

ARE YOU READY TO

QUIT

SMOKING?





ARE YOU THINKING ABOUT QUITTING?

This guide can help you. Quitting smoking can be a challenge—one that you do not have to face alone. Maybe you've quit before. Don't be discouraged. It often takes multiple attempts to quit smoking for good. It helps to have a reminder of all the reasons you want to quit smoking.

Use the space on the next page to list your own reasons to quit.

I want to be

SMOKE-FREE

because...

A large, empty gray rectangular area intended for the user to write their reasons for wanting to be smoke-free.

Health Gains When You Quit Smoking



20 minutes

- Blood pressure and pulse drop to normal.
- Hands and feet start to warm up.



8 hours

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal and makes you feel more energetic.



24 hours

- Chance of heart attack decreases.



48 hours

- Sense of smell and taste improve.
- Nerve endings start to regrow.



15 years

- Risk of heart disease is that of a nonsmoker.
- Risk of death is nearly the same as a nonsmoker.



10 years

- Lung cancer risk is half that of a smoker.
- Risk of pancreatic cancer is roughly the same as a nonsmoker.
- Precancerous cells are replaced.



5 years

- Risk of stroke is the same as that of a nonsmoker.
- Risks of cancer of the mouth, throat, esophagus, and bladder are cut in half.
- Risk of cervical cancer falls to that of a nonsmoker.



72 hours

- Bronchial tubes relax.



2 weeks to 3 months

- Circulation, lung function, and stamina improve.



1 to 9 months

- Coughing, shortness of breath, and sinus congestion decrease.
- Cilia regrow in lungs, clean the lungs, and reduce infection.
- Overall energy increases.



1 year

- Risk of heart disease drops to half that of a smoker.

Source: Centers for Disease Control and Prevention

QUIT PLAN

1

Pay attention to your smoking patterns.

Identify your smoking triggers.
Review your past quit attempts.

2

Set and prepare for a Quit Day.

Pick a day in the next 4 weeks.
Tell people about it!

3

Get rid of all cigarettes and smoking reminders from your home and car.

Stock up on juices, water and healthy snacks.

4

Change your routine.

Avoid and alter situations that may trigger you to smoke. Substitute something in place of a cigarette.

5

Make your home smoke-free.

Ask all housemates and visitors to smoke outside.

6

Reward yourself!

Celebrate your smoke-free milestones.

CONSIDER MEDICATION WHEN YOU QUIT

When you combine counseling and quit smoking medication, you can double your chances to quit successfully.

The good news is you have a lot of options!

There are **seven** safe and effective medications to help you quit smoking.



NICOTINE PATCH*

NICOTINE GUM*



NICOTINE LOZENGE*

NICOTINE INHALER



NICOTINE NASAL SPRAY

BUPROPION



VARENICLINE

Talk to your pharmacist or doctor about what medication is right for you.

*Available Over-the-Counter

RESOURCES

You don't need to quit alone.

Get support to start your smoke-free life.



COURAGE TO QUIT[®]

In-person stop smoking program

ChicagoQuits.org



TOBACCO CESSATION QUITLINE

Telephone counseling service

1-800-QUIT-NOW
(1-800-784-8669)



CVS PHARMACY[®] and MINUTECLINIC[®]

Visit your local CVS Pharmacy
or MinuteClinic



RESPIRATORY
HEALTH
ASSOCIATION[®]

Chicago
Quits



HEALTHY
CHICAGO

CHICAGO DEPARTMENT OF PUBLIC HEALTH