

# Are You Ready to Quit Smoking?



## Help is Available!

Help is available through the following organizations:

- **Michigan Tobacco Quit Line** (800-784-8669)  
Providing one-on-one coaching over a five week period.
- **American Lung Association** ([ffsonline.org](http://ffsonline.org))  
Freedom From Smoking Program offering on-line information for smoking cessation.



## STOP SMOKING PLAN OF ACTION

### **Develop a Plan:**

- Set a Quit Date
- Alternatives to smoking
  - deep breathing
  - brush your teeth
  - go for a walk
  - drink cold water
  - exercise

### **Symptoms You May Notice:**

- Irritability
- Tiredness, trouble sleeping
- Hunger
- Cough or dry mouth
- Depression

### **Positive Committed Thoughts:**

- Better health
- Cleaner atmosphere
- Less coughing and shortness of breath
- Money saved
- Increased energy

### **Concerns About Weight Gain:**

- $\frac{1}{3}$  of quitters stay the same;  $\frac{1}{3}$  gain weight;  $\frac{1}{3}$  lose weight
- Plan meals; be careful of sugar intake
- Drink plenty of water
- Eat low-calorie snacks
- Don't panic over a few pounds

### **Find a "Quit Buddy" for Support:**

- Never forget why you stopped smoking
- Keep busy
- Reward yourself
- Feel proud of your accomplishments
- Call your "Quit Buddy", a friend or relative if you feel the need to smoke

Ask your doctor about assistance with medications if needed.

Hypnosis can also be a useful alternative.

**REMEMBER:** if you slip, start again!

# When Smokers Quit

Just 20 minutes after you've smoked that last cigarette, your body begins an ongoing series of beneficial changes:

## 15 Years:

- Risk of coronary heart disease is that of a nonsmoker

## 10 Years:

- Lung cancer death rate is about half that of a continuing smoker
- Risk of cancer of the mouth, throat, esophagus, bladder, kidneys and pancreas decreases.

## 5 Years:

- Stroke risk is reduced to that of a nonsmoker in 5–15 years after quitting

## 1 Year:

- Risk of coronary heart disease is half that of a smoker

## 1–9 Months:

- Coughing, sinus congestion, fatigue, shortness of breath decrease
- Cilia re-grows in lungs, ability to handle mucus, clean lungs and reduce infection increases

## 20 Minutes:

- Blood pressure drops to normal
- Pulse rate drops to normal
- Temperature of hands and feet increases to normal

## 8 Hours:

- Carbon-monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

## 24 Hours:

- Chance of heart attack decreases

## 48 Hours:

- Nerve endings start to re-grow
- Ability to smell and taste is enhanced
- Walking becomes easier

## 2 Weeks–3 Months:

- Circulation improves
- Lung function increases up to 30 percent

over for more info...



## Quit Tips...

- Nibble on low-calorie items, like carrot sticks, celery, and apples;
- Suck on cinnamon or chew gum;
- Stretch out your meals;
- Eat slowly and pause between bites;
- After a meal, instead of a cigarette, try a mint or a cup of tea with honey;
- Take deep breaths and exhale slowly;
- **REMEMBER:** the desire to smoke will pass!



## Basic Strategies...

- **Stay Positive:**  
When you wake up, promise yourself that you won't smoke a cigarette that day;
- **Picture Success:**  
Plan ahead and think of how you'll deal with stressful situations without lighting up;
- **Take a Breather:**  
Relaxation exercises help relieve urges to smoke. Remember, these urges to smoke are temporary;
- **Workout:**  
Exercise, like swimming, biking, running, and racket sports, helps relieve tension and reduces your urge to smoke.