

QUIT SMOKING SELF-HELP



HANDBOOK

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Plan Your Quit

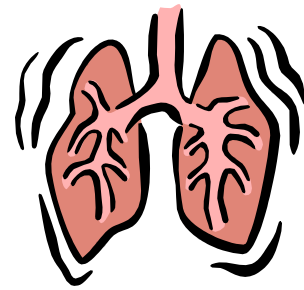
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Benefits of Quitting Tobacco

Congratulations on your decision to quit smoking. Quitting smoking is the most important thing that you can do for your health and the health of those around you.

When You Stop Smoking, you lower your risk of having

- 👉 Heart disease
- 👉 Stroke
- 👉 Lung disease
- 👉 Cancer
- 👉 Your lungs begin to clean and repair themselves
- 👉 Your heart beat returns to normal
- 👉 You can breathe better
- 👉 You can taste and smell things better
- 👉 Blood flow in your body improves
- 👉 After a little while you will cough less
- 👉 You will have more money in your pocket (see following page)



Smoking is not only an addiction but a habit as well. Your body craves the nicotine in cigarettes. You have learned to smoke cigarettes in many situations and for many different reasons. Quitting will most likely not be easy for you, but you can do it.


Quitting takes practice. Don't get discouraged if you do not quit for good the first time. Many smokers quit several times before they quit for good. Practice, practice, practice is the key. Learn from each attempt and keep trying.




Cost Savings Per Pack of Cigarettes: \$3.00					
Simple Interest	1 Year	5 Years	10 Years	20 Years	30 Years
3%	\$1,127.85	\$5,639.25	\$11,278.50	\$22,248.00	\$33,835.50
4%	\$1,138.80	\$5,694.00	\$11,388.00	\$22,464.00	\$34,164.00
5%	\$1,149.75	\$5,748.75	\$11,497.50	\$22,680.00	\$34,492.50
6%	\$1,160.70	\$5,803.50	\$11,607.00	\$22,896.00	\$34,821.00
Cost Saving Per Pack of Cigarettes: \$3.50					
Simple Interest	1 Year	5 Years	10 Years	20 Years	30 Years
3%	\$1,315.83	\$6,579.13	\$13,158.25	\$25,956.00	\$39,474.75
4%	\$1,328.60	\$6,643.00	\$13,286.00	\$26,208.00	\$39,972.98
5%	\$1,341.38	\$6,706.88	\$13,413.75	\$26,460.00	\$40,241.25
6%	\$1,354.15	\$6,770.75	\$13,541.50	\$26,712.00	\$40,624.50
Cost Savings Per Pack of Cigarettes: \$4.00					
Simple Interest	1 Year	5 Years	10 Years	20 Years	30 Years
3%	\$1,503.80	\$7,519.00	\$15,038.00	\$29,664.00	\$45,114.00
4%	\$1,518.40	\$7,592.00	\$15,184.00	\$29,952.00	\$45,552.00
5%	\$1,533.00	\$7,665.00	\$15,330.00	\$30,240.00	\$45,990.00
6%	\$1,547.60	\$7,738.00	\$15,476.00	\$30,528.00	\$46,428.00

Tobacco Withdrawal Symptoms


Cough: A few people have heavy coughing for one or two weeks. Coughing is good for your lungs. It helps clean them of the tars left there by smoking.

 Carry hard candy with you.


Nervousness: You may be “fidgety” and restless.

 Keep your hands busy.


Short Temper: This is very common problem of withdrawal.

 Tell people about your quit attempt. They will understand why you have are having problems.

Trouble Concentrating:


 Plan ahead and write it all down.

Aches and Pains: Headaches and stomach pains can be very sharp.

 Take an aspirin-free pain reliever when needed. Be sure to follow the directions on the bottle.


Constipation: You may have dry hard bowel movements.


 Drink lots water.


 Avoid caffeine.

 Eat more whole grain foods or prunes every day.

Tiredness:


 Try exercises such as walking or swimming.

 Try to get more sleep. Go to bed at the same time every day of the week.

 If you can not sleep, do something to take your mind off not smoking. Get out of bed, read or watch TV.

Hunger:

 Drink lots of water.

 Stock-up on low calorie healthy snack and eat them instead of sweets or other junk foods.

Weight Gain



Why do people gain weight after quitting?

Nicotine is a stimulant. It revs you up.

- 👉 When you quit smoking your cells do not use as many of the calories as you are used to eating. If you eat the same amount and don't exercise more you will gain weight.
- 👉 Your body may mistake a craving for cigarettes as being hungry. Heavy smokers tend to eat more to satisfy this craving.





Can you prevent weight gain?

Large weight gain is probably because you are eating too much. Try these simple aids to limit weight gain.

- 👉 Exercise regularly. Take a brisk 5 minute walk each time you get a craving.
- 👉 Choose low-fat foods to help prevent gaining weight.
- 👉 Use low calorie foods. Raw vegetables, plain crackers, bread sticks, popcorn and sugarless gum are good choices.
- 👉 Avoid high sugar foods. Keeping your blood sugar even helps prevent the tiredness and depression that are common when quitting.
- 👉 Drink six to eight extra glasses of water each day. Water helps flush out the nicotine faster. Water helps cut cravings too.
- 👉 Don't panic. Be sensible if you do gain weight. Most people lose any weight they gain.




Facts about Second-Hand Smoke

A young child of a smoker ...

-  has more lower respiratory illnesses like pneumonia, bronchiolitis, and bronchitis.
-  has repeated (chronic) problems such as a cough, thick spit (sputum), redness and irritation of the eyes.
-  has a slower rate of lung growth.
-  has more hospital visits if they have asthma.

Children of smokers have twice the chance of dying of SIDS (Sudden Infant Death Syndrome) as a non-smoker's child.





Older children of a smoker have ...

-  a smaller lung function.
-  colds and breathing troubles.
-  more middle ear infections.

200,000 and possibly as high as 1,000,000 asthmatic children become sicker because of second hand tobacco smoke.

Nicotine levels of children exposed to environment tobacco smoke are 10 times higher in a smoker's child.

Adults who breathe second-hand smoke have a higher risk for ...

-  chronic lung diseases
-  heart disease and strokes
-  lung cancer
-  other cancers

17% of lung cancers among non-smokers can be blamed on high levels of environmental tobacco smoke during childhood and adolescence.

3,000 nonsmoking adults die each year from cancers caused by environmental tobacco smoke.

There is no known safe level of environmental tobacco smoke.

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Three Aspects of Smoking - Why Do I Smoke?

This short test may help you to better understand the ways in which you are "hooked" on cigarettes. Check YES or NO to each of the statements.

- | | YES | NO |
|---|-------|-------|
| A. I find it extremely difficult to go a half-day without smoking. | _____ | _____ |
| B. I often find myself smoking a cigarette when I am not aware that I lit up. | _____ | _____ |
| C. I smoke more after having an argument with someone. | _____ | _____ |
| D. I have an intense recurring hunger for cigarettes. | _____ | _____ |
| E. I link my smoking with other behaviors, such as drinking coffee or talking on the phone. | _____ | _____ |
| F. Smoking is one of the most important pleasures in my life. | _____ | _____ |
| G. I feel I need to smoke a certain minimum number of cigarettes each day. | _____ | _____ |
| H. I sometimes unintentionally go a whole day without smoking. | _____ | _____ |
| I. The thought of never smoking again makes me feel unhappy. | _____ | _____ |



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Three Aspects of Smoking - Why Do I Smoke?
How to Score

Give yourself five (5) points for every "YES" answer, and 0 points for a "NO" answer. Enter your scores in the appropriate spaces below. Add the scores of each line to get your grand totals.

_____ +	_____ +	_____ =	_____
A	D	G	Addiction
_____ +	_____ +	_____ =	_____
B	E	H	Habit
_____ +	_____ +	_____ =	_____
C	F	I	Psychological Dependency






Any score of ten (10) or more indicates the reason(s) you smoke. You may score high on more than one.










What Type of Tobacco User are You?

Quit Tips






Stimulation:

-  You believe tobacco wakes you up, helps you get organized and keeps you going. Find substitutes for perking yourself up.
-  Organize your day to avoid needing a cigarette to get yourself going.
-  Get more exercise. It gives you energy. Try walking, calisthenics or just chores.
-  Chew sugar-free gum, carrot sticks, cinnamon sticks, pretzels, or licorice sticks. Brush your teeth, or rinse your mouth with mouthwash.
-  Avoid getting over tired. If you get plenty of sleep you will not need a cigarette for a "pick me up."

Handling:

-  Keep your hands busy.
-  Wear a loose rubber band on your wrist. Snap it when you feel nervous.
-  Doodle with a pen or pencil when you are on the phone or in a meeting.
-  Handle a coin or paper clip.
-  Squeeze a small ball.
-  Clean or polish your fingernails.
-  Knit, work on a puzzle, sew or crochet, start a project.







Relaxation and Tension Reduction:

-  Smoking may be a crutch for you when you are angry, nervous or upset. These things may help you to manage.
-  Take up a hobby. It can be very distracting.
-  Try deep breathing exercises.
-  Listen to music.
-  Talk things out with a friend or loved one.



What Type of Tobacco User are You?

Quit Tips








Pleasure:

-  Think of the bad things that smoking causes like cancer, heart attacks or leg amputations.
-  Keep a list of the pleasures of being a nonsmoker.
-  Do other things that give you pleasure. Go bowling, to the movies or read.
-  Treat yourself to something special.
-  Start an exercise program. Check with your doctor first.
-  It may be easier for you to quit when things are going well in your life.

Cravings begin to build as soon as you put out your cigarette. Nicotine levels in your blood drop and you want feel a craving.

-  Nicotine replacement therapy can help you. It reduces the cravings.
-  Zyban (an antidepressant) has been shown to help with the addiction. Your doctor must prescribe it.

Habit: You smoke without even thinking about it.

-  Avoid situations that trigger your urge to smoke.
-  Change your routines, work habits and driving route.
-  You may need to avoid your smoking friends for a little while.
-  Throw away your ashtrays.
-  At home, send other smokers outside to smoke.
-  Go to places where you are not allowed to smoke.
-  Take a shower, listen to music, chew gum.

Plan Your Quit

Choose your method for quitting...

Set a quit date _____ Postpone _____
Tapering _____ Cold Turkey _____

Set a quit date – Choose a day within the next month to quit. You will have time to prepare for the big day. You can start taking medicine and have your nicotine replacement medicines on hand.

Postpone – Delay lighting each cigarette for at least 5 minutes. If the urge disappears, skip that cigarette. You will smoke fewer cigarettes and get practice for your quit.

Tapering – Cut down the number of cigarettes you smoke each day before quitting. You are ready to quit if you are smoking 5 cigarettes a day.

Cold Turkey – You just stop smoking. If you smoke your usual amount of cigarettes today and zero cigarettes tomorrow, you are quitting cold turkey.

Check with your Doctor.

Nicotine replacement therapy or other medications can improve your chances of quitting successfully.

Know your triggers and practice coping techniques.

List your reasons for quitting.

_____	_____
_____	_____
_____	_____
_____	_____

Make a list of individuals or groups you can call when you are having an urge to smoke:

Name _____	Telephone: _____
Name _____	Telephone: _____
Name _____	Telephone: _____
Name _____	Telephone: _____

My Contract to Quit Smoking

I have chosen to quit smoking

Date: _____

Each day that I am successful...

_____ I will put the money I saved into a savings and reward myself at the end of each week.

_____ I will use some other incentive.

Each day that I'm not successful...

_____ I will give an amount equal to what I spent on cigarettes that day to _____.

_____ I will use some other way to discourage my smoking.








Signature:

Identify Your Triggers

Triggers cue you to light up.

List your triggers for smoking:





Examples:

-  After a meal
-  Driving
-  Social gatherings
-  Stress
-  Talking on the phone
-  With a caffeinated drink
-  Work breaks

_____	_____
_____	_____
_____	_____
_____	_____

List some things that you can do instead of smoking.

Examples:

-  Call a friend
-  Chew on a toothpick
-  Doodle with a pen
-  Go for a walk

_____	_____
_____	_____
_____	_____
_____	_____

Be Active

Increase your physical activities as you quit.

- 👉 Exercise may help you maintain or lose weight.
- 👉 It makes you feel better. You will be less tired and will have more energy.
- 👉 It reduces cravings for nicotine.
- 👉 Regular exercise can keep you healthier and may help to prevent diabetes, heart disease and strokes.



Cautions

If you have a health condition, such as heart disease, diabetes or obesity, or you are at high risk for these conditions check with your doctor before starting an exercise program.

If you or 40 years or older, check with your doctor before starting an exercise program.

Plan

- 👉 Start small, 5 to 10 minutes at a time. Work up to 30 minutes of moderate activity on all or most days of the week.
- 👉 Use 5 minute brisk walks to help with severe cravings.
- 👉 Choose activities that you really enjoy. You will do them more often.
- 👉 Don't try to compete with others. Work at your own level of fitness.
- 👉 Choose activities that include other people, family or friends. You will have more fun and do them more often.

THE FOUR D's

Fighting the Cravings

Drink -

- 👉 Drink plenty of water. Water helps flush out the nicotine and may be helpful when you are having a craving.

Deep Breath -

- 👉 Use your stomach muscles to take a deep breath
- 👉 Breathe in slowly through your nose (inhale)
- 👉 Hold your breath for a few seconds
- 👉 Breathe out slowly through your mouth (exhale)
- 👉 Think only about your breathing for at least five minutes

Do Something Else - when you are having a strong craving, do something else.

- 👉 call a friend
- 👉 drink a glass of water
- 👉 do deep breathing exercises
- 👉 do a puzzle or a crafttake a walk
- 👉 write in your journal



Delay -

- 👉 The craving will pass in just a few minutes. The longer you go without smoking the less frequently the cravings will happen.
- 👉 Remember you are in control.

Source: American Cancer Society

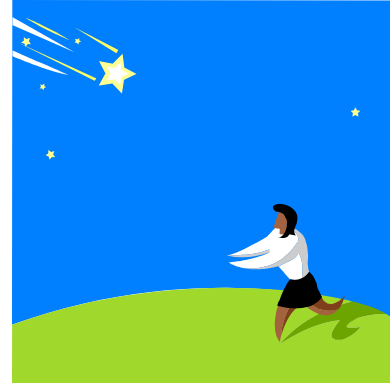
Relaxation Exercises

Deep Breathing:

Use your stomach muscles to take a deep breath. Slowly breath in through your nose. Hold your breath for a few seconds. Breathe out slowly through your nose. Repeat this exercise five times. Think only about your breathing.







Fantasy:

Relax in a chair. Close your eyes. Think about a time or place that you remember as very pleasant. Concentrate on putting yourself back in that time. Block out all other thoughts and sounds.






Muscle Tension:

Try to tighten all your muscles at once, then try to relax. Notice the difference in how each muscle feels. Breathe in and hold your breath for three seconds while you tighten your muscles. Breathe out and hold your breath for three seconds while you relax your muscles. Repeat this exercise three times for each muscle group listed below.

-  Pull your toes and ankles up. Relax.
-  Point toes and ankles down. Relax.
-  Tense your butt and knees. Relax.
-  Tighten your stomach. Relax.
-  Tense your fists and shrug your shoulders. Relax.
-  Frown, pucker your mouth, pull your chin in. Relax.

If any of these muscles still feel extra tense. Do the following...

-  Breathe slowly to a count of seven.
-  Imagine relaxing the muscle area while breathing to another count of seven.
-  Repeat the exercise until you feel better.

Nicotine Replacement Therapies

Other Tobacco Cessation Medications

Medications can be used to reduce some of the withdrawal symptoms that you have when you quit smoking.

Talk with your doctor about your decision to quit smoking. He or she can help you plan a program that may work best for you. Your plan may or may not include nicotine replacement and other medications.

Check with your health insurance company to see therapies and medications that they cover.

Prescription Medications: (These must be ordered by your doctor)

Nicotine Inhaler:

It is a thin plastic cylinder containing a cartridge that delivers nicotine through the lining of your mouth and throat when you puff on it.

Caution: The inhaler substitutes both the nicotine and hand-to-mouth behavior associated with smoking.

Dosage and how to use: Stop smoking before using the nicotine inhaler. Start using on your quit day. Use as instructed by your doctor.

Nicotine Nasal Spray

It is a pump spray that delivers nicotine through your nose and into the blood stream.


Caution: It is easier to become dependent upon it than with the nicotine patch or gum. Use as instructed by your doctor.


Bupropion: Wellbutrin^R, Zyban^R

Is a non-nicotine product in pill form.

Dosage and how to use: Start taking 1-2 weeks before your quit date. You may not need cigarettes as much, so try cutting back. Use as instructed by your doctor.

May be a good choice for those who...

 Are heavily addicted and who want to quit smoking soon.






 Do not have a history of seizures.

Nicotine Replacement Therapies

Nicotine Patch: 21mg, 14mg, and 7mg patches

Caution: Don't smoke while using the patch. Nicotine stays in your skin for up to 2 hours after the patch is removed.







Dosage and how to use:

-  Use in decreasing doses to wean yourself from nicotine slowly.
-  Carefully peel the cover off your patch. Touch the patch only on the very outside edge. Put the patch on your upper body (above the waist), on non-hairy skin. Make sure there are no sores or red areas where you want to put it. Press firmly on the patch for about ten seconds. Make sure all the edges are sealed tightly. Place the patch in a different spot each time. Don't reuse the same spot for two weeks.
-  Fold your used patch and throw it away where small children and animals can't reach it. It can make them ill.
-  Wash your hands after touching a patch.
-  Change your patch every day, at about the same time each day.

Nicotine Gum

Caution: Don't drink liquids and chew nicotine gum. The liquid will wash the nicotine into your stomach and it won't work. Don't smoke while using the gum.

Dosage and how to use:





-  Chew one piece of gum until you can just taste the medicine, perhaps 8 chews. The gum will taste peppery.
-  Put the nicotine gum between the inside of your cheek and your gums.
-  When you get a craving, chew the gum about 4 chews, until you can taste the medicine strongly.
-  Put the nicotine gum in a different spot against your gums each time. You can get sores in your mouth if you are not careful.
-  If you chew and do not get a taste of medicine, it is time to throw your gum away.
-  Each piece of nicotine gum lasts about 1/2 hour.

Nicotine Overdose Symptoms




Feelings of a Nicotine Overdose

Breathing fast	Being mixed up (confusion)
Sweating a lot (diaphoresis)	Loose bowels (diarrhea)
Dizziness	Drooling
Dry mouth	Flushing (reddened skin)
Headache	Hearing or Sight is different
Heart beating very fast	Low blood pressure
Pain in your stomach	Sores or a rash
Trouble sleeping	Throwing up (vomiting)
Upset stomach	Weakness

If you are having a reaction to a nicotine patch...

-  Remove the nicotine patch.
-  Wash your skin with plain water. Don't use soap, it makes the nicotine go into your body faster.
-  Do not smoke while still having feeling of an overdose.
-  Call your doctor.

If you are having a reaction to a nicotine gum...

-  Take the gum out of your mouth
-  Do not smoke for an hour or so. Smoking will make you feel worse.
-  Call your doctor.

If you smoke while using the nicotine replacement, you may overdose on nicotine. If you overdose you may want to try the medicine again when you feel better.

Over-the-counter medication doesn't need to be prescribed by your doctor. It is strongly recommend that you talk with your doctor before using them and if you have trouble when using them.

Staying Smoke Free

- 👉 Get help from family, friends, co-workers or support groups.
- 👉 Use a tobacco cessation Hot-Line.
- 👉 Buddy-up with someone that has quit successfully or quit with a friend.
- 👉 Think of yourself as a non-smoker. A slip shouldn't end your quit. Try... try... try again!

Keep your triggers at the front of your thoughts, you will have fewer slips.

Practice the coping techniques that have worked for you.

List your coping techniques below:

_____	_____
_____	_____
_____	_____
_____	_____

Remind yourself of the reasons for quitting.

List your reasons:

_____	_____
_____	_____
_____	_____
_____	_____

Use the 4 D's

- Delay
- Do something else
- Drink water
- Do deep breathing exercises

The urge to smoke passes in about 3-5 minutes. You will have fewer urges as time goes by. Take each day as it comes. Once you chose to smoke, today you choose not to smoke.

Quit Smoking Resources

ScoreHealth System

1-888-292-9032

www.scorehealth.com

Partnership For A Tobacco Free Maine

151 Capitol Street

11 State House Station

Augusta, Maine 04330-0011

Information line: 1-877-786-4968

[Http://www.tobaccofreemaine.org](http://www.tobaccofreemaine.org)

American Lung Association

122 State Street

Augusta, Maine 04333-0011

1-800-499-Lung

<http://www.mainelung.org>

American Cancer Society

52 Federal Street

Brunswick, Maine 04011

207-777-5748 or 1-800-464-3102 (ext. 302)

[Http:// www.cancer.org](http://www.cancer.org)