

Help With Quitting Smoking

Facts

About 21 % of adults, 44.5 million people, in the United States smoke Cigarettes daily.
About 70 % say they want to quit completely.
More than 22 % of high school students currently smoke
Nearly 1 in 2 smokers (41%) try to quit each year
About 21 % of U.S. adults are ex-smokers (25 million men and 19 million women)
Smokers who quit before age 50 have 1/2 the risk of dying in the next 15 years
than those persons who continue to smoke

Benefits of Stop Smoking

Less Cancer

Smoking increases the risk of lung cancer by 20 times and emphysema by 10 times
And is strongly related to cancer of the lungs, mouth, bladder, kidney, and pancreas

Less Heart Disease and Stroke

Smoking increases the risk of heart disease by 3 times
Upon quitting your HDL cholesterol levels improve, blood pressure goes down
& there is less damage to the artery wall from carbon monoxide in the blood

Live Longer

Lifelong smokers have 1 chance in 2 of dying from smoking related diseases
The average loss in life expectancy is more than 13 years
Every cigarette smoke you lose 11 minutes of your life expectancy
Smoking claims more than 440,000 lives in the US each year

Health & Personal appearance

Fewer wrinkles, Smoking is a major cause of wrinkles
Smoking causes bad breath, stained teeth, and a smelly body
In men, smoking increases the risk of impotence
Quitting smoking helps in fewer colds
Smoking increases the risk of osteoporosis



Financially

By quitting you save money from not buying packs (# of packs per day x 365 days)
You also save in higher medical expenses (average \$4 per pack for additional medical)
Yearly 200,000 smoking fires result in \$300,000 in property damages

Health of Others

Nonsmoking spouses living with smokers have 30% increased risk of lung cancer
Smoking causes health hazards for unborn children, sudden death in infants, and
allergy and respiratory infections in young children
Each day 3,000 children become smokers, set a good example as a nonsmoker

**GIVE!
IT UP!**
Stop smoking for life.

10 Steps to Help You Succeed in Quitting



1. Get Doctor help & support

They can advise you on medicines and/or nicotine replacement therapies that can make your plan to quit much more likely to succeed.

2. Set a quite date

Set 2 weeks from when you visit your doctor. Inform everyone of your plans and ask for understanding and support. Anticipate challenges such as nicotine withdrawal. Remove all tobacco products from your environment. Write out your reasons for wanting to quite & review them often. Make a dental appointment to have your teeth cleaned the week you quit.

3. Stop entirely

It is best to quit entirely but if you have the urge "DON'T GIVE UP". Avoid all alcohol. Ask others not to smoke in your presence. Guard against excessive stress. Get extra rest. Eat simply & healthfully, avoid dieting. Take walks in the open air, and keep busy.

4. Make a "Survival Kit"

Oral satisfaction can be derived from chewing gum, holding a tooth pick in your mouth, munching on carrots & celery, or sucking a pieces of candy. Keep your fingers busy with a pencil, rubber band, or rubber ball. Use mind over matter to resist old habits Continue to review your list of why you are quitting.

5. Make a Personal Benefit List

You will feel better & less winded, food will taste better, you will look and smell better Make an ongoing list of personal benefits, adding what others may suggest.

6. Get Social Support

Join a stop smoking class or group, remain in contact with someone you can call when you have an urge to smoke, check in with them regularly, discuss triggers and how to handle them.

7. Use approved Therapies

Discuss with your doctor products that reduce withdrawal symptoms & increasing success in quitting. Medications include sustained-release bupropion hydrochloride, nicotine gum or inhaler, nicotine spray or patch. Some which are available over the counter.

8. Reward Your Progress

Set short & long term goals. One week, 6 months, 1 year. Have something special you can look forward to enjoying. Use the money you saved in not buying cigarettes and extra medical expenses.

9. Follow-up With The Doctor

Visit within 1 week and again in a month of stopping. Discuss your progress. Talk over any difficulties you are having. If you have a relapse, you can use it as a learning experience. Identify the problems early and plan preventive actions.

10. Guard Against Crisis

Plan ahead what you could do during a crisis. Get social support & help from the Don't tempt yourself. Plan fun and healthy events. Encourage others. Continue your study and commitment to a healthier you.

