets past the habit and the physical dependence at the same time</li> <li>• Works best with motivation and preparation</li> </ul>	<ul style="list-style-type: none"> <li>• Determination</li> <li>• Inner drive</li> <li>• Motivation</li> </ul>	<ul style="list-style-type: none"> <li>• Immediately free of smoke and nicotine</li> <li>• No cost</li> <li>• Save money, health benefits</li> </ul>	<ul style="list-style-type: none"> <li>• Withdrawal symptoms</li> <li>• May run into problems if no planning or preparation is done</li> </ul>
Nicotine Patch	<ul style="list-style-type: none"> <li>• Sticks to skin</li> <li>• Can help reduce withdrawal symptoms</li> </ul>	<ul style="list-style-type: none"> <li>• Over the counter medication</li> </ul>	<ul style="list-style-type: none"> <li>• Easy to use</li> <li>• Time to adjust to smoke-free lifestyle by getting off nicotine slowly</li> <li>• No tar, carbon monoxide, or other carcinogens</li> </ul>	<ul style="list-style-type: none"> <li>• Possible side effects</li> <li>• Can be addictive</li> <li>• Still using nicotine</li> <li>• Cost</li> <li>• May have to wait for insurance approval</li> </ul>

Method	How it works	Where to get it	Pros	Cons
Nicotine Gum or Lozenge	<ul style="list-style-type: none"> <li>Gum: Chewed and “parked” between cheek and gum</li> <li>Lozenge: Allowed to dissolve in the mouth</li> </ul>	<ul style="list-style-type: none"> <li>Over the counter medication</li> </ul>	<ul style="list-style-type: none"> <li>Follows schedule but can use if craving occurs outside of schedule</li> <li>Satisfies oral habit</li> <li>Allows time to adjust to smoke-free lifestyle by getting off nicotine slowly</li> </ul>	<ul style="list-style-type: none"> <li>Possible side effects</li> <li>Requires attention to regular schedule</li> <li>Must be chewed correctly</li> <li>May not taste good</li> <li>Still using nicotine</li> <li>Can be addictive</li> <li>Cost</li> <li>May have to wait for insurance approval</li> </ul>
Nicotine Inhaler or Nicotine Nasal Spray	<ul style="list-style-type: none"> <li>Inhaled into mouth or sprayed through nose</li> <li>Can help reduce withdrawal symptoms</li> </ul>	<ul style="list-style-type: none"> <li>By doctor’s prescription</li> </ul>	<ul style="list-style-type: none"> <li>Follows schedule but can use if craving occurs outside of schedule</li> <li>Satisfies oral habit</li> <li>Allows time to adjust to smoke-free lifestyle by getting off nicotine slowly</li> </ul>	<ul style="list-style-type: none"> <li>Possible side effects</li> <li>Requires attention to regular schedule</li> <li>Still using nicotine</li> <li>Mimics cigarette use</li> <li>Requires effort to use</li> </ul>
Medication	<ul style="list-style-type: none"> <li>Prescription pill (e.g. Zyban™, Chantix™)</li> <li>Can help reduce withdrawal symptoms</li> </ul>	<ul style="list-style-type: none"> <li>By doctor’s prescription</li> </ul>	<ul style="list-style-type: none"> <li>Helps with mood</li> <li>No tar, carbon monoxide, nicotine, or other carcinogens</li> </ul>	<ul style="list-style-type: none"> <li>Possible side effects</li> <li>Some medications must be started up to 2 weeks before quitting smoking</li> <li>Not a magic pill</li> <li>Must remember to take each day as directed</li> <li>May have to wait for insurance approval</li> </ul>



Method	How it works	Where to get it	Pros	Cons
Cutting Down	<ul style="list-style-type: none"> <li>Gradually reduce the number of cigarettes smoked</li> </ul>	<ul style="list-style-type: none"> <li>Determination</li> <li>Inner drive</li> <li>Motivation</li> </ul>	<ul style="list-style-type: none"> <li>Gradual adjustment to nonsmoker status</li> <li>Get experience and confidence controlling smoking</li> </ul>	<ul style="list-style-type: none"> <li>Still using nicotine</li> </ul>
Telephone or online counseling	<ul style="list-style-type: none"> <li>Supportive one-on-one discussion about motivation and planning</li> </ul>	<ul style="list-style-type: none"> <li>Tennessee Tobacco QuitLine 1-800-QUIT-NOW (1-800-784-8669) <a href="http://tnquitline.org">tnquitline.org</a></li> </ul>	<ul style="list-style-type: none"> <li>Individual, comprehensive, convenient and confidential</li> <li>Free of charge</li> </ul>	<ul style="list-style-type: none"> <li>Requires access to a home or work phone or web access</li> </ul>
Therapy, Counseling, or Class	<ul style="list-style-type: none"> <li>Supportive face-to-face discussion</li> <li>Helps you understand how smoking relates to other issues in your life</li> <li>Education on health risks</li> <li>Support and learning from others</li> </ul>	<ul style="list-style-type: none"> <li>Licensed therapist or Quit Counselor at hospital, clinic, phone book, through insurance, church, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Individual comprehensive one-on-one attention</li> </ul>	<ul style="list-style-type: none"> <li>Transportation, scheduling</li> <li>May be expensive unless covered by insurance</li> </ul>
Buddy System	<ul style="list-style-type: none"> <li>Working together with a friend or relative who also wants to quit</li> </ul>	<ul style="list-style-type: none"> <li>Social circle: family, friends, work</li> </ul>	<ul style="list-style-type: none"> <li>Shared problem-solving and someone to rely on</li> <li>Someone to keep you in check</li> <li>Can use in combination with other quitting methods</li> </ul>	<ul style="list-style-type: none"> <li>Possible conflict</li> <li>Sabotage</li> <li>Finding someone who is ready to quit too</li> </ul>

## The Myth About Weight Gain

While this is a very common concern among many who want to quit smoking, the truth is – not everyone gains weight when they quit. In fact, according to Penn Medicine, only about one-third of smokers who quit will gain weight. That doesn't have to be you!

1/3 of smokers who quit will gain weight

1/3 of those who quit smoking will maintain their weight

1/3 of people will lose weight

Remember that the negative effects of smoking far out-weigh gaining a few pounds. And, eating healthy, low-calorie foods can help make sure you don't trade one bad habit for another.

### 10 Most Filling Calorie-Light Foods



**Fish**  
100 cal./3 oz.



**Soup**  
50-100 cal./cup



**Air Popped Popcorn**  
(No butter)  
93 cal./3 cups



**Lean Beef**  
160 cal./3 oz.



**Apple**  
50-100 cal.



**Fruits**  
50-100 cal./cup



**Wholegrain/  
Whole Wheat**  
calories vary



**All Vegetables**  
5-80 cal./cup



**Skinless Chicken**  
100 cal./half cup



**Oatmeal**  
150 cal./half cup

## Let's Celebrate!

Congratulations! Remember to celebrate your successes – even the small ones.

Check off each day on your calendar that you remain tobacco free and add up the dollars you've saved each week. Reward yourself along the way and take pride in what you've accomplished.

And remember, most people who are completely tobacco free today slipped along the way or made several attempts to quit before succeeding. It's okay if you slip – just stay focused and determined on your path to quitting.

Call your quit counselor anytime you need to re-visit your quit plan. We're here to help you quit. For good!



Good Job!



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