

# Five Keys for QUITTING

These five steps will help you quit and quit for good. You have the best chance of successfully quitting if you follow all of the steps.

## 1. Get Ready

- Set a quit date, preferably one within a month's time.
- Change your environment.
  - Get rid of ALL cigarettes, ashtrays and all tobacco products in your home, car, and place of work.
  - Don't let people smoke or use tobacco in your home.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke—NOT EVEN A PUFF! And don't use any other tobacco products

## 2. Get Support and Encouragement

- Tell your family, friends, and coworkers that you are going to quit and want their support. Ask them not to smoke or use other tobacco products around you and not to leave out cigarettes or other tobacco products.
- Talk to your health care provider (for example, doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor). Ask about quitting medicines and nicotine replacement therapy (NRT).
- Get individual, group or telephone counseling. The more counseling you have, the better your chances are of quitting. Programs are given at local hospitals and health centers. Call the NC Quitline at 1-800-QUIT NOW.

## 3. Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke or to use any tobacco products. Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.
- Call 1-800-QUIT NOW for help

## 4. Get Medication and Use It Correctly

- The U.S. Food and Drug Administration (FDA) has approved six medications to help you quit smoking:

- Zyban—Available by prescription.
  - Nicotine gum—Available over-the-counter.
  - Nicotine inhaler—Available by prescription.
  - Nicotine nasal spray—Available by prescription.
  - Nicotine patch—Available by prescription and over-the-counter.
  - Nicotine lozenge—Available over-the-counter.
- Ask your health care provider for advice and carefully read the information on the package.
  - Any of these medications will double your chances of quitting and quitting for good. Pick the medication or medications that work best for you.
  - Everyone who is trying to quit may benefit from using a medication. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.

## 5. Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. Here are some difficult situations to watch for:

- Alcohol. Avoid drinking alcohol. Drinking lowers your chances of success.
- Other smokers. Being around smoking can make you want to smoke.
- Weight gain. Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking. Some quit-smoking medications may help delay weight gain.
- Bad mood or depression. There are a lot of ways to improve your mood other than smoking.

Source: *You Can Quit Smoking*. Consumer Guide, June 2000. U.S. Public Health Service.  
<http://www.surgeongeneral.gov/tobacco/consquits.htm>

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# BENEFITS OF Second-Hand Smoke Free ENVIRONMENT

## IMPROVES HEALTH

Second-hand smoke is the third leading preventable cause of death; for every eight smokers (who die from tobacco), one non-smoker will also die from exposure to second-hand smoke.

*(Circulation 1991)*

Second-hand smoke causes 30 times more lung cancer deaths than all regulated air pollutants.

*(Environmental Protection Agency 1993)*

The lifetime risk from passive smoking is more than 100 times higher than the estimated effect of 20 years of exposure to asbestos.

*(British Journal of Cancer 1993)*

## ELIMINATES EXPOSURE

Smoke-filled rooms can have up to 6 times the air pollution as a busy highway.

*(Centers for Disease Control and Prevention 1993)*

Nonsmoking sections do not eliminate non-smoker's exposure to second-hand smoke; the smoke knows no boundaries.

*(Health Consequences of Involuntary Smoking 1986)*

Science has not demonstrated any safe level of exposure to second-hand smoke. National ventilation standards (ASHRAE 62-1999) do not allow for smoking in the vast majority of public venues. At best, ventilation technology only removes the smoke odor and irritation.

*(American's for Nonsmokers' Rights 1996)*

## MAKES ECONOMIC SENSE

Even in the number one tobacco producing state in the U.S., second-hand smoke regulations present no adverse economic impact, and there is no need for expectations to the ordinances based on such fears.

*(North Carolina Medical Journal 1998)*

Second-hand smoke exposure is associated with 24% more hospitalizations and 43% more lost school days.

*(9th World Conference on Tobacco and Health 1994)*

A patient with asthma won a \$85,000 damage settlement because of 13 years of passive smoke exposure which worsened her condition.

*(Lancet 1993)*

Source: "The ETS Policy Manual: An A to Z Toolbox for Community Change." University of North Carolina School of Medicine Department of Family Medicine

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# QUITTING TOBACCO: Facing the Morning... *Without Smoking*

## What to Expect

- Expect that your morning coffee will not taste the same without a cigarette.

## Did You Know?

- For many smokers, lighting up is the first event of the day. Part of many people's dependence on cigarettes evolves from a routine built mostly on making opportunities to smoke. The morning can set the tone for the rest of the day.

## What to Do

- Plan a different wake-up routine.
- Take your attention off smoking right away.
- Be sure no cigarettes are available.
- Begin each day with deep breathing and one or more glasses of water.
- Make a list of early morning triggers, and avoid them.
- Begin each day with a preplanned activity that will keep you busy for an hour or more. It will keep your mind and body busy so that you don't think about smoking.

## Nicotine and Your Body and Mind

- After 6 to 8 hours of sleep, your nicotine level drops and your body develops a need for a quick boost of nicotine when you wake up.
- Your body has become dependent on nicotine. Your mind must be ready to overcome this physical need. Before you go to sleep, make a list of things you need to avoid in the morning that will make you want to smoke. Place this list where you used to place your cigarettes.

## Related Notes

- Once you pinpoint high-risk situations that trigger the urge to smoke, you can start to handle such situations rationally. Waking up in the morning and starting your normal routine provides plenty of triggers to tempt you to smoke. Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady *doses* of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

## How to Get Help

- If you or someone you know wants help with giving up tobacco, please call the NC Quitline toll-free at 1-800 QUIT NOW. The information specialists on the Quitline can provide suggestions and support to help smokers break the habit.
- The Federal Government's Smokefree.gov Website (<http://www.smokefree.gov>) allows you to choose the help that best fits your needs. You can get immediate assistance:
  - View an online step-by-step cessation guide.
  - Find state quitline telephone numbers.
  - Instant message an expert through NCI's *LiveHelp* service.
  - Download, print, or order publications about quitting smoking.

Source: "Quitting Tobacco: Challenges, Strategies and Benefits" <http://www.cancer.gov/cancertopics/tobacco/quittingtips>

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# QUITTING TOBACCO: Enjoying Meals... *Without Smoking*

## What to Expect

- Smoking urges may be stronger at different meal times—sometimes breakfast, sometimes lunch, or sometimes dinner.
- Your smoking urges may be stronger with certain foods, such as spicy or sweet meals or snacks.
- Expect to want to smoke after meals or with others at a restaurant.
- Expect the urge to smoke when you smell cigarette smoke at a restaurant.
- When you no longer smoke at the table after meals, you can expect that others will be pleased.

## Did You Know?

- Many smokers feel the need to smoke after meals at home, work, or a restaurant.
- Your desire to smoke after meals may depend on whether you are alone, with other smokers, or with non-smokers.

## What to Do

- Know what kinds of foods increase your urge to smoke and stay away from them.
- If you are alone, call a friend or take a walk as soon as you've finished eating.
- Brush your teeth or use mouthwash right after meals.
- If possible, have someone massage your shoulders.
- If you have coffee or a fruit drink, concentrate on the taste.
- Wash the dishes by hand after eating—you can't smoke with wet hands!

## Nicotine and Your Body and Mind

- Nicotine stops hunger pains in your stomach for as long as one hour, and it also makes your blood sugar level go up. When you quit, this is reversed.
- Smoking and eating are both ways to meet certain needs (stimulation, relaxation, pampering, time out, comfort,

or socialization), so when you quit smoking, you may eat more.

- Withdrawal from nicotine enhances the taste of sweeter foods. Food often tastes better after you quit smoking, and you may have a bigger appetite.

## Related Notes

- Once you pinpoint high-risk situations that trigger the urge to smoke, you can begin to handle such situations. Eating and drinking are often very important triggers. Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

## How to Get Help

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# QUITTING TOBACCO: Enjoying Coffee and Tea... *Without Smoking*

## What to Expect

- Expect that your morning coffee will not taste the same without a cigarette.
- Expect to feel a strong urge to reach for a cigarette while drinking coffee or tea.

## Did You Know?

- Many smokers are used to smoking when drinking coffee or tea during or after meals, during coffee/tea breaks, in the office, or in restaurants.
- You do not have to give up coffee or tea to quit smoking.

## What to Do

- If you used to smoke while drinking coffee or tea, tell people you have quit, so they won't offer you a cigarette.
- Between sips of coffee or tea, take deep breaths to inhale the aroma. Breathe deeply and slowly, while you count to five, breathe out slowly, counting to five again.
- Try switching to decaffeinated coffee for a while, particularly if quitting has made you irritable or nervous.
- Try nibbling on healthy foods to keep your hands busy while you drink coffee or tea.
- As you drink your coffee, get out a scratch pad, doodle, or make plans for the day.
- If the urge to smoke is very strong, drink your coffee or tea faster than usual and then change activities or rooms.

## Nicotine and Your Body and Mind

- Many studies have reported that smoking may make you feel happier and more alert. Smokers may associ-

ate these good feelings with drinking coffee or tea. When you quit smoking, you may feel saddened by the loss of these good feelings, and drinking coffee or tea without smoking may make you feel even sadder. Try not to feel sad; think of what you've gained by quitting.

## Related Notes

- Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

## How to Get Help

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# QUITTING TOBACCO: Having a Drink... *Without Smoking*

## What to Expect

- As a smoker, you may feel a strong urge to smoke when drinking beer, wine, or mixed drinks. Know this up front if you are going to drink.

## Did You Know?

- Studies show that cigarette smoking is much more common among those who are regular drinkers.

## What to Do

- Switch to non-alcoholic drinks, especially fruit juices, during the first two weeks of withdrawal.
- Stay away from the places you usually drink alcohol for a while.
- If you do drink, don't choose the alcoholic beverages you usually have when smoking.
- For the first few weeks after quitting, drink only with non-smoking friends.
- Don't drink at home or by yourself.

## Nicotine and Your Body and Mind

- Studies have shown that if you are a drinker, you will tend to breathe deeper when you drink and smoke-making the negative effects of tobacco even worse.
- When you are drinking alcohol, your control over your behavior is limited. When you try to quit smoking, it is tough enough to take control of your behavior—drinking alcohol will make it even tougher to cope.
- Many studies have reported that smoking, like drinking, may actually make you feel happier and more alert. Over time you begin to associate smoking and drinking with pleasure—when quitting, you may feel deprived of some of this pleasure.

## Related Notes

- Once you pinpoint high-risk situations that trigger the urge to smoke, you can start to handle them rationally. When do you smoke and drink? Where? Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

## How to Get Help

- If you or someone you know wants help with giving up tobacco, please call the NC Quitline toll-free at 1-800 QUIT NOW. The information specialists on the Quitline can provide suggestions and support to help smokers break the habit.
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# QUITTING TOBACCO: Handling Cravings... *Without Smoking*

## Nicotine and Your Body and Mind

- As a smoker, you are used to having a certain level of nicotine in your body. You control that level by how much you smoke, how deeply you inhale the smoke, and by the kind of tobacco you use. When you quit, cravings develop when the body wants more nicotine.
- When you are exposed to smoking triggers or even when you use a small amount of nicotine, your mood changes, and cravings for tobacco can go up as well as your heart rate and blood pressure. Cravings are NOT “just in your head.”

## What to Expect

- Cravings usually begin within an hour or two after you stop smoking, peak for several days, and may last several weeks.
- The urge to smoke will come and go. Your cravings will be strongest in the first week after you quit using tobacco. Cravings usually last only a very brief period of time.
- You may also experience cravings that follow each other in rapid succession. As the days pass, the cravings will get farther apart. There is some evidence that mild occasional cravings may last for 6 months.

## What to Do

- Remind yourself that cravings will pass.
- As a substitute for smoking, try chewing on carrots, pickles, sunflower seeds, apples, celery, or sugarless gum or hard candy. Keeping your mouth busy may stop the psychological need to smoke.
- Try this exercise: Take a deep breath through your nose and blow out slowly through your mouth. Repeat 10 times.

- Avoid situations and activities (like drinking alcohol) that you normally associate with smoking.

## Related Notes

- Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

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# QUITTING TOBACCO: Handling Irritability and Frustration...*Without Smoking*

## What to Expect

- When you quit smoking, you may feel edgy and short-tempered.
- You may want to give up on tasks more quickly than usual.
- You may be less tolerant of others' behavior.
- You may get into more arguments.

## Did You Know?

- Studies have found that most quitters report increased feelings of irritability, anger, and frustration within a week of quitting.
- If feelings of irritability, anger, and frustration occur, they usually begin on the first day, peak during the first couple of weeks, and disappear within a month.

## What to Do

- Take a walk.
- Exercise.
- Reduce caffeine.
- Soak in a hot bath.
- Read up on relaxation/meditation techniques and use one.
- Take one minute and, with your eyes closed, pay attention to your breathing pattern. Breathe in deeply through your nose and breathe out through your mouth.

## Nicotine and Your Body and Mind

- When your body does not get nicotine, you may feel irritable, angry, and frustrated.

- Quitting will temporarily change your brain chemistry. These temporary changes may result in your experiencing negative emotions.

## Related Notes

- Feelings of anger, irritability, and frustration may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

## How to Get Help

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# QUITTING TOBACCO: Handling Stress... *Without Smoking*

## What to Expect

- After you quit smoking, handling the normal stresses in your life may become more of a challenge.
- Quitting smoking itself is stressful and adds to your stress load.

## Did You Know?

- Most smokers report that one reason they smoke is to handle stress.
- You may become more aware of stress during withdrawal. This happens because smoking cigarettes actually relieves some of your stress by releasing powerful chemicals in your brain.
- As you go longer without smoking, you will get better at handling stress, especially if you learn relaxation techniques.

## Nicotine and Your Body and Mind

- Everyday worries, responsibilities, and hassles can all contribute to stress.
- It is thought that once nicotine enters your brain, it stimulates production of a number of the brain's most powerful chemical messengers.
- These chemicals (epinephrine, norepinephrine, dopamine, arginine, vasopressin, beta-endorphin, and acetylcholine) are involved in alertness, pain reduction, learning, memory, pleasure, and the reduction of both anxiety and pain.
- When you smoke, your brain chemistry changes temporarily so that you experience decreased anxiety, enhanced pleasure, and alert relaxation. This is why it feels good when you smoke.

## What to Do

- Know the causes of stress in your life (your job, your children, money).

- Identify the stress signals (headaches, nervousness, or trouble sleeping).
- Create peaceful times in your everyday schedule. (For example, set aside an hour where you can get away from other people and your usual environment.)
- Try new relaxation methods and stick with the best one for you.
- Rehearse and visualize your relaxation plan. Put your plan into action. Change your plan as needed.
- Seek and learn relaxation techniques such as progressive relaxation.

## Related Notes

- You may find it helpful to visit your library or bookstore to pick up a book about how to handle stress.

## How to Get Help

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# QUITTING TOBACCO: Handling Anxiety... *Without Smoking*

## What to Expect

- You may feel quite tense and agitated within 24 hours of quitting.
- You may feel a tightness in your muscles—especially around the neck and shoulders.
- These feelings will pass with time.

## Did You Know?

- Recent studies have found that most quitters report feelings of increased anxiety within a week of quitting.
- If anxiety occurs, it will usually begin within the first day, peak in the first couple of weeks, and disappear within a month.

## What to Do

- Take a walk.
- Take a hot bath.
- Try a massage.
- Try to take a few minutes out of your day to meditate, or do stretching exercises.
- Set aside some quiet time every morning and evening—a time when you can be alone in a quiet environment.

## Nicotine and Your Body and Mind

- Anxiety is usually measured as an increase in muscle tension as well as an increased sensitivity to muscle tension. Laboratory research shows that the anxiety produced from quitting tobacco may be due to temporary changes in your brain chemistry. There is some evidence that tobacco use reduces anxiety, so

some of the anxiety you feel when you quit is actually what nonsmokers normally experience.

- Most of the anxiety you feel immediately after you quit is due to temporary changes.

## Related Notes

- Nicotine replacement products deliver small, steady doses of nicotine into the body, and the nicotine helps to relieve the withdrawal symptoms often felt by people trying to quit smoking. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

## How to Get Help

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# QUITTING TOBACCO: Handling Depression... *Without Smoking*

## What to Expect

- It is normal to feel sad for a period of time after you first quit smoking. Many people have a strong urge to smoke when they feel depressed.
- If you give in to your craving for a cigarette, you may feel sad that you could not stick with your decision to quit.

## Did You Know?

- Having a history of depression is associated with more severe withdrawal symptoms—including more severe depression. Some studies have found that many people with a history of major depression will have a new major depressive episode after quitting. However, in those with no history of depression, major depression after quitting is rare.
- If mild depression occurs, it will usually begin within the first day, continue for the first couple of weeks, and go away within a month.

## What to Do

- Identify your specific feelings at the time that you seem depressed. Are you actually feeling tired, lonely, bored, or hungry? Focus on and address these specific needs.
- Add up how much money you have saved already by not purchasing cigarettes and imagine (in detail) how you will spend your savings in 6 months.
- Call a friend and plan to have lunch, or go to a movie, a concert, or another pleasurable event.
- Make a list of things that are upsetting to you and write down solutions for them.
- Keep positive about changes in life.
- Increase physical activity. This will help to improve your mood and lift your depression.
- Focus on your strengths.
- Plan your next vacation or fun activity.
- Breathe deeply.
- Establish a list of your short- and long-term personal goals.
- Think of how healthy you will be when all smoking effects are gone from your body and you can call yourself smoke-free.

- If depression continues for more than 1 month, see your doctor.

## Nicotine and Your Body and Mind

- Nicotine is a highly addictive drug. It acts as both a stimulant and a depressant, depending upon your mood and the time of day. It controls your mood by regulating the level of activity of key parts of the brain and central nervous system that control your sense of well-being.

## Related Notes

- Everyone is different. The way that you will cope with the problems of quitting may be the opposite of what worked for your spouse, significant other, or best friend.
- Ask your doctor about prescription medications that may help you with depression.
- Learn about the signs of depression and where to go for help at the National Institute of Mental Health Website (<http://www.nimh.nih.gov>).

## How to Get Help

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# QUITTING TOBACCO: Facing Boredom... *Without Smoking*

## What to Expect

- You may take a break at work and find that you now have nothing to do.
- You may feel very bored when waiting for something or someone (a bus, your spouse, your kids).

## Did You Know?

- Many smokers say they sometimes smoke to overcome boredom.

## What to Do

- Plan more activities than you have time for.
- For those empty minutes, make a list of things you like to do.
- Move! Do not stay in the same place too long.
- Carry a book, magazine, or crossword puzzle for waiting times.
- Notice what is going on around you. (Look at the shape of the buildings you pass, listen to the sounds outside around you.)
- Carry something (like a cell phone) to keep your hands busy.
- Listen to a favorite song.
- Go outdoors, if you can, but not to places you associate with smoking.

## Nicotine and Your Body and Mind

- For smokers, boredom often brings the urge to smoke—this urge may have a physical and chemical basis.
- When you quit smoking, you may miss the increased excitement and good feeling that nicotine gave you. This may be true when you are feeling bored.

## Related Notes

- You may be very bored when taking a break. You will need to replace a smoke break with something else. Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

## How to Get Help

- If you or someone you know wants help with giving up tobacco, please call the NC Quitline toll-free at 1-800 QUIT NOW. The information specialists on the Quitline can provide suggestions and support to help smokers break the habit.
- The Federal Government's Smokefree.gov Website (<http://www.smokefree.gov>) allows you to choose the help that best fits your needs. You can get immediate assistance:
  - View an online step-by-step cessation guide.
  - Find state quitline telephone numbers.
  - Instant message an expert through NCI's *LiveHelp* service.
  - Download, print, or order publications about quitting smoking.

Source: "Quitting Tobacco: Challenges, Strategies and Benefits" <http://www.cancer.gov/cancertopics/tobacco/quittingtips>

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# QUITTING TOBACCO:

# Driving or Riding in a Car.. *Without Smoking*

## What to Expect

- Expect to want to reach for a cigarette when driving a car or traveling as a passenger.
- On longer trips, you may find yourself getting more sleepy than usual.

## Did You Know?

- Like many smokers, you may like to light up when driving to and from work as a means to relieve stress, stay alert, relax, or just pass the time.
- Your desire to smoke may be stronger and more frequent on longer trips.

## What to Do

- Remove the ashtray, lighter, and cigarettes from your car.
- Turn your radio on or put on your favorite tape or CD and sing along.
- Clean your car and make sure to use deodorizers to reduce the tobacco smell.
- Tell yourself:
  - “This urge will go away in a few minutes.”
  - “So, I’m not enjoying this car ride. Big deal! It won’t last forever!”
  - “My car smells clean and fresh!”
  - “I’m a better driver now that I’m not smoking while driving.”
  - Ask friends and passengers not to smoke in your car.
  - If you’re not driving, find something to do with your hands.
  - Take an alternate route to work.
- Try carpooling.
- For a little while, avoid taking long car trips. If you do, take plenty of rest stops.
- Keep non-fattening snacks in your car (sunflower seeds, licorice, and sugarless gum and hard candy).
- Take fresh fruit with you on long trips.
- Plan stops for water or fruit juice.

## Nicotine and Your Body and Mind

- You may have become used to smoking while driving—to relax in a traffic jam or to stay alert on a long drive.
- There is some evidence that smoking actually does make you feel more awake and alert. In the past, you may have relied upon this during both short and long rides. Remember, on longer trips, you may not be able to stay awake for as long as you used to.

## Related Notes

- Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don’t contain nicotine) also help relieve withdrawal symptoms.

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# QUITTING TOBACCO: Being Around Other Smokers... *Without Smoking*

## What to Expect

- Some friends, especially those who are smokers themselves, may not be supportive of your efforts to cut down or quit. Also, they may not understand how much impact their behavior can have on your efforts to quit.
- The changes you intend to make may disturb friends and family members who are smokers.
- Friends may feel that your efforts to quit smoking will put a strain on your friendship. It will be tempting to join others for routine smoke breaks.

## Did You Know?

- You may find that you don't want to smoke just because you see someone else smoking. Rather, your desire to smoke may be triggered by something special about the situation. For example, being around the people you usually smoked with could trigger the urge to smoke.

## What to Do

- Ask others to help you in your quit attempt. Give them specific examples of things that are helpful (such as not smoking around you) and things that are not helpful (like asking you to buy cigarettes for them).
- Post a small "No Smoking" sign by your front door. Provide an outside area where smokers may go if they wish to smoke.
- If you are in a group and others light up, excuse yourself, and don't return until they have finished.
- Do not buy, carry, light, or hold cigarettes for others.
- Try not to get angry if family, friends, or coworkers hassle you about quitting.

## Nicotine and Your Body and Mind

- You may want to analyze situations in which watching others smoke triggers your urge to smoke. Figure out what it is about that situation that makes you want to smoke.
- Many studies have reported that smoking may make you

feel happier, more alert, and not as anxious. These good feelings may make you want to smoke. Also, you may associate these feelings with being around other smokers.

- When you quit, you may feel saddened by the loss of these good feelings; being around smokers may make you feel even sadder. Try not to feel sad; think of what you've gained by quitting.

## Related Notes

- Once you pinpoint high-risk "trigger" situations, you can start to handle them rationally. Nicotine cravings may be reduced by using nicotine replacement products, which deliver small, steady doses of nicotine into the body. Nicotine replacement patches, gum, lozenges, nasal spray, and inhaler appear to be equally effective. Bupropion pills (which don't contain nicotine) also help relieve withdrawal symptoms.

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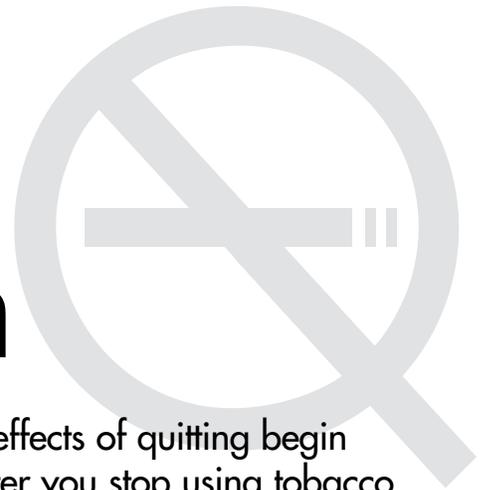
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# QUITTING TOBACCO: Short-term and Long-term Health Benefits



The positive effects of quitting begin very soon after you stop using tobacco and continue long after you've quit.

## Short-term Benefits

- Your blood pressure, pulse, and body temperature, which were abnormally elevated by nicotine, return to normal. *Persons taking blood pressure medication should continue doing so until told otherwise by their physician.*
- Your body starts to heal itself. Carbon monoxide and oxygen levels in your blood return to normal.
- Your chance of having a heart attack goes down.
- Nerve endings start to regrow. Your ability to taste and smell improves.
- Your breathing passages (bronchial tubes) relax, lung capacity goes up, and your breathing becomes easier.
- Your circulation improves and your lungs become stronger, making it easier to walk.
- In your lungs, the cilia (hairlike structures on the lining) begin to regrow, increasing the ability of your lungs to handle mucus, to clean themselves, and to reduce infection. Coughing, sinus congestion, fatigue, and shortness of breath decrease. Your overall energy level increases.

## Long-term Benefits

- As a former smoker, your chance of dying from lung cancer is less than it would be if you continued to smoke. Your chance of getting cancer of the throat, bladder, kidney, or pancreas also decreases.

## How to Get Help

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[http://www.cancer.gov/cancer\\_topics/tobacco/quittingtips](http://www.cancer.gov/cancer_topics/tobacco/quittingtips)

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