

HOW TO USE THE SMOKER'S QUIT KIT



The Smoker's Quit Kit is like a **TOOLBOX** with all the tools you need to quit smoking for good.

There are three Steps of quitting in the Smoker's Quit Kit.

Step 1 — Offers facts about smoking that can help you decide if you're ready to quit.

Step 2 — Will help you come up with a plan and prepare you to stop smoking.

Step 3 — Is devoted to helping you stay smoke-free and making it easier for you to adjust to your new life as a non-smoker.

Each **STEP** is broken down into ten **PHASES**.

As you make progress toward quitting smoking, you complete **PHASES**. Each **PHASE** is assigned to a tool so you know where you are within each **STEP** of quitting.

So open up your **TOOLBOX**, strap on your toolbelt and start quitting!

ARE YOU READY TO QUIT?

WHAT'S IN STEP 1

REASONS FOR QUITTING - YOU HAVE TO WANT TO QUIT!



THE FACTS



SECOND HAND SMOKE & CHILDREN



EVER WONDER WHAT EXACTLY IS IN CIGARETTE SMOKE?



HERE ARE THE BIG THREE INGREDIENTS IN CIGARETTE SMOKE



IT'S NEVER TOO LATE TO QUIT!



COMMON CONCERNS



REASONS FOR SMOKING



HEALTH REASONS FOR QUITTING



MORE REASONS FOR QUITTING



STEP
1

I CAN
DO IT.

MI. FACTS

Tobacco use is the
Number 1 preventable
cause of death and
disease in Michigan.

NOTES

1

REASONS FOR QUITTING YOU HAVE TO WANT TO QUIT

Chances are you requested this kit because you want to quit smoking. The purpose of this Smoker's Quit Kit is to help you prepare to quit successfully. More than 15 million Americans have managed to quit smoking in the past 10 years, and you can too! As you prepare to make this major change in your life, the Smoker's Quit Kit will give you straight, useful advice to help you quit — and stay cigarette-free. It offers you concrete tips on how to prepare to quit, what to expect, how to stay on track once you have quit, and how to adjust to life as a non-smoker.

While you're probably eager to get started, we suggest that you look through the whole kit now — before you start quitting — to be sure you're prepared and ready for success. Research shows that people who rush ahead are less likely to succeed. You have to be 100% sure that you really want to quit and it's best if you make a plan ahead of time.





THE FACTS

Knowing all the facts will help you make an informed decision about whether or not you're ready to quit. So we've filled the following section with facts about the effects of smoking on your health and the health of those around you. You're probably familiar with a lot of the facts that are presented here, but you may find something new that will help motivate you to quit — for good. Remember, you have to want to quit!

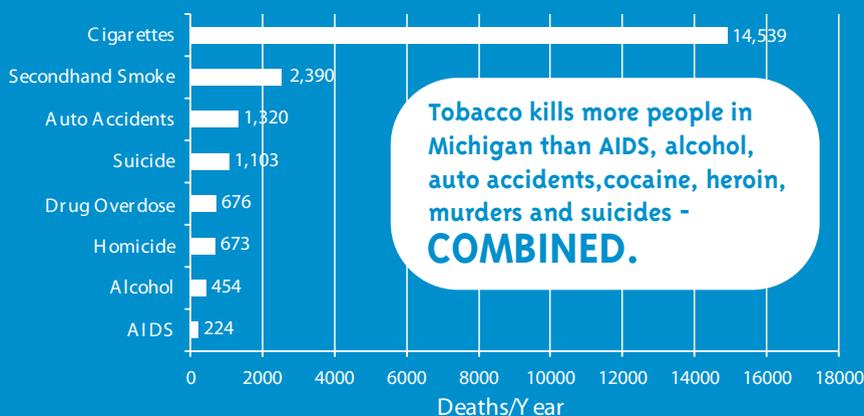
Diseases Caused By Tobacco

Cataracts, Gum Disease, Tooth Loss, Rheumatoid Arthritis, Osteoporosis, Emphysema (lung disease), Infertility, Impotence

Cancers Caused By Tobacco

Mouth, Tongue, Throat, Larynx, Leukemia, Lung, Stomach, Bladder, Kidney, Pancreas, and Cervix

Causes of Preventable Death Michigan Residents, 2005



Source: Michigan Department of Community Health, Division for Vital Records and Health Statistics and Centers for Disease Control and Prevention; Smoking Attributable Morbidity, Mortality and Economic Costs (SAMMEC).

STEP
1

3 SECOND HAND SMOKE & CHILDREN

I CAN
DO IT.

MI. FACTS

Smoking also kills up to 2,580 non-smokers each year in Michigan as a result of their exposure to second-hand smoke.

NOTES

Each year, exposure to second-hand smoke causes 150,000 to 300,000 lower respiratory tract infections (such as pneumonia and bronchitis) in U.S. infants and children younger than 18 months of age. These infections result in 7,500 to 15,000 hospitalizations every year.

Chronic cough, wheezing, and phlegm are more frequent in children whose parents smoke. Children exposed to second-hand smoke at home are more likely to have middle-ear disease and reduced lung function.

Second-hand smoke increases the number of asthma attacks and the severity of asthma in children who already have the disease. Even worse, second-hand smoke can cause healthy children to develop asthma.

A recent study found that infants are three times more likely to die from Sudden Infant Death Syndrome (SIDS) if their mothers smoke during and after pregnancy. Infants are twice as likely to die from SIDS if their mothers stop smoking during pregnancy and then resume smoking following birth.





EVER WONDER WHAT EXACTLY IS IN CIGARETTE SMOKE?

You might be surprised — cigarette smoke contains over 4,000 chemical substances, many of which are poisonous and are known to cause cancer in humans. Tobacco companies don't have to list the ingredients of their cigarettes. But if they did, it might look like this:

- | | | |
|-----------------|------------------|--------------|
| Arsenic | Formaldehyde | Nicotine |
| Acetic Acid | Hydrazine | Phenol |
| Acetone | Hexamine | Polonium |
| Ammonia | Hydrogen Cyanide | Stearic Acid |
| Benzene | Lead | Styrene |
| Butane | Methane | Tar |
| Cadmium | Methanol | Toluene |
| Carbon Monoxide | Naphthalene | |
| Ethanol | Nickel | |

STEP
1

I CAN
DO IT.

MI. FACTS

Smoking kills nearly 14,700 Michigan smokers each year and accounts for about one in six Michigan deaths.

NOTES

5

HERE ARE THE BIG THREE INGREDIENTS IN CIGARETTE SMOKE

Nicotine: This is a powerful poison. When you inhale nicotine in cigarette smoke, it narrows your blood vessels and puts a strain on your whole system. Nicotine is also highly addictive.

Tar: This is what is left after you burn a cigarette. It gets through even the best filters and coats your lungs with soot, which contains the most harmful chemicals found in cigarettes. Tar is the major cause of lung cancer and other smoking-related cancers.

Carbon Monoxide: This is the same gas that comes out of your car's exhaust pipe. When your blood is loaded with carbon monoxide, it cannot carry enough oxygen to the organs that need it. It is a leading cause of heart attacks and strokes.





TESTIMONIAL

VOICE OF EXPERIENCE

I started smoking to impress the girl that I was going out with when I was eighteen years old. This was in the 70's when the warnings had just started coming out about the dangers of smoking. I was one who didn't believe them.

About 10 years later I started having problems breathing. I was around 28 years old. I started to notice that when I was playing softball I would become short of breath, and it was taking longer to recover. But I had gained some weight and I figured I was just getting out of shape.

At age 38 I was diagnosed with Chronic Obstructive Pulmonary Disease, both emphysema and chronic asthma. I was shocked and, at first, didn't believe the doctor. It took a trip to the emergency room with what I thought was a heart attack, for me to understand the damage that smoking had done to my lungs. I was told that I had the lungs of somebody who had smoked for fifty years. My doctor told me that if I wanted to live to see the age of 40, I needed to make the cigarettes I had on the way to the hospital my last.

I was in the hospital for about a week, and quit 'cold turkey' during that time — it was not fun, and my wife put up with a lot of crankiness. But that's not the final story. It took me two attempts to really quit. I started smoking again about 4 months later, when I felt better. Within a week, I was back in the hospital. I really wanted to quit then, and never had another cigarette. I went 'cold turkey' again, and this time I was successful.

Now I talk to school kids through the American Lung Association about the dangers of smoking. I seem to communicate with them pretty well because I'm their parents age. Most kids think that to have the lung problems that I have, you have to be 60-70 years old. I come as a shock to them.

Most kids think that to have the lung problems that I have, you have to be 60-70 years old. I come as a shock to them.

STEP

1

Have You Tried to Quit Before?

If you are one of the many who have tried to quit before and did not make it, you may be discouraged about trying again. Don't worry — you're not alone! Most people who have quit for good had to try more than once. This kit can help you prepare yourself so that you have the best chances for success.

And don't forget, quitting takes practice! Those other attempts at quitting taught you things about what does and doesn't work for you. That information can help you quit for good this time!

ARE YOU READY TO QUIT?

6

IT'S NEVER TOO LATE TO QUIT

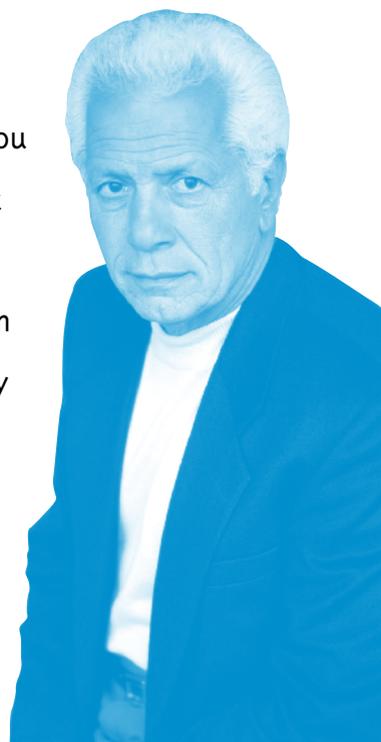
If you are like most smokers, you know all of the reasons for quitting. You've heard them over and over, you probably even agree that they all make sense. However, for every reason to quit you have most likely justified a reason for not quitting — reasons like these:

“I don't need to quit — I'll just switch to light cigarettes, or smoke less.”

This may seem like a good idea. Unfortunately, many people change the way they smoke when they move to a lighter cigarette. For instance, they may take bigger or more frequent puffs to get the amount of nicotine they need. The fact is, light cigarettes offer no protection and aren't better for your health.

“I feel sick when I don't smoke.”

You aren't sick. These physical withdrawal symptoms you feel during the healing process will pass within a week or two (more about withdrawal symptoms will follow). They can be very uncomfortable, but the worst of them usually pass within a couple of days and they certainly won't kill you.





COMMON CONCERNS

“If I quit now it will probably be too late.”

It’s never too late! Your body has a great capacity to fix itself. Within a year, your risk of smoking-related heart disease will be cut in half. There is increasing evidence that no matter how long you’ve smoked, quitting reduces your risk of developing coronary heart disease, getting lung cancer, or having a stroke.

“If I quit I will gain weight — so I will just be trading one health problem for another.”

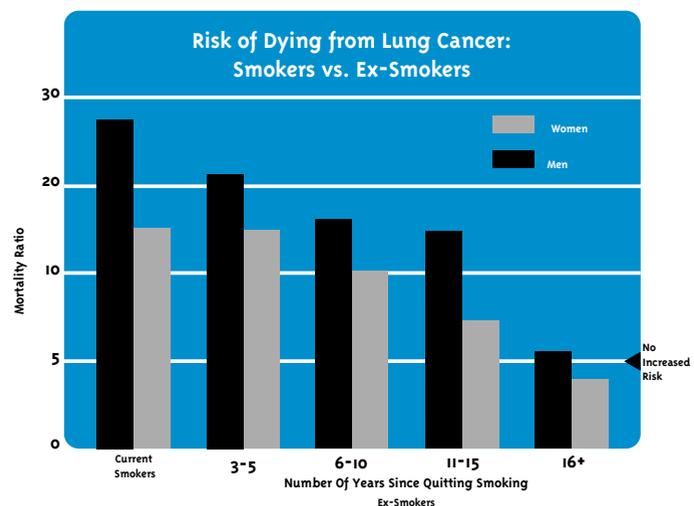
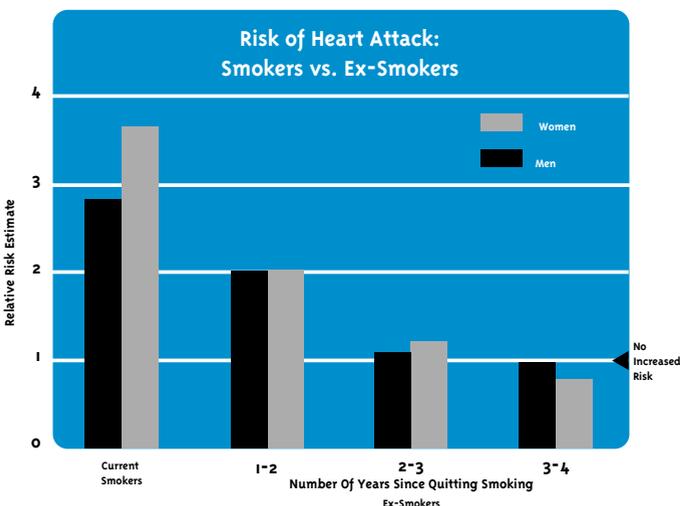
People who quit gain less than 10 pounds on average, if they gain at all. However, being a few pounds heavier for a while has nowhere near the risk to your health as continuing smoking! You will find some suggestions for controlling your weight later.

“Quitting is just too hard.”

Quitting is hard. However, 40 million Americans have done it, including 13 million heavy smokers! You can too!

“I have tried to quit, and could not.”

Some people quit on their first try, but many do not. Most ex-smokers had to try more than once to quit.



STEP
1

I CAN
DO IT.

MI. FACTS

The leading cause of death among Michigan's African American males is heart disease and cancer due to cigarette smoking.

NOTES

ARE YOU READY TO QUIT?

TESTIMONIAL

CHANGING LIFESTYLE

It was the cigarette after dinner that almost did her in. Andrea, of Detroit, had been smoking since she was 16, and she smoked cigarettes for about 16 years. Then, she said she “just got tired of it.”

“Part of it was that smoking was not as acceptable as it used to be,” Andrea said. “At work, we had to go to designated areas to smoke, and there was a stigma attached to it. Also, none of my friends smoked, and well, it was smelly, too.”

Andrea smoked a pack a day. She had quit several times before, going cold turkey, but it never lasted for more than about three days.

“It was the habit part of it that was so ingrained in me, not the actual craving — once I broke that habit, I never had to have another one.”

Then she tried the patch. She went through the prescribed routine — three levels of nicotine — and said she struggled all the way up to the last level. “I cheated,” she said. “Even when I was using the patch, I couldn’t get past smoking after dinner. I would take the patch off and have my after-dinner cigarette.”

“This went on for a month or so,” she said. “It was the habit part of it that was so ingrained in me, not the actual craving — I just had to have that cigarette after dinner. Once I broke that habit, I never had to have another one.” Still, she admits the danger of relapse is always lurking out there.

“I don’t miss smoking at all, but I know that if I ever put a cigarette in my hand, I would go back to it. So I just don’t do that.”

“I am prouder of this than of any other thing I have ever done,” Andrea said. “Before, I could never imagine myself without a cigarette in my hand. Now, I can’t imagine myself with one.”



REASONS FOR SMOKING

A Decision You Can Live With

Now you know the facts about smoking, and you know the reasons why many other people have quit. But quitting isn't about other people — it's about you, and quitting is a very personal decision.

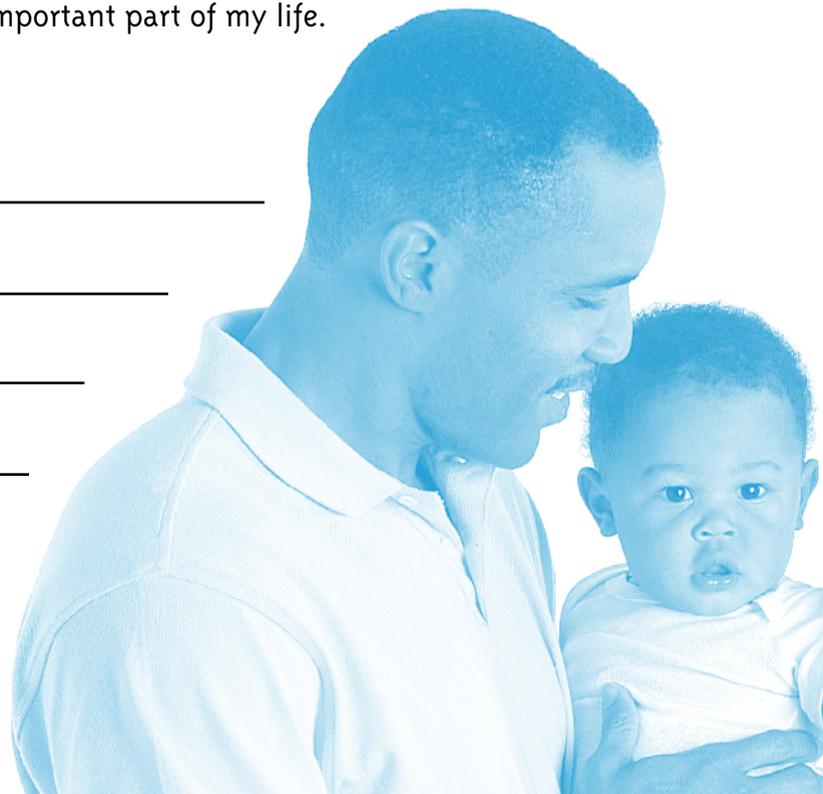
These checklists can help you weigh the pros and cons of smoking and decide if you're ready.

Why Do You Smoke?

Check off the statements that you agree with:

- I smoke out of habit, or to have something to do with my hands.
- I smoke when I am sad, depressed, angry, bored, or frustrated.
- I smoke when I am happy, or feel like celebrating.
- I like the taste.
- Smoking calms me down.
- Smoking wakes me up, helps me concentrate.
- Smoking helps me control my weight.
- Smoking helps me organize my day.
- Smoking is an important part of my life.

I Smoke Because:



STEP

1

Save Your Life

\$4.59 a pack at 2 packs a day - 365 days a year equals \$3,350 a year. Think of all the things you could do with what you will save from quitting. \$3,350 will buy: about 288 CDs; a leather sofa; a new computer or laptop; a 7 day, 6 night cruise.



ARE YOU READY TO QUIT?

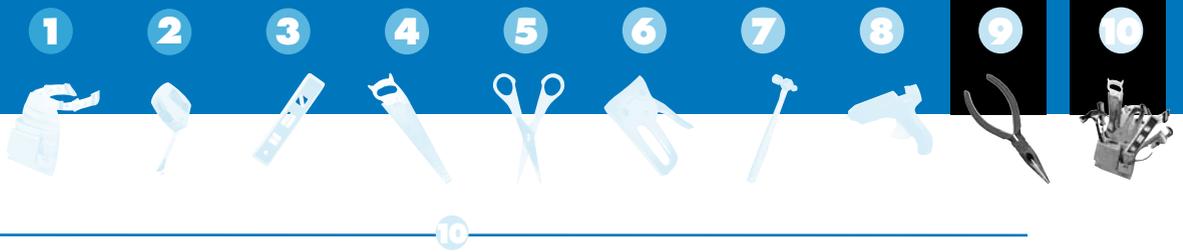
HEALTH REASONS FOR QUITTING

Most people are troubled by the effect smoking has on their health or the health of those they love.

Check off any of these that apply to you:

- I am worried about the increased risk of cancer.
- I am worried about the increased risk of lung problems like emphysema.
- I am worried about the increased risk of heart attacks and strokes.
- I feel that smoking is interfering with my level of fitness.
- I am worried that secondhand smoke is hurting the people I love.
- I feel that smoking is increasing the number of colds and respiratory infections I have.

Other Health Reasons:



MORE REASONS FOR QUITTING

Check off any of these that apply to you:

- Cigarettes are expensive.
- Most people I know do not smoke: I feel out of place when I light up.
- Family members are worried by my smoking.
- I want to be a good role model for my children.
- I do not like the feeling that cigarettes are controlling my life.
- I do not want those that I love to breathe secondhand smoke or copy my habit.
- Wanting frequent smoke breaks is interfering with my work.

Other Reasons:

WHAT DID YOU DECIDE?

Are you ready to quit? If so, congratulations! Step 2 will help you make a plan to give up cigarettes for good. If not, pick a date to review this material again.

PLANNING TO QUIT?

WHAT'S IN STEP 2

PREPARING TO QUIT - WHAT TO EXPECT -



HOW HARD WILL QUITTING BE? -



WHAT TO EXPECT WHEN YOU QUIT -



PLANNING TO QUIT PART I: THE BEST METHOD FOR YOU -



THINGS TO KEEP IN MIND ABOUT NICOTINE REPLACEMENT PRODUCTS -



IS NICOTINE REPLACEMENT THERAPY RIGHT FOR YOU? -



GOING COLD TURKEY -



PLAN TO QUIT STEP 2: MAKING A PLAN -



BE PREPARED -



REMEMBER THE THREE R'S -



STEP

2

HERE IS MY PLAN.

MI. FACTS

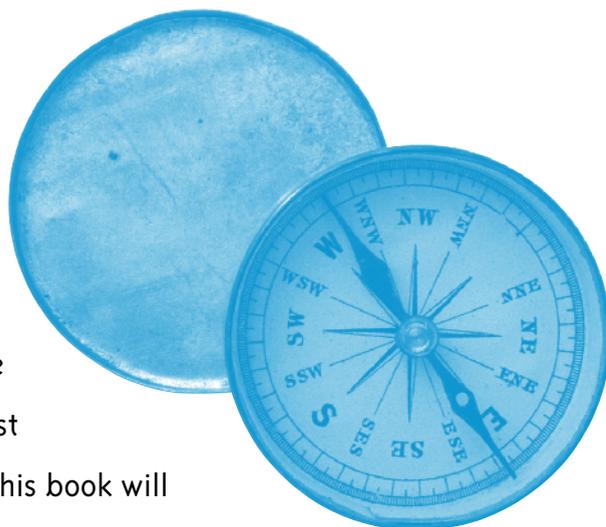
Tobacco related illness costs Michigan \$2.6 billion every year in health costs.

NOTES

PREPARING TO QUIT: WHAT TO EXPECT

This book will help you plan your approach and decide on the method that will work best for you. You can think of it as a map that will help plan your journey to a healthy new life as a non-smoker.

As you read through this book, you'll learn that no two people quit smoking in exactly the same way. That means that the technique that helped your spouse or your best friend quit may not work for you. This book will help you begin to understand your own relationship with cigarettes, so that you can find the method that's most helpful for you.





HOW HARD WILL QUITTING BE?

We'll be honest: quitting isn't easy. Nicotine is addictive, and smoking is a powerful habit. On the other hand, the benefits of quitting are enormous: better health, more years of life, and more money in your pocket. Quitting takes a great deal of work and determination. You can begin to understand the sort of work involved once you identify the three main problems of quitting:

Nicotine is an addictive drug, and most people who quit experience **physical withdrawal symptoms**, or unpleasant signs that your body is overcoming its dependence on nicotine. Common withdrawal symptoms include headaches, nausea, drowsiness or trouble sleeping, and difficulty concentrating.

You probably use cigarettes to help you handle **emotions and stressful situations**, and you'll need to find ways of dealing with these situations without smoking.

Smoking is a **habit** that is hard to break.

Quitting is a big step. Your best defense is to be prepared. Think ahead to all the times and situations when you will want to smoke, and plan to do something else instead. This book can help you prepare.

STEP

2

HERE IS
MY PLAN.

MI. FACTS

About 70% of all adult smokers in Michigan want to quit.

NOTES

WHAT TO EXPECT WHEN YOU QUIT

For a Few Days:

You may notice slight dizziness or light-headedness, a cough, or a runny nose. These symptoms are the first to pass.

For a Week or Two After Quitting:

This is when you can expect physical withdrawal symptoms such as headaches, sleepiness or trouble sleeping, increased phlegm, increased hunger, or digestive changes.

For a Month or Two After Quitting:

Psychological cravings or urges to smoke usually last for a month or more, until the habit of smoking starts to fade. You will develop your own defenses against these urges.

You will probably also feel **increased stress and emotional pressure**. Feelings of irritability and trouble concentrating are common. But if you are prepared, they won't overwhelm you. And remember, there are plenty of positive emotions associated with quitting! It's not an easy task, and you should be proud of yourself for having the courage to take it on.





WHAT IS GOING ON INSIDE

You'll probably start to feel better physically soon after you stop smoking. And with good reason — you are physically better! Here are just a few of the positive changes that take place when you stop smoking:

A few hours after you stop smoking — your carbon monoxide levels fall to normal and the oxygen in your blood increases.

One day after you stop smoking — your risk of a heart attack starts to go down.

Two days after you stop smoking — your nerve endings start to repair themselves, so your senses of taste and smell begin to return to normal.

Two weeks after you stop smoking — your lungs are working 30% better than they did before you quit.

You Start Getting Healthier — And Wealthier — On Your Very First Day As A Non-smoker.

That's Because:

Your blood pressure and heart rate are no longer artificially elevated.

Your risk of smoking-related heart disease drops 50% in your first year as a non-smoker, and your risk of lung cancer decreases steadily.

Quitting smoking will often lead you to other healthy behaviors such as exercise and improved eating habits. Many ex-smokers find that living a healthier lifestyle becomes a positive addiction!

Quitting smoking will save you money. Just look at the numbers for a pack-a-day habit:

$\$4.59 \times 365 = \$1,675.35$

And the cost of cigarettes is going up, not down. Think of it as a bonus — and a double bonus if you're at two packs a day: **$\$4.59 \times 365 = \$1,675.35 \times 2 = \$3,350.70!$**



Best Methods

After reviewing your Reasons for Smoking, What to Expect, and Methods, think about the role smoking plays in your life and decide which methods will best help you quit for good.

PLANNING TO QUIT

3

PLANNING TO QUIT PART I: THE BEST METHOD FOR YOU

Here are some popular alternatives that have helped people stop smoking successfully:

Nicotine Replacement Therapy (NRT) — Patches, Gum, Inhalers, Nasal Sprays, Lozenges

Using NRT products just about double your chances of success. NRT helps ease the physical withdrawal from smoking by reducing the physical craving for nicotine when you stop smoking. Many of the products are available without a prescription. Your doctor or health care provider can help you decide which is best for you.

Zyban (the Stop-Smoking Pill)

Available by prescription only, Zyban is a pill that helps lessen the urge to smoke. It is not a nicotine replacement. It works on the parts of the brain that control the desire to smoke. Your doctor can help you decide if Zyban is right for you.

Chantix (non-nicotine pill)

Available by prescription only, Chantix is a pill that lowers withdrawal symptoms and makes smoking feel less enjoyable. It works by blocking the amount of nicotine that can get to the brain. Your doctor or health care provider can help you decide if this is the best medication to help you quit.



WHAT IF I GAIN WEIGHT?

Not everyone gains weight when they quit smoking. Those who do gain an average of seven pounds. This is because smoking artificially speeds up your metabolism, and it returns to normal after you quit. But weight gain doesn't have to become a problem. There are many things you can do to help keep weight off. Here are some tips to get you started:

Choose Healthy Snacks

You may find yourself wanting to snack instead of smoking. Choose healthy snacks, like fresh fruit, low-fat yogurt, fruit milkshakes, vanilla wafers, animal crackers, or low-fat cheese.

Review Your Regular Diet

Make sure you're eating a healthy diet that's light on fat and includes plenty of fruits and vegetables.

Exercise Regularly

Regular exercise is one of the best things you can do for your body. It strengthens your heart and lungs, makes you feel fit, and reduces your urge to smoke.

Don't be too Hard on Yourself!

Even if you do gain weight, it might be a good idea to postpone any major changes in your diet or lifestyle until after you've quit for a while. By quitting smoking, you're already making one major change in your life, and you may want to give yourself time to get used to it before making another change. And remember, being a few pounds heavier for a while is much healthier for you than continuing to smoke.



Smoking Cessation Programs

Many hospitals and other health-related organizations offer smoking cessation programs. Ask your doctor about programs in your area or call your local chapter of the American Lung Association — it's listed in the telephone book. You can also design your own program based on what you know about your life, your reasons for smoking, and the obstacles that you think will be hardest for you to overcome when you quit.

THINGS TO KEEP IN MIND ABOUT NICOTINE REPLACEMENT PRODUCTS

For nicotine replacements to work, they must be used exactly as directed. They can be dangerous if you use them and continue to smoke. Remember that nicotine is an addictive poison. The only reason you are using it to stop smoking is so that you can control and reduce the amounts of nicotine your body takes in and eventually end your addiction to it.

Nothing you do in a carefully monitored program of nicotine replacement therapy is going to be worse for your health than just continuing to smoke.

Nicotine replacements help only with the physical withdrawal. They do not keep you from missing cigarettes. You still have to control your habit. This is why NRT works best when it is used along with another approach, such as a smoking cessation program or a support group.



IS NICOTINE REPLACEMENT THERAPY RIGHT FOR YOU?

Nicotine is an addictive drug, but some people are more strongly dependent than others. Answering the questions below will help you determine how physically dependent you are on nicotine and help you decide whether the nicotine gum or patch may be right for you.

Do you need to smoke in the first half hour after you wake up?

Do you get a strong, gnawing hunger for a cigarette if you have not smoked for a while?

If you answered, “yes” to both of the above questions, then you may be quite addicted. But, that does not mean you will find it any harder to quit than others. If you are worried about being able to stay quit because of these symptoms, you may want to talk with your doctor.

Patch

Lozenge

Nasal Spray
32 mcg

Other Ways to Quit

You may have heard of other ways to quit — expensive classes and self-help courses, acupuncture and hypnotism. Cold Turkey is the most frequently used way to quit smoking. However, it is also the least successful method, leading many to believe that they cannot quit. This kit can help you prepare and give you a greater chance of quitting once and for all.

Remember, no one program is perfect for every smoker who wants to quit. In fact, research has shown that you have the best chance of success if you use several methods together. Quitting is a very individual matter. Only you can decide whether you're ready and which program or combination of programs is best for you.

GOING COLD TURKEY

Quitting All at Once.

For a lot of smokers, this is the least costly (free) way to quit, even though in many ways it's the hardest.

Tapering Off — Gradually Reducing the Number of Cigarettes You Smoke Each Day.

Research has shown that this method is less effective than going cold turkey or using nicotine replacements or smoking cessation groups.

The problems with this approach are:

- As you reduce the number of cigarettes you smoke each day, each cigarette can become more important to you — and that may make it harder to take the final step of letting go completely.
- You may become satisfied to remain at a certain number of cigarettes per day instead of really quitting.
- Finally, if you do continue at a reduced level, the number of cigarettes per day often goes up again, either gradually or in a moment of weakness or crisis.

You may find it useful to taper off the number of cigarettes you smoke per day as your quit date approaches. However, it's still important to set a date when you will give up smoking completely.

A Combination Approach.

Using several methods together probably gives you the best chance of quitting and staying cigarette-free.

**TESTIMONIAL**

20 YEARS - THEN COLD TURKEY

Amy, 46, of Ionia, smoked cigarettes for 20 years before she went cold turkey. She smoked a pack to a pack and a half a day. "In general, I am an all-or-nothing kind of person, so I never tried to quit until I was convinced that it was time," she said.

Amy sought to replace smoking with other things. Now, for example, instead of smoking that first cigarette each day, she goes for a morning walk.

"When you think you want a cigarette, think again. Ask yourself, 'What is it I really want? More sleep Energy I should be getting from food?' Once in a great while, I still have an urge to have a cigarette — but I can quickly figure out that it's not a cigarette I want, and I know that there are other ways to meet my needs."



STEP

2

HERE IS MY PLAN.

MI. FACTS

Smoking is a significant risk factor for cancer, chronic obstructive pulmonary disease (lung disease), and poor pregnancy outcomes.

NOTES

PLANNING TO QUIT PART 2: MAKING A PLAN

Now that you have decided to quit smoking, it's important to prepare for it. Review the phase "What to Expect" — you'll need to prepare yourself for the withdrawal symptoms so there are no surprises. Being prepared is your best defense. This is very important. Anticipating problems ahead of time will give you the ammunition you need to deal with sudden cravings.

Make a list of problems and solutions (things you are going to do when you are feeling the urge to smoke). Be sure to list all of the situations where you usually smoke (e.g. driving, after a meal, talking on the phone). Then think of ways to deal with each situation without smoking. Knowing what to do ahead of time will help you get through the times when the urge to smoke is strongest.

You can also expect some physical withdrawal symptoms for a week or two after you quit. On the next page is a list of difficulties that smokers often experience and some suggestions for effective ways of dealing with them. Which ones do you think will work best for you? There's also space for you to write in your own solutions.



PHASES →



COPING

Symptom:

How I Will Cope:

Sudden craving for a cigarette

Take a few deep breaths
Brush my teeth

Feeling irritable

Take a few deep breaths
Take a hot bath

Trouble sleeping

Avoid caffeine in the late afternoon and evening
Call my doctor

Trouble concentrating

Take a walk outside
Take a break
Lighten my schedule for a few days
Remind myself that this will pass in a few days

Sleepiness

Get plenty of sleep
Try to be more active
Take a nap during the day if possible

Indigestion, gas or constipation

Drink plenty of fluids
Make sure I'm getting enough fiber from foods like raw vegetables, fruit, and whole grains
Try to get more exercise
Ask my doctor about over-the-counter medicines that might help

Cough or a runny nose

Remind myself that these things are signs that my body is starting to repair itself from damage caused by smoking and that they'll go away within a few weeks

Note:

In some situations, it may be very difficult to find a good substitute for smoking. In that case, it's best to avoid that situation until your urge to smoke gets weaker. For example, it's often very difficult for ex-smokers to avoid lighting up when they're drinking. So it's probably best to avoid alcohol for a while after you quit — unless you're absolutely sure that there won't be any cigarettes available.

BE PREPARED

Once you have decided to quit, start to think of yourself as a non-smoker.

No matter which route you take to being a non-smoker, you can help yourself by anticipating some of the problems you might encounter

and deciding what to do about them. You might even want to rehearse the scenes when you know you will be tempted to have a cigarette.

Here are some alternative things to do when the urge to have a cigarette hits you.

Have a snack: Keep some low-fat treats, like carrots or pretzels, on hand for when you crave a cigarette.

Practice deep breathing exercises: Breathe in slowly and deeply. Hold your breath and count to five. Breathe out slowly. Repeat five times. This has a calming effect and can help distract you from your urge to smoke.

Drink water: Water helps satisfy the need to put something in your mouth and your body — and it is good for you. Flavor it up with orange or lemon slices. Use a straw.

Brush your teeth: Keep a toothbrush handy when you go out and at work. Brushing your teeth will help distract you from your cravings.

When the urge to smoke strikes remember the 5 D's.

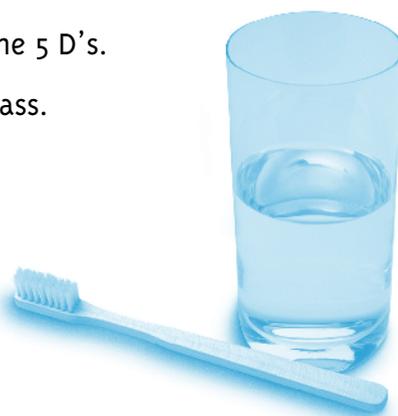
Delay - a minute or two and the urge will pass.

Drink Water - to fight off cravings.

Do something Else - to distract yourself.

Deep Breathe - it will relax you.

Discuss - your thoughts.





PLANNING TO QUIT PART 3:

SET A QUIT DATE

It's best to set a specific date when you will stop smoking altogether. It sometimes helps to pick a date that has some special significance — your birthday, your child's birthday, a holiday, etc. Take your time! Take a week, two weeks or a month to prepare if you think you need it. Just make sure that you set a specific date and stick to it.

There are things you can do to prepare yourself as your quit date approaches. We've included some suggestions below, but feel free to add to the list.

- **Start to break routines that you have associated with smoking — drink tea instead of coffee, change the order of your morning routine, drive to work a different way**
- **Clean your home, remove or throw out anything that you use for smoking — ashtrays, lighters, matches, etc.**
- **Have your car cleaned and deodorized so the smell doesn't make you want a cigarette**
- **Start smoking with the opposite hand than you're used to**
- **Limit your smoking to places that are not comfortable or familiar**
- **Sign a smoke-free homes (& car) pledge — call the EPA toll free at 1-800-438-4318 (or visit their website at www.healthyindoorair.org)**

TESTIMONIAL

STEP
2

HERE IS MY PLAN.

MI. FACTS

A higher proportion of smoking related cancer deaths occur among men than among women.

NOTES

WE'LL QUIT TOGETHER

Dorothy, who lives in Taylor, had smoked for 30 years and was half of a smoking couple. Then her husband, a welder, developed pneumonia, and his physician told him he had to quit. "I told him, 'We'll quit together.' I already wanted to quit, and all I needed was that little extra shove." She smoked about a pack a day.

Dorothy used the patch, a three-stage method that delivers decreasing amounts of nicotine. She was at the first level for a month. With the second, she didn't feel that the conventional six weeks was enough, so — with her physician's approval — she stayed on it for four months. She skipped the third level altogether.

Dorothy said the patch was effective but that the habit of smoking was still hard to overcome. "When I first got on the patch, I found you still feel you need something in your hand, so I cut off a straw and held that in my hand and put it in my mouth," she said.

Dorothy said she gained about 15 pounds after she quit but that she decided not to worry about it. "I said, 'Let's do one thing at a time.'" She later lost most of the gain. Now, "I have a lot more stamina to do things, and it's nice to be able to go places and not have to worry about ducking out for a cigarette," said Dorothy. She has also caused a ripple effect. "Several real good friends have quit after taking me as an example," she said.

Still, she said, "I miss it when I'm out in my boat. I find myself reaching for a pack of cigarettes that isn't there. But I programmed my mind to think that if I light up, I would get deathly ill."

(P.S. — Dorothy's husband succeeded in quitting, too.)





REMEMBER THE THREE R'S

During the next few days, you may find that one of the most difficult tasks is to start thinking of yourself as a non-smoker. You may find yourself thinking dangerous thoughts like “one cigarette won’t hurt,” or “I don’t have to quit right now — I’ll try again in a few weeks.” At times like these, it’s helpful to remember the three R’s:

Remind yourself why you’re quitting.

Refuse to let negative thoughts take over your brain. For instance, if you find yourself thinking, “One puff won’t hurt,” push that thought away — remember: you are a non-smoker.

Rehearse difficult situations ahead of time. Remember the plan you made for dealing with tough situations and practice what you’re going to say out loud.

The Physical Addiction Will Not Last Long.

You’ll be through the worst in a few days. Your cravings will get shorter, weaker, and further apart.

It’s Worth It.

Quitting may be difficult at times, but think of all you get in return: a longer and much healthier life and more money. Try not to think about what you’re giving up — think about what you are giving yourself.

Take Things One Urge At A Time.

Every time you use your plan to overcome an urge it is a victory for you. Every time you can look back on a whole day of not smoking, you’ll be closer to your goal of being a permanent non-smoker.

You Can Do It!

Whenever your willpower feels weak, give it a boost by reading over your reasons for quitting. And tell yourself you will make it — one day at a time. And remember, each day will get easier. Good luck!

AFTER YOU'VE QUIT

STAYING ON TRACK WHAT'S IN STEP 3

- REMEMBER YOUR PLAN - 
- ARE YOU USING A NICOTINE SUBSTITUTE? - 
- DON'T FORGET TO REWARD YOURSELF - 
- TAKE CONTROL OF TRICKY SITUATIONS - 
- THE FOUR MAIN DANGER ZONES - 
- SOME TIPS ON WEIGHT CONTROL - 
- DID YOUR PLANS FOR DEALING WITH DIFFICULT SITUATIONS
WORK AS WELL AS YOU HAD HOPED? - 
- TWO WEEKS AFTER YOU QUIT - 
- THREE MONTH'S AFTER QUITTING - 
- OTHER RESOURCES - 

STEP

3

REMEMBER YOUR PLAN

Now that you've quit, don't forget about all the hard work you put into coming up with a plan to deal with difficult situations. Refer back to your plan to help you get through stressful moments when you feel the urge to smoke.

You may find it hard to believe that one of your coping strategies could possibly be strong enough to get you through your worst cravings. But those cravings don't usually last very long, and your coping strategies can be very effective at distracting you until they pass. Don't forget to make a note of what works and what doesn't and adjust your plan accordingly.

Take it one urge at a time, one hour at a time, one day at a time. Remember, as each day passes, you're closer to a future where smoking is simply not an option for you. **Hang in there!**



I DID IT.

MI. FACTS

Among women, lung cancer has surpassed breast cancer as the leading cause of cancer deaths.

NOTES

PHASES →

1



2



3



4



5



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2

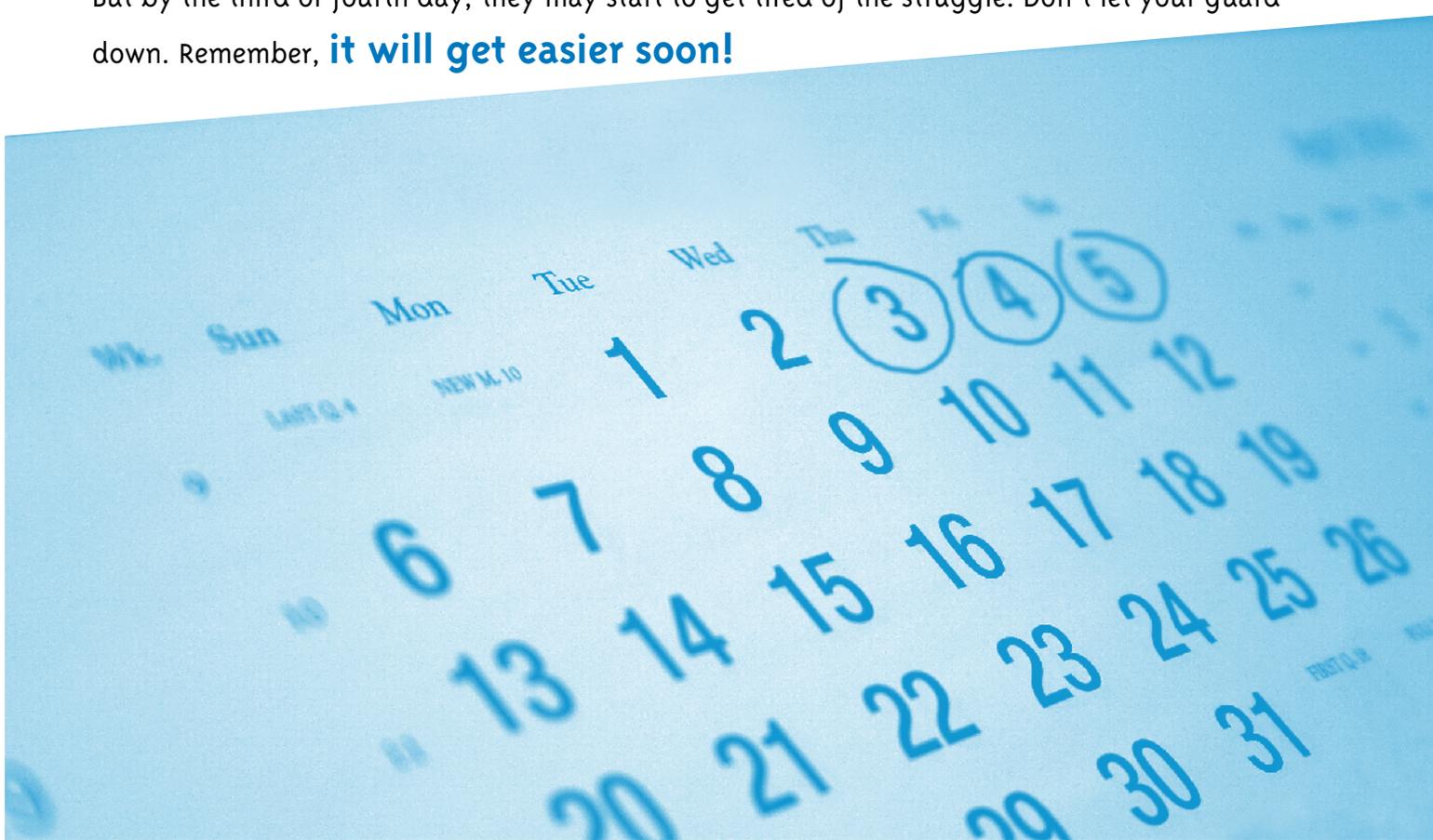
ARE YOU USING A NICOTINE SUBSTITUTE?

If you are using a nicotine replacement product, you may feel strong enough to stop using it after a few weeks. It's best not to. There is nothing to be gained by giving up these nicotine replacements too early, and it's not worth the risk that you may start smoking again.

Warning: Do not smoke while using an NRT product. It can give you an overdose that can make you sick.

Watch Out For Days 3, 4 and 5

Sometimes people can sail through the first couple of days because they're excited about quitting. But by the third or fourth day, they may start to get tired of the struggle. Don't let your guard down. Remember, **it will get easier soon!**





TAKE CONTROL OF TRICKY SITUATIONS

When the image of a cigarette comes into your mind, concentrate on something else that you enjoy.

- Pick up something to read
- Talk to a friend
- Write notes to yourself about what you want to do on your vacation
- Change the TV channel
- Get up and move
- Hug someone



Remember: this is your decision to quit smoking and you can do it.

Don't Get Over-Confident!

At some point, you may feel so sure of yourself as a non-smoker that you feel you can experiment. If you take a puff, will you like it?

Unfortunately, the first puff all too often leads to a second, which leads to a whole cigarette, which leads to a pack. That's just the way it is, because your body will remember its addiction. Stay strong — don't take even one puff.

If You Slip Up

If you slip up and have a cigarette or two, look at it as a learning experience. You are still an ex-smoker. Don't dwell on the situation, but ask yourself why it happened and do things differently next time. For example:

Were you simply tired and hungry? Next time, don't skip meals, and make sure you get enough sleep.

Were you having a drink with smokers? Next time, if you drink, make sure there are no cigarettes around.

Don't be too hard on yourself. Just "re-quit" as soon as possible, and strengthen your will power in these ways: Read over your reasons for quitting. Repeat to yourself: "Smoking is not an option for me." Avoid the situation that led to your puff.

THE FOUR MAIN DANGER ZONES

After the withdrawal symptoms of the first week or two pass, the urge to smoke becomes more psychological than physical. Most smokers find that there are four main factors that eat away at their will power.

1. The Feeling That Something Is Missing:

Cigarettes may have become an important part of your life when you were a smoker. So you'll probably get into situations that just don't seem right without a cigarette. They're different for everyone, but some of the most common are after dinner, parties, or driving.

You probably anticipated many of these situations when you made up your plan to quit. The key is to remember the strategies you came up with and use them to get through these times.

2. Stress:

You probably feel like you're under more stress since you stopped smoking. Don't let it discourage you — many ex-smokers say that quitting has actually helped them make their lives less stressful. Since they can no longer use cigarettes to get them through difficult situations, they've found more constructive ways to cope.

Remember, using cigarettes to put poisonous chemicals into your body is a terrible way to deal with stress. It ultimately makes things worse, not better. We think you'll find that other methods are much more effective. It's the transition from cigarettes to those other methods that can be difficult, and we're here to help you through it.



THE FOUR MAIN DANGER ZONES

2. Stress (continued)

Sudden Shocks:

Although you usually can't tell when (or if) sudden stress will hit you, you can and should still prepare ahead of time. Decide on your strategy. For example:

In the case of a **sudden shock**, plan to tell someone, "This makes me want to smoke again, but I am not going to."

Always tell yourself that **smoking will not reduce the stress** — it will only make things worse in the long run.

Plan alternatives — a quick walk, a hot bath, a cup of hot chocolate, a talk with a friend.

Stress at Home or on the Job:

In the old days, you relied on cigarettes to help you through. Now you can't — you're a non-smoker.

Communicate. If a situation at work or at home is bothering you, sit down with the people involved and talk it out.

Exercise is a great way of easing stress. Try to exercise briskly for at least 30 minutes at least four times a week.

Consider a **stress control course**. Your local adult school, community college, YMCA, or medical center can refer you to one.

If possible, **relax** for 15 minutes every day.

Seek out a family member or friend for words of encouragement.

Start a Healthy Habit!

A healthy lifestyle doesn't have to be a chore. In fact, many ex-smokers find that their new healthy lifestyle becomes a positive habit. It's easy to get used to looking better and having more energy!

AFTER YOU'VE QUIT

THE FOUR MAIN DANGER ZONES

3. Social Situations:

Social situations are often difficult for new ex-smokers, especially when there are cigarettes around. Alcohol makes things even more difficult. Just one drink can make holes in your will power. Stay in control by practicing what you'll say if someone offers you a cigarette. It may seem silly, but it really does work. And it's probably a good idea to avoid alcohol for now, especially when there are smokers or cigarettes around.

If you do drink, be prepared beforehand. You can expect strong cravings — so plan not to go near the cigarette machine, and not to get cigarettes from friends or strangers. If possible, plan to stay away from smokers altogether for a short period of time.



4. Weight Gain:

Ex-smokers may put on weight for two reasons:

1. Without nicotine, your metabolism returns to a normal, slower speed.

So, if you do not lower your food intake or increase your exercise, you may add a few pounds.

2. You may eat more to help decrease the urge to smoke.

Whatever the reason, don't feel guilty about it. Being five, ten, or even twenty-five pounds overweight is far healthier than smoking! But if you want to stop the weight gain now, follow these rules:

- Whenever you can, avoid food with fat in it.
- Keep fruit and veggies handy for a healthy snack.
- Exercise throughout the day, even if it's just a few more trips upstairs, an extra sweeping of your patio, or a walk from one store to the next.



SOME TIPS ON WEIGHT CONTROL

Do not go on a diet that requires special foods or drinks. These are hard to stick to, especially when they're combined with the stress of quitting smoking. They often leave you feeling deprived, and you may not be strong enough for that yet. Furthermore, the weight will come back — fast — when you go back to normal eating.

Do eat a balanced diet, and follow these five rules for cutting out calories (and, as a bonus, improving your general health):

1. Switch to low fat or non-fat dairy products.
2. Eat the leanest meats you can find, and only take small quantities.
Take the skin off chicken. Do not fry.
3. Eat at least five helpings of fruits and vegetables every day.
4. Read labels of prepared foods and choose those lowest in fat.
5. If you need help, see the resources page for places to get more information on how to eat healthy and get more exercise.

Exercise! Exercise is important for good health. Try to add more walking every day. Exercise does more than just burn up calories while you are exercising. It speeds up your metabolism, so you burn more calories even when you are resting.

Stop nibbling out of habit, if that has become a problem. Try keeping track of everything you eat for two or three days. This will do two things: it will help you think twice before you eat, and it will alert you to those times of the day when you tend to overeat. Once you know where the dangers lie, you can make sure you have low-calorie food around at those times.

STEP

3

DID YOUR PLANS FOR DEALING WITH DIFFICULT SITUATIONS WORK AS WELL AS YOU HOPED?

I DID
IT.

If No, Was It Because:

- The temptation to smoke was stronger than you had expected?
- You had not guessed which situations would be the hardest?
- You did not have the right strategy ready?
- All of the above?

You might want to review your plan based on your answers to the questions above. Think of new solutions to replace the ones that didn't work as well as you had hoped, or add new situations as they come up.

MI. FACTS

18% of pregnant women in Michigan smoke. Stillbirths, premature delivery, and sudden infant death syndrome (SIDS) are increased by maternal smoking.

SITUATION

NEW SOLUTION

PHASES →

1



2



3



4



5



6



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8



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10



8

TWO WEEKS AFTER QUITTING

The two-week milestone is an important one for many ex-smokers. The main physical symptoms are gone, and you've gotten through many tempting situations (or, if you did slip up, you learned how to avoid that trap in the future). Remember to stick to your plan and prepare for new situations as they arise.

Remember, you have not failed at quitting until you quit trying. Don't quit quitting!



STEP

3

I DID
IT.

MI. FACTS

Most people don't smoke. Only about 1.7 million adults in Michigan are smokers - roughly a quarter of the state's adult population... down 30% since 1990!

NOTES

ONE TO THREE MONTHS AFTER QUITTING

If you've made it this far (even with a slip-up or two), congratulations — this is graduation time! By the end of the first month, most of the hardship involved in quitting is gone and the risk of relapse is getting lower, week by week.

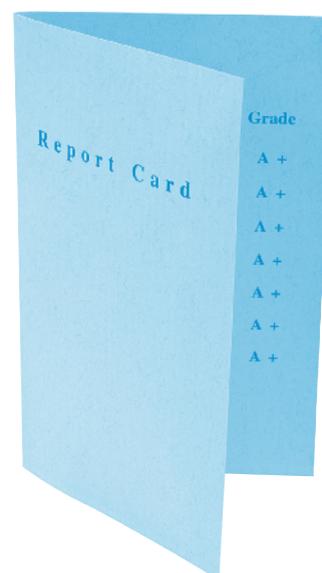
Of course, there is still some risk of a relapse. From now on, stay on your guard against the four main dangers for ex-smokers (You might find it helpful to review those four sections earlier in this book.):

The Feeling that Something is Missing

Stress

Social Situations

Weight Gain





OTHER RESOURCES

To help you find other programs, log onto our website at:

<http://www.michigan.gov/tobacco>

Call the free Michigan Tobacco Quit Line at:

(800) QUIT NOW

7 8 4 - 8 6 6 9

The material in this Smoker's Quit Kit is drawn from a number of different sources, but there are many methods available to help you quit smoking. Quitting is a very individual matter, and only you can decide which way is right for you.

Your physician can give you information and advice on medications to help you stop smoking. Also, your local health department, hospital, or local chapters of national organizations can provide you with more help on smoking cessation and other support services in your community. Here are some possible sources of further help.

American Cancer Society Great Lakes Division

(800) ACS-2345 (227-2345)

American Heart Association Michigan Affiliate

(800) AHA-USA1 (242-8721)

(check your phone book for number of local chapter)

American Lung Association of Michigan

(800) LUNG-USA (586-4872)

(check your phone book for number of local chapter)

National Cancer Institute

(800) 4-CANCER (422-6237)

For additional Quit Kits

Michigan Tobacco Quit Line

(800) QUIT NOW (784-8669)

Visit <http://www.michiganstepsup.org> for more healthy information and tools.

**Remember, no program or service can work effectively unless you work with it.
Quitting smoking requires motivation, commitment, and effort.**

