



## Quit Smoking!

**SET A QUIT DATE** ~ Set a firm date for when you will stop smoking. Give yourself at least 1-2 weeks advance so that you can start planning ahead. Don't buy cigarettes to carry you beyond your last day. Tell your family and friends you plan to quit, and ask for their support and encouragement. Ask them not to offer you cigarettes.

**IT'S NEVER TOO LATE TO QUIT SMOKING** ~ Quitting smoking improves your circulation, your stamina, your skin, and your general health. Your risk for coronary heart disease, a common cause of death and disability, is halved after only a year without smoking. Quitting smoking also significantly reduces the likelihood of your getting respiratory problems and lung cancer.

Secondhand smoke is harmful. Studies have shown that your smoke affects those around you. Children of parents who smoke around the house are more prone to respiratory infections than children from nonsmoking homes and have a much higher incidence of asthma. Spouses of smokers have ~1.5 times the chance of lung cancer.

Tobacco, which contains the active drug nicotine, is very addictive substance. Smoking shouldn't be seen as a weakness or simply a bad "habit". Most former smokers make several attempts to quit before they are finally successful. So, never say, "I can't." Just keep trying.

**THROW ALL YOUR CIGARETTES AWAY** ~ If you keep cigarettes around, sooner or later you'll break down and smoke one, then another, then another, and so on. Throw them away. Make it less easy to start again. Try chewing sugarless gum as a substitute for cigarettes....it will also give you good breath and help prevent cavities!

**SPEND TIME WITH NONSMOKERS RATHER THAN WITH SMOKERS** ~ Think of yourself and identify yourself as a nonsmoker (for example, in restaurants). Stay away from "smokers' havens," such as bars. Avoid spending time with smokers. You can't tell others not to smoke, but you don't have to sit with them while they do. Old habits die hard and one of your old smoking buddies is sure to offer you a cigarette. Plan on walking away from cigarette smoke. Spend time with nonsmokers and sit in the nonsmoking section of restaurants.

**KEEP YOUR HANDS BUSY** ~ You may find you don't know what to do with your hands for a while. Pick up a book or a magazine. Try knitting, needlework, pottery, drawing, making a plastic model, or doing a jigsaw puzzle. Join special interest groups that keep you involved in your hobby. Try distractions if you are thinking about tobacco --- take a walk, call an old friend, organize the photo album, clean the gutters, or go out and pull some weeds.

**TAKE ON NEW ACTIVITIES** ~ Take on new activities that don't include smoking. Join an exercise group and work out regularly. Sign up for an evening class or a join a study group at your church. Go on more outings with your family or friends.

**JOIN QUIT-SMOKING PROGRAMS IF IT HELPS** ~ Some people do better in groups, or with a set of instructions to follow. That's fine, too. Remember, the aim is to quit smoking. It doesn't matter how you do it. Contact the [Oregon Lung Association](#) for groups in your area.

You may prefer to be involved in an organized quit-smoking program while you are using the patches and gum. Neither the patches nor the gum is a miracle cure. You still need to learn to live without cigarettes in your daily life.

## A TIME LINE OF THE BENEFITS OF QUITTING

- **20 minutes** after quitting: blood pressure drops to a level close to that before the last cigarette. Temperature of hands and feet increases to normal.
- **8 hours** after quitting: carbon monoxide level in the blood drops to normal.
- **24 hours** after quitting: chance of heart attack decreases.
- **2 weeks to 3 months** after quitting: circulation improves; lung function increases up to 30%.
- **1 to 9 months** after quitting: coughing, sinus congestion, fatigue, and shortness of breath decrease; cilia regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce infection.
- **1 year** after quitting: excess risk of coronary heart disease is half that of a smoker's.
- **5 years** after quitting: stroke risk is reduced to that of a nonsmoker 5-15 years after quitting.
- **10 years** after quitting: lung cancer death rate about half that of a continuing smoker's; risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.
- **15 years** after quitting: risk of coronary heart disease is that of a nonsmoker's.

**Regarding Medications** ~ Medications as prescribed by your doctor can help alleviate the symptoms of nicotine withdrawal. Although your ultimate success with smoking cessation depends more on your pre-planning, mental preparedness and motivation, support of friends and family, having something that smoothes out the physical withdrawal symptoms can make life a lot more enjoyable....not to mention bolster your chances of success. Medications currently come in two basic forms -- nicotine replacement and sustained release bupropion ([Zyban®](#)). Talk to your doctor about what is best for you, but both **can be taken together** and each can add to your success.

**Nicotine:** Nicotine is the “active” ingredient in cigarettes. Besides the cigarette, there are several safer ways to get your nicotine: the patches (OTC), gum (OTC), lozenges (NEW) (OTC), inhalers (Rx) or the nasal spray (Rx). These provide some relief of the physical withdrawal symptoms when quitting cigarettes. Nicotine, apart from the all the other toxins of cigarette smoke, is relatively safe. Familiarize yourself with the signs of nicotine excess (see below). Despite what you may hear, you don't have to remove your patch if you light up one or two cigarettes unless you note the signs of nicotine excess (see below)...the chance of quitting will probably improve if you keep your patch on. Try a little 1 or 2% cortisone cream if you have a mild rash from the patch. Also, if despite a nicotine patch, you feel as though you are having symptoms of nicotine withdrawal try parking a piece of nicotine gum between your cheek and gums.

**Zyban:** This is an antidepressant medication (bupropion or Wellbutrin®) that is now marketed for smoking cessation. It can be a mild stimulant so watch for insomnia, dry mouth, dyspepsia, constipation or agitation. These symptoms usually improve or go away after a little while. Like with many antidepressant medications, seizures have been reported and you should talk to your doctor about this...*especially* if you have a seizure disorder, anorexia nervosa, have a problem with alcohol or have had a serious head injury.

Packs of cigarettes/day	Patch size (mg/day)
< ½	14
½ - 1	21
1 - 1 ½	28
1 ½ - 2	35
> 2	42

### 1-2 weeks prior to your quit day

- Start [Zyban®](#) 1 tablet in the morning. If you are tolerating the [Zyban®](#) after at least 3-5 days then increase the dose to 1 tablet twice daily (dosed at least 8 hrs apart). Zyban takes about a week to build up in your system and can be safely started weeks to months before your quit date.

### On your quit day:

- Remove all cigarettes from your possession
- Apply the nicotine replacement therapy as prescribed (the patch, nasal spray, Nicotrol inhaler, and/or gum)

## Know the signs of nicotine withdrawal and nicotine excess:

Symptoms of Nicotine Withdrawal		Symptoms of Nicotine Excess
* decreased ability to concentrate or focus	* restlessness	* Nausea
* increased anxiety	* increased appetite	* Headache
* moodiness	* feeling depressed and/or irritable	* Irregular heart beat (palpitations)
* insomnia		* Fast heart rate (tachycardia)

## SUGGESTIONS TO COMBAT CERTAIN NICOTINE WITHDRAWAL SYMPTOMS

SYMPTOM	ACTIVITY
Dry mouth; sore throat, gums, or tongue	Sip ice-cold water or fruit juice, or chew gum.
Headaches	Take a warm bath or shower. Try relaxation or meditation techniques.
Trouble sleeping	Don't drink coffee, tea, or soda with caffeine after 6:00 pm. Again, try relaxation or meditation techniques.
Irregularity	Add roughage to your diet, such as raw fruit, vegetables, and whole-grain cereals. Drink 6-8 glasses of water a day.
Fatigue	Take a nap. Try not to push yourself during this time; don't expect too much of your body until it's had a chance to begin to heal itself over a couple of weeks.
Hunger	Drink water or low-calorie liquids. Eat low-fat, low-calorie snacks. See <a href="#">Snack Calorie Chart</a> .
Tenseness, irritability	Take a walk, soak in a hot bath, or try relaxation or meditation techniques.
Coughing	Sip warm herbal tea. Suck on cough drops or sugarless hard candy.

Call or visit the “Oregon’s Quit Line” ([www.oregonquitline.org](http://www.oregonquitline.org)) if you have questions or need additional suggestions on smoking cessation **1-877-270-STOP.... Good Luck!**