

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, vertical gray rectangle that serves as a writing space for the user's reasons for quitting smoking. It is positioned on the right side of the page, below the text "because...".

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.



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.



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.



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

couragetoquit.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 Minute Clinic



**RESPIRATORY
HEALTH
ASSOCIATION[®]**