

TIME TO PUT SMOKING BEHIND YOU

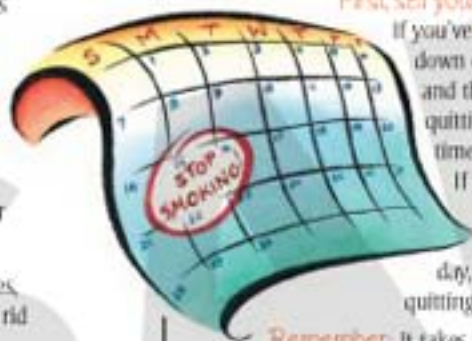
Quitting smoking is one of the most important steps you can take for your health. Smoking doesn't just cause lung cancer. It also causes or contributes to other lung diseases such as emphysema and asthma, puts you at higher risk for stroke and heart disease, and is associated with cancers of the mouth, throat, stomach, cervix, pancreas and urinary tract.

Quitting smoking will also increase many of the pleasures of life. You'll be able to smell fresh air and perfume, taste subtle flavors, save money and play with your children without getting winded. What are you waiting for?

Ready to Quit?

Shortly before your quit day arrives, take these steps to get prepared:

- **WRITE** a list of the reasons you want to quit.
- **PRACTICE** going without cigarettes for as long as you can.
- **CLEAN** your clothes, home and car to get rid of the smoky smell.
- **VISIT** the dentist to get your teeth cleaned.
- **TELL** your family, friends and co-workers you are planning to quit.
- **STOCK** up on low-calorie snacks such as baby carrots or low-fat crackers.
- **MAKE** plans to keep yourself busy during the first few days of quitting.
- **START** thinking of yourself as a nonsmoker.



A Quit Plan You Can Live (Longer) With

First, set your quit date.

If you've been cutting down on cigarettes and thinking about quitting, it might be time to take the leap.

If you're down to about seven cigarettes per day, it's time to try quitting for good.

Remember: It takes most people three or four tries to quit smoking. Settling a quit date doesn't mean you have to be perfect from that date forward. It's simply the first step along the road to a smoke-free life. Take that step today.

Don't go it alone. Support systems you can use:

PEOPLE. Tell your friends, family, neighbors and co-workers when you're planning to quit, and ask them for help. They can help you find positive nonsmoking experiences, or be an encouraging voice on the telephone to help you resist the urge to smoke.

Hang in There

The first few days without cigarettes can make you feel terrible — exhausted, depressed and sick. However, take heart. In a week or two you'll feel better, and you'll be starting your new, smoke-free life.

Not a Safe Alternative

Cigs and pipes are not safer than cigarettes. In fact, they pose similar risks of cancers to the mouth and esophagus. Also, former cigarette smokers tend to inhale cigar smoke, putting them at risk for lung diseases.

Coping With Withdrawal

Coping with withdrawal. Withdrawal isn't just physical. It's psychological too. The trick is to stay calm, cool and collected in the face of cravings that sometimes feel uncontrollable. Sound tough? It is. But, it's not impossible. After all, millions of people quit smoking every year. **Withdrawal busters:**

- **For** a dry mouth or sore throat, sip ice water or juice, or chew sugarless gum.
- **For** headaches and anxiety, take a warm bath and try meditating or simply breathing deeply for 10 minutes.
- **Increase** the fiber (fruits, vegetables, whole grains) in your diet to reduce bowel irregularity.
- **Take** a daily nap to beat fatigue. Don't overschedule yourself, and make sure you get plenty of sleep.
- **Exercise** every day to reduce your stress and irritability.
- **Use** positive self-talk. Repeat "I am a nonsmoker" to yourself several times a day.
- **Every** time you want a cigarette, take a deep breath in, count to 10 and release it. Remember that time is the great healer, and over time your urge to smoke will gradually diminish.

NICOTINE REPLACEMENT.

Nicotine patches and gum are now available over the counter. They can help combat cravings, especially during the first few days.

MEDICAL PROFESSIONALS.

Your pharmacist can answer questions about nicotine replacement products, and your health care provider can prescribe medication that might make quitting easier. Bupropion and nicotine are first-line drug therapies. Second-line drug therapies include bupropion and nortriptyline. And varenicline is a viable option for smokers who aren't successful with other treatments. Your provider can also suggest helpful exercises and nutrition, and tips for coping with withdrawal.

QUIT-SMOKING CLASSES.

Research has shown that drug therapies are often more effective when combined with counseling and support. Sometimes meeting with others who are trying to quit smoking can help. Some communities have a Nicotine Anonymous group. The American Cancer Society (1-800-ACS-2345), American Lung Association, local hospitals or your area health department also may sponsor groups in your area.

