

Internet Resources

The technology of the Internet is a wonderful tool

to help you expand upon your smoking cessation efforts. It has helped many find valuable information on the dangers of smoking. It has also led smokers to sites that are devoted to becoming tobacco-free and chat groups where smokers can openly discuss their addiction. The following is a list of smoking cessation resources available via the Internet and is in no way intended to be comprehensive.

Tools to Help Expand Your Efforts

SMOKING CESSATION INTERNET SITES	
Web Site	Web Address
About Smoking	www.quitsmoking.about.com
Action on Smoking and Health	www.ash.org
American Cancer Society	www.tobacco-free.org
American Heart Association	www.americanheart.org
American Lung Association	www.lungusa.org
CDC's Tobacco Information and Prevention Source (TIPS)	www.cdc.gov/tobacco
Clean Break	www.cleanbreak.com
Freedom Program for Smoking Cessation	www.ucanquit.com
Kickbutts	www.kickbutt.org
National Cancer Institute	www.nci.nih.gov

CHAT GROUPS SUGGESTED BY THE AMERICAN CANCER SOCIETY	
Web Site	Web Address
AOL's Clean Air Café	This chat group is on the AOL's health channel Click "support groups and expert"
Blair's Quitting Smoking Resources	www.quitsmokingsupport.com
Foundations for Innovations in Nicotine Dependence	www.findhelp.com
No Smoke Café	www.clever.net/chrisco/nosmoke/café.html
Quitnet	www.quitnet.org and click "talk"

Tips You Can Use

Involving Others

- Bet a friend you can quit on your target date. Put your cigarette money aside every day and forfeit it if you smoke. But if you do smoke, don't give up. Simply strengthen your resolve and try again.
- Ask your friend or family members to quit with you.
- Tell your friends and family that you're quitting and when. They can be an important source of support both before and after you quit.

Knowing what to expect

- Have realistic expectations; quitting isn't easy, but it's not impossible either.
- Understand that withdrawal symptoms are temporary. They usually last only 1-2 weeks.
- Know that most relapses occur in the first week after quitting, when withdrawal symptoms are strongest and your body is still dependent on nicotine. Be aware that this will be your hardest time and use all your personal resources, willpower, family, friends and the tips in this *Quit Kit* to get you through this critical period successfully.
- Also during the first week after quitting, situational triggers, such as a particularly stressful event, can trigger a relapse. These are the times when people reach for cigarettes automatically because they associate smoking with relaxing. This is the kind of situation that's hard to prepare yourself for until it happens. Remember that smoking is a habit, but a habit you can break.
- Realize that most successful ex-smokers quit for good only after several attempts.
- You may be one of those who can quit on your first try. But if you're not, don't give up. Try again!

Preparing yourself to quit

- Decide positively that you want to quit. Try to avoid negative thoughts about how difficult it might be.
- List all reasons you want to quit. Every night before going to bed, repeat one of those reasons 10 times.
- Develop strong personal reasons for quitting in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting for a light, not to mention the amount of money you'll save.
- Begin to condition yourself physically. Start a modest exercise program*, drink more fluids, get plenty of rest and avoid fatigue.
- Set a target date for quitting. Choose a special day such as your birthday, your anniversary or the Great American Smokeout in November. If you smoke heavily at work, quit during your vacation so that you're already committed to quitting when you return. Make the date sacred and don't let anything change it. This will make it easy for you to keep track of the day you became a non-smoker and to celebrate that date every year.

* Before beginning an exercise program, please consult your physician.

Coping with Cravings

During your first few weeks of being smoke-free,

you are going to be experiencing a lot of good times and bad times. The frequency and intensity of the cravings will decrease somewhat during the second and third weeks and continue to decline over time. Learn some other coping mechanisms in addition to developing a positive attitude. When you're a smoker, and you're smoking one pack a day, you'll bring your hand to your mouth 250 times a day. Over a period of a year, that comes to over 90,000 times you've repeated that motion! This table provides suggestions of what you can do instead of smoking when an urge hits.

WITHDRAWAL SYMPTOM	SUGGESTIONS
Craving Cigarettes	Practice deep breathing; Distract yourself; Realize the urge will pass; Wait out the urge
Anxiety	Practice deep breathing; Steer clear of caffeine; Think of ways to reduce this pressure
Irritability	Take brisk walks; Take hot baths
Trouble Sleeping	Steer clear of caffeine at night; Enjoy restful calming thoughts; No daytime napping
Lack of Concentration	Avoid additional stress; Take a brisk walk; Plan workload
Tiredness	Get more rest; Exercise often
Dizziness	Sit or lie down
Headaches	Take a mild pain reliever
Coughing	Sip on water; Use soothing lozenges
Tightness in Chest	Practice deep breathing; Use relaxation techniques
Hunger	Eat balanced meals; Eat low-calorie snacks
Constipation	Drink plenty of fluids; Eat high-fiber foods (fruit, vegetables and whole grain cereals)

Is This the Right Time?

Reward Yourself

Benefits you'll enjoy as a non-smoker:

- You'll take a giant step toward improving your health.
- You'll feel less winded and have more energy.
- Food will taste better.
- Your sense of smell will improve.
- The money spent on tobacco products can now be spent on other enjoyable things.
- You'll control your own schedule instead of your habit controlling you.

What are some of the benefits you look forward to?

Make a list and keep it where you can see it – in the car, at home or at work.

Winning Tips from Over 1,000,000 Quitters

You promised yourself that if you really wanted to quit smoking, you would. You know all the reasons why you should quit but you have to be ready to do it – for you. You are the best judge of when the time is right for you. You might be uncertain. It won't be easy. But with commitment, the right attitude and the methods listed below, you can be off to a good start. Why not give it a try?

You are not alone. Over one million people each year make the decision and successfully quit smoking. Here are some of their tips that can help you:

- Set a quit date and stick to it.
- Get the support and understanding of your family, friends and coworkers.
- Get rid of all tobacco products and ashtrays.

How can I quit? You have heard a lot about different ways to quit. Experts say you have the best chance of quitting if you use these proven methods together.

Use nicotine replacement therapy. This means the nicotine patch, gum or nasal spray. Any one of these three can help cut back on the urge to smoke. Studies show that almost everyone can benefit from nicotine replacement therapy. Talk with your health care professional about which choices are best for you. You can buy the nicotine patch and gum at any pharmacy or get them from your doctor. The nicotine nasal spray is available by prescription only.

Get support and encouragement. Smoking cessation programs can help you learn how to deal with stress and other things that make you want to smoke. Join a quit-smoking program or start your own informal group of smokers trying to quit. Studies show that the more support you have, the greater your chance for success. Check with your health care professional, local hospitals, the American Cancer Society, American Lung Association or American Heart Association for a schedule of classes.

Learn how to handle the urge to smoke. Be aware of things that may cause you to want to smoke.

- Being around other smokers
- Drinking alcoholic beverages
- Being under stress
- Getting into an argument
- Feeling depressed

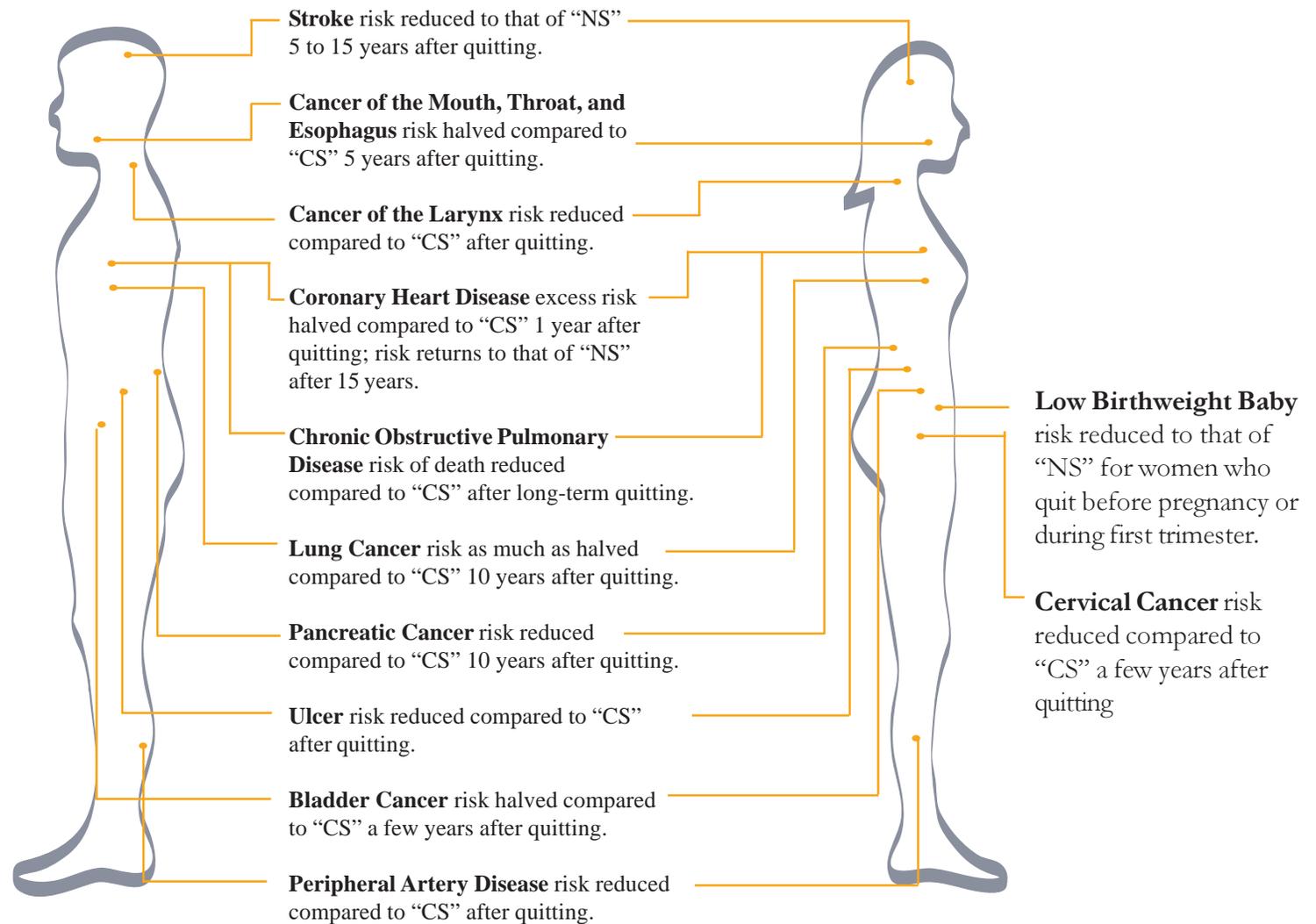
It can be tough “unlearning” something that is so much a part of what you do everyday. There is no magic solution – but it can be done. Over one million people prove it every year – you can too!

The Benefits of Smoking Cessation

LEGEND

CS refers to continuing smokers

NS refers to never smokers



What Happens When You Quit

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years.

20 minutes	Blood pressure drops to normal	Pulse rate drops to normal	Body temperature of hands and feet increases to normal
8 hours	Carbon monoxide level in blood drops to normal	Oxygen level in blood increases to normal	
24 hours	Chance of heart attack decreases		
48 hours	Nerve endings start regrowing	Ability to smell and taste is enhanced	
2 weeks to 3 months	Circulation improves	Walking becomes easier	Lung function increases up to 30%
1 to 9 months	Decrease in coughing, sinus congestion, fatigue and shortness of breath	Cilia regrowth in the lungs increases their ability to handle mucus, cleans the lungs and reduces infection	Increase in energy
1 year	Excess risk of coronary heart disease is half that of a smoker		
5 years	Lung cancer death rate for average former smoker (one pack a day) decreases by nearly half	Stroke risk is reduced to that of a non-smoker 5-15 years after quitting	Risk of cancer of the mouth, throat, esophagus is half that of smokers
10 years	Lung cancer death rate similar to that of non smokers	Precancerous cells are replaced	Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases
15 years	Risk of coronary heart disease is that of a non smoker		

Sources: American Cancer Society; Centers for Disease Control and Prevention

Smokers lose an average of 15-20 years of their life!

- 69% of smokers want to quit. Are you one of them?

What would you miss if you don't quit?

- Graduations
- Weddings
- Birthdays
- Retirement

How to Dampen that Urge

7 Major Coping Skills to Help You Fight The Urge

Steps to help you nurture the non-smoking habit.

1. **Think about why you quit.** Go back to your list of reasons for quitting. Look at this list several times a day especially when you are hit with the urge to smoke. The best reasons you could have for quitting are very personally yours and these are also the best reasons to stay a non-smoker.
2. **Anticipate triggers and prepare to avoid them.** By now you know which situations, people and feelings are likely to tempt you to smoke. Be prepared to meet these triggers head on and counteract them. Keep using the skills that helped you cope in cutting down and quitting:
 - Keep your hands busy: doodle, knit, type a letter.
 - Avoid people who smoke and spend more time with non-smoking friends.
 - Find activities that make smoking difficult: gardening, washing the car, and taking a shower.
 - Exercise to help knock out that urge: it will help you to feel and look good as well.
 - Put something other than a cigarette in your mouth, such as sugarless gum.
 - Avoid places where smoking is permitted. Sit in the non-smoking sections of public places like restaurants.
 - Reduce your consumption of alcohol, which often stimulates the desire to smoke; or have a glass of juice, soda or mineral water.
3. **Reward yourself for not smoking.** Congratulations are in order each time you get through a day without smoking. After a week, give yourself a pat on the back and a reward of some kind. Buy a new CD or treat yourself to a movie or concert. No matter how you do it, make sure you reward yourself in some way. It helps to remind yourself that what you are doing is important.
4. **Know when you are rationalizing.** It is easy to rationalize yourself back into smoking. Don't talk yourself into smoking again. A new non-smoker in a tense situation may think, "I'll just have one cigarette to calm myself down." If thoughts like this pop into your head, stop and think again! You know better ways to relax, like taking a walk or doing breathing exercises.

Concern about gaining weight may also lead to rationalizations. Learn to counter thoughts such as, "I'd rather be thin, even if it means smoking." Remember that a slight weight gain is not likely to endanger your health as much as smoking would. Smokers have about a 70% higher rate of premature death than non-smokers.
5. **Use positive thoughts.** If self-defeating thoughts start to creep in, remind yourself again that you are a non-smoker, you do not want to smoke and your reasons are good. Putting yourself down and trying to hold out using willpower alone are not effective coping techniques. Mobilize the power of positive thinking.
6. **Use relaxation techniques.** Breathing exercises help to reduce tension. Instead of having a cigarette, take a long deep breath, count to 10 and release. Repeat this five times. See how much more relaxed you feel.
7. **Get social support.** The commitment to remain a non-smoker can be made easier by talking to friends and relatives. They can congratulate you as you check off another day, week and month as a non-smoker. Tell the people close to you so they'll be sympathetic when you have an urge to smoke and can be counted on to help you resist it. Remember to call on your friends when you are lonely or you feel an urge to smoke. A buddy system is a great technique.

Ways of Quitting

Make Smoking Unpleasant

- Smoke only under circumstances that aren't especially pleasurable for you. If you like to smoke with others, smoke alone. Turn your chair to an empty corner and focus only on the cigarette you are smoking and all its many negative effects.
- Collect all your cigarette butts in one large glass container as a visual reminder of the filth made by smoking.

Make Smoking Hard

- Stop buying cigarettes by the carton. Wait until one pack is empty before you buy another.
- Stop carrying cigarettes with you at home or at work. Make them difficult to get to.

Cut Down

- Smoke only half of each cigarette.
- Each day, postpone the lighting of your first cigarette for one hour.
- Decide you'll only smoke during odd or even hours of the day.
- Decide beforehand how many cigarettes you'll smoke during the day. For each additional cigarette, give a dollar to your favorite charity.
- Change your eating habits to help you cut down. For example, drink milk which many people consider incompatible with smoking. End meals or snacks with something that won't lead to a cigarette.
- Reach for a glass of juice instead of a cigarette for a "pick-me-up."
- Remember: cutting down can help you quit, but it's not a substitute for quitting. If you're down to about seven cigarettes a day, it's time to set your target quit date and get ready to stick to it.

Stop "Automatic" Smoking

- Smoke only those cigarettes you really want. Catch yourself before you light up a cigarette out of pure habit.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day and the sight and the smell of stale cigarette butts will be very unpleasant.
- Make yourself aware of each cigarette by using the opposite hand or putting cigarettes in an unfamiliar location or a different pocket to break the automatic reach.
- If you light up many times during the day without even thinking about it, try to look in a mirror each time you put a match to your cigarette; you may decide you don't need it.

Switch Brands

- Switch to a brand you find distasteful.
- Change to a brand that is low in tar and nicotine a couple of weeks before your target date. This will help change your smoking behavior. However, do not smoke more cigarettes, inhale them more often or more deeply or place your fingertips over the holes in the filters. All of these will increase your nicotine intake and the idea is to get your body used to functioning without nicotine.

Smoking-Related Diseases

One out of two smokers will die from smoking-related diseases. The most common smoking-related diseases are listed below.

Emphysema: Emphysema slowly destroys the lungs, making breathing so uncomfortable that a simple walk to the corner store is impossible. Although this damage can't be reversed, you can prevent further damage by quitting.

Lung Cancer and Other Cancers: Lung cancer is caused by the tar and nicotine in tobacco smoke. Many lung cancers can't be removed by surgery and victims usually die within months of diagnosis. Smoking also causes cancer of the lip, mouth, throat, larynx and bladder and is a risk factor for cancers of the pancreas, stomach, cervix and kidney.

Cardiovascular Disease: Cardiovascular disease is caused by nicotine and carbon monoxide in cigarettes. Your already overworked heart has to work even harder to do everyday activities. Cardiovascular disease saps your energy and makes breathing very difficult.

Peripheral Vascular Disease: Peripheral Vascular Disease develops when less blood and oxygen circulates to your hands and feet. It begins as a numb or painful feeling and could result in gangrene.

Second Hand Smoke: Second hand smoke, also called Environmental Tobacco Smoke (ETS) or passive smoking, is smoke you breathe from other people's cigarettes. It can cause lung damage, lung cancer and heart disease. That's why smoking isn't permitted in many enclosed public places and offices.

Reduced Fertility: Many women who smoke are less fertile than non-smokers. They can take longer to conceive and are more likely to have a miscarriage.

Impotence: Men who smoke may suffer from impotence due to damage to the blood vessels in the penis.

Lower Hormone Levels: Smoking reduces the amount of the hormone estrogen in the body.

Contraceptive & Heart Attack Risk: Taking the contraceptive pill combined with smoking increases the risks of heart attacks and strokes by around ten times.

Children: Children whose parents smoke are more likely to develop pneumonia and bronchitis in their first year of life than children of non-smoking parents. They're also more likely to suffer from more frequent and severe attacks of asthma. And, older children are more likely to try cigarettes or become smokers if one or both parents smoke.

Low Birth Weight: Babies born to mothers who smoked during pregnancy are more likely to be underweight or premature. They also tend to be sick more often, cry more and sleep less than babies born to non-smoking mothers.

What's in Tobacco Smoke?

Answer: 43 known or suspected carcinogens.

Here are just a few...

Agent	Ingredient
Acetone	A poisonous solvent and paint stripper
Ammonia	A poisonous gas and a powerful cleaning agent
Arsenic	A potent poison
Benzene	The poisonous toxin that, in trace amounts, forced the global Perrier water recall
Butane	A flammable chemical in lighter fluid
Cadmium	A soft metal found in car batteries that damages the lungs
Carbon Monoxide	An extremely poisonous gas found in auto exhaust
Cyanide	The deadly ingredient in rat poison
Formaldehyde	A preservative
Methanol	Jet engine and rocket fuel
Nicotine	An active ingredient in many bug sprays
Polonium-210	A highly radioactive element
Toluene	A poisonous industrial solvent

Relapse - If You Smoke Again

If you slip and smoke, don't get discouraged. Many former smokers tried to stop several times before they finally succeeded.

Marking Progress

- Each month, on the anniversary of your quit date, plan a special celebration.
- Periodically, write down reasons you are glad you quit, and post these reasons where you will be sure to see them.
- Make up a calendar for the first 90 days. Cross off each day and indicate the money you saved by not smoking.
- Set other intermediate target dates and do something special with the money you have saved.

Use the back of this sheet to reinforce your quit smoking efforts:

- Sign a contract with yourself to remain a non-smoker.
- If you think you need professional help, see your doctor. He or she can provide extra motivation for you to stop smoking. Your doctor may also prescribe nicotine gum or a nicotine patch as an alternative source of nicotine while you break the habit of smoking.
- Know and use the coping skills described on the "How to Dampen that Urge" sheet. People who know at least one coping skill are more likely to remain nonsmokers than those who do not know any.
- Identify the trigger: Exactly what was it that prompted you to smoke? Be aware of the trigger and decide now how you will cope with it when it comes up again.
- Don't be too hard on yourself. One slip doesn't mean you're a failure or that you can't be a nonsmoker, but it is important to get yourself back on the nonsmoking track immediately.
- Recognize that you have had a slip. A slip means that you have had a small setback and smoked a cigarette or two. But your first cigarette did not make you a smoker to start with, and a small setback does not make you smoker again.

Our greatest glory is not in never failing, but in rising up every time we fail.

—Ralph Waldo Emerson

Reinforce Your Efforts

My Quit Date: _____

Reasons to Quit

List all of the reasons you have for quitting, read them to yourself whenever you feel the need to smoke.

1. _____

4. _____

2. _____

5. _____

3. _____

6. _____

Rewards for Quitting

Smoking is expensive. The average smoker will pay approximately \$30.00 per week for cigarettes. List some of the things you'd like to do with the money you save from quitting.

Daily (\$5)

Weekly (\$30)

Monthly (\$120)

Contract to Quit

Sign a contract of your own or use the following sample contract.

I, _____, agree to quit smoking on this date _____. If I feel the need to smoke, I will use the methods described in this Quit Kit to cope with my cravings. My main reason for quitting is _____.

I will be a healthier person, and will reward myself for my efforts.

Triggers

Each time you smoke, record the date and time, as well as the trigger so that you can avoid these triggers in the future.

Date / Time

Trigger

Date / Time

Trigger

Date / Time

Trigger

Motivation + Preparedness = Success!