

Quitting Smoking



 Marshfield Clinic
 MINISTRY HEALTH CARE



Two Leaders, One Leading Heart Care Team



Quitting Smoking

*Cigarette smoking is so widespread and significant as a risk factor for cardiovascular and other diseases that the Surgeon General has called it “the leading preventable cause of disease and deaths in the United States.” It takes hard work and a lot of effort, but you **can** quit smoking.*

Nicotine: A Powerful Addiction

If you have tried to quit smoking, you know how hard it can be. Nicotine is a very addictive drug; for some people, it can be as addictive as heroin or cocaine. Quitting smoking is very hard. It generally takes people at least 2-3 tries before finally achieving it. Each try, though, can teach you valuable tools about what is useful and what is not.

Reasons for Quitting

Quitting smoking is one of the most important things you will ever do. The rewards are that you will:

- Live longer and better.
- Reduce your chance of having a heart attack, stroke or cancer.
- Improve your chances of having a healthy baby, if you are pregnant.
- Provide a healthier environment for the people you live with.
- Have extra money.

How Much Extra Money Will I Have?

Calculate the extra money you will have and decide to treat yourself to something nice as a reward for your hard work:

$$\begin{array}{r} \text{Packs smoked per day} \quad \underline{\hspace{2cm}} \\ \times 365 \text{ days per year} = \quad \underline{\hspace{2cm}} \\ \times \text{cost of cigarettes/pack} \quad \$ \underline{\hspace{2cm}} \\ \hline = \text{annual amount saved} \quad \$ \underline{\hspace{2cm}} \end{array}$$

Five Steps for Quitting

Studies have shown that five steps can help you quit smoking. When used together, they offer the greatest chance for success:

1. **Get ready.**
2. **Get support.**
3. **Learn new skills and behaviors.**
4. **Use medication correctly.**
5. **Be prepared for relapse or difficult situations.**

Get Ready

- Set a quit date.
 - Change your environment.
 - Get rid of all cigarettes and ashtrays in your home, car and place of work.
 - Don't let people smoke in your home.
 - Review your past attempts to quit. Think about what worked and what did not.
 - Once you quit, don't smoke - *not even a puff!*

Get Support and Encouragement

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- Tell your family, friends and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Talk to your health care provider (for example, doctor, dentist, nurse, pharmacist, psychologist or smoking counselor).
- Get individual, group or telephone counseling. The more counseling you have, the better your chances are of quitting.
- Call your local Marshfield Clinic or Ministry Health Care facility for information about smoking cessation programs.



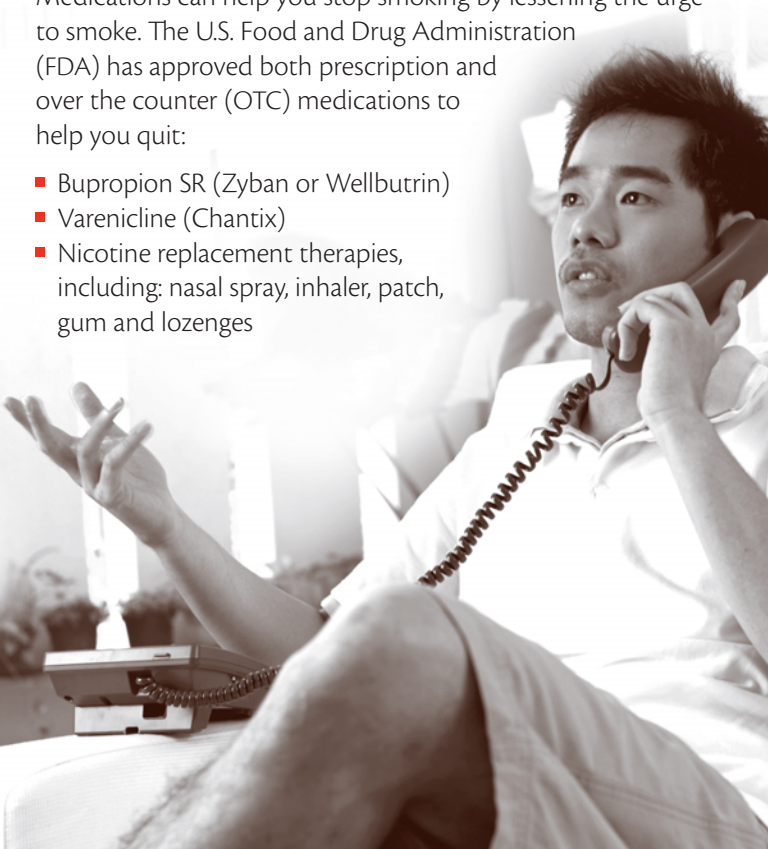
Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

Get Medication and Use It Correctly

Medications can help you stop smoking by lessening the urge to smoke. The U.S. Food and Drug Administration (FDA) has approved both prescription and over the counter (OTC) medications to help you quit:

- Bupropion SR (Zyban or Wellbutrin)
- Varenicline (Chantix)
- Nicotine replacement therapies, including: nasal spray, inhaler, patch, gum and lozenges



Anyone who wants to quit smoking can benefit from medication. Read the product information and follow the directions as indicated. But, before you start any, talk to your health care provider if you:

- are pregnant or trying to become pregnant
- are nursing
- are under 18 years old
- are smoking fewer than 10 cigarettes per day
- have a special medical condition

Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally stop. Here are some difficult situations to watch for:

- **Alcohol** - Avoid drinking alcohol as it lowers your chance of success.
- **Other Smokers** - Being around smoking can make you want to light up.
- **Weight Gain** - Many will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal. Some quit-smoking medications may help minimize weight gain.
- **Bad Mood or Depression** - Consider healthy ways to improve your mood other than smoking.

If you are having problems with any of these situations, talk to your primary health care provider.



Special Reasons to Stop Smoking Now

Studies suggest that anyone can quit smoking – and that anyone who does will benefit. Some people have extra incentives to do all they can to quit. These reasons include:

- *To protect the health of infants*

Mothers and expectant mothers who smoke endanger the health of their babies.



- *To reduce complications from serious illnesses*

The effects of smoking compound other health issues. Quitting smoking can promote healing.

- *To lower the risk of recurring illnesses*

Continuing to smoke increases the chance of a second heart attack or the recurrence of cancer.



- *To protect family members*

Smokers expose their loved ones to the toxic effects of second-hand smoke.



Questions to Think About

Think about the following questions before you try to stop smoking.

1. Why do you want to quit?
2. When you tried to quit in the past, what helped and what didn't?
3. What will be the most difficult situations for you after you quit? How will you plan to handle them?
4. Who can help you through the tough times? Your family? Friends? Health care providers?
5. What pleasures do you get from smoking? What ways can you still get pleasure if you quit?

For more information on the Marshfield Clinic and Ministry Health Care heart care team, ask your health care provider or visit www.oneheartcareteam.org.

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