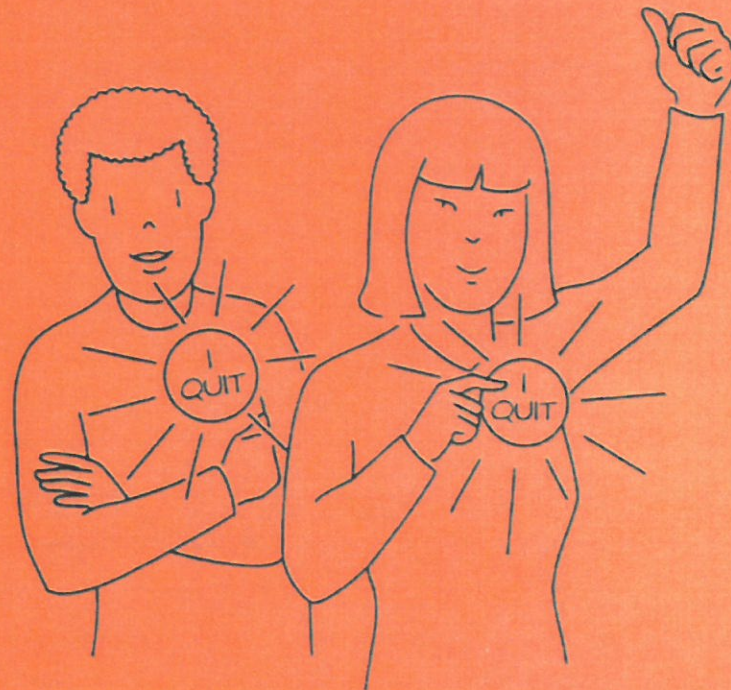


HOW TO STOP SMOKING



Tobacco Prevention Program
115 K.D. Revell Road
Wauchula, FL. 33873
863-773-4161 ext.176 & 157

CIGARETTE SMOKING CAN BE A HARD HABIT TO BREAK

That's because:

NICOTINE IS PHYSICALLY ADDICTIVE

You actually feel
a craving for cigarettes.

THE FORCE OF HABIT IS STRONG

Smoking may
seem a necessary
part of your daily life.



You can quit if you
really want to!
Millions of people
have done it.

Please read:

Talk to your health-care provider! This booklet is not a substitute for the advice of a qualified health-care provider.

HAVE YOU TRIED QUITTING ALREADY?

You're not alone.

IF YOU'RE LIKE MOST SMOKERS,

you:

- would like to break the habit
- have tried to quit at least once
- must try to quit several times before you succeed.

THE CHANCES OF SUCCESS GET BETTER

each time you try to quit.
That's because you learn
what works—and what
doesn't—from past attempts.



More and more people
are choosing to quit
smoking. You can too!

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SMOKING HARMS YOUR HEALTH IN MANY WAYS

It's no secret that smoking can lead to:

RESPIRATORY PROBLEMS,

including:

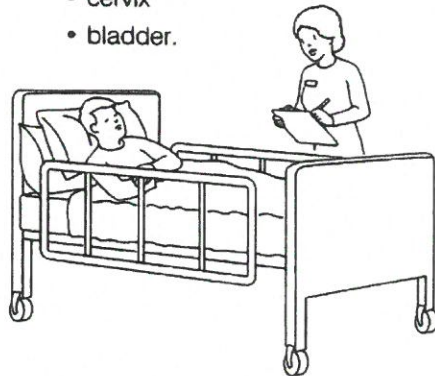
- lung infections—colds, influenza, pneumonia, etc.
- chronic bronchitis—shortness of breath and chronic cough
- emphysema—in advanced stages, emphysema can cause extreme difficulty breathing. Ordinary activity becomes difficult, if not impossible.



CANCERS,

including cancer of the:

- lung—the leading cause of cancer deaths in the U.S.
- larynx (voice box)
- mouth
- throat
- esophagus (throat passage for food)
- kidney
- pancreas
- cervix
- bladder.



HEART DISEASE,

which is the leading cause of death in the U.S.

- Smoking more than doubles your risk of heart disease—and heart attack.
- People who smoke are also about twice as likely to have a stroke (brain attack) than people who don't smoke.

WHEN YOU QUIT SMOKING, YOU'LL FEEL BETTER!

YOU'LL BREATHE MORE EASILY,

and have more stamina. Smoker's cough should disappear.

YOUR SENSE OF TASTE AND SMELL WILL IMPROVE,

and your digestion may improve.

YOU MAY HAVE MORE ENERGY

and a feeling of clearheadedness.

YOU'LL SAVE MONEY

you once wasted on cigarettes.

RISKS GO DOWN

for both heart attack and cancer.

YOUR LUNGS WILL WORK BETTER

as harmful elements are cleaned out.

YOUR HEART WON'T HAVE TO WORK AS HARD

as it did when you smoked.

YOU MAY HAVE MORE CONFIDENCE,

knowing you were able to break the habit.

OTHERS WON'T BE HARMED

by your smoking.



Fortunately, there are many ways to quit. You need to find the way that works best for you!

CONSIDER NICOTINE REPLACEMENT THERAPY (NRT)

Your chances of quitting can improve with NRT. Options include the patch, gum, lozenges, nasal spray and inhaler.

NICOTINE IS A MAIN INGREDIENT IN TOBACCO

Nicotine is a physically addictive drug that can produce withdrawal symptoms when you stop using it.



TALK WITH A HEALTH-CARE PROVIDER

NRT isn't right for everybody. Discuss the risks and benefits, especially if you:

- have heart problems
- are pregnant.

NRT IS HEALTHIER THAN SMOKING

NRT:

- helps you break some of your smoking habits—while reducing withdrawal symptoms, such as cravings
- supplies nicotine to the bloodstream—without the other harmful ingredients found in cigarettes.

FOLLOW INSTRUCTIONS CAREFULLY

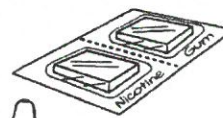
Read the information on the packages of all NRT products.

Never smoke while using any form of NRT!



THE NICOTINE PATCH GIVES YOU A STEADY DOSE

of nicotine throughout the day through a small patch you place on your skin. A step-by-step process is used to lower the dose gradually.



NICOTINE GUM AND LOZENGES PUT YOU IN CONTROL

of how much nicotine you get. You can gradually reduce the amount you use.



NICOTINE NASAL SPRAYS AND INHALERS OFFER QUICK DOSES

of nicotine through the nose or mouth. These options are available by prescription only.

NON-NICOTINE MEDICATIONS*

These prescription medications do not contain nicotine. One is an antidepressant that helps reduce withdrawal symptoms and the urge to smoke. The other medication (not an antidepressant) also helps by reducing withdrawal symptoms and the urge to smoke, as well as by blocking the effects of nicotine if you start smoking again.

*Note: Talk with your health-care provider about all risks, benefits, side effects and special precautions for each medication prior to use. Use medications only as prescribed. **If you or a loved one becomes depressed, anxious, hostile or suicidal while taking a non-nicotine medication, get medical help right away.**



Talk to your health-care provider if you have any side effects—from any of these treatments.

GET HELP

The more support you get, the better your chances of quitting.

TALK TO SOMEONE

who supports your effort to quit. For example, you could talk to a:

- health-care provider (doctor, nurse, pharmacist, etc.)
- trained counselor
- member of a smoking cessation program
- friend
- family member
- hotline worker.

Books, audio recordings and videos about quitting smoking can help you, too.



COUNSELING AND NRT TOGETHER

are more effective than either one alone:

- NRT helps break your physical habit.
- Counseling helps with your mental and behavioral habit.

To quit successfully, you have to break both kinds of addiction.



It's especially important to talk to someone just before and just after you quit.

SET A QUIT DATE

to stop smoking completely. Choose a day when you won't have much stress—and stick to it!

TELL FAMILY AND FRIENDS

what your quit date is. Ask them for support.

If quitting by yourself seems too hard, join a stop-smoking group/program.



ON YOUR QUIT DATE,

take action against smoking.

- Wet and throw out all cigarettes.
- Throw out or put away ashtrays, lighters and matches.
- Clean out car ashtrays.
- Plan for fun—for example, go to the movies or eat out.

Steer clear of smokers and places where there is smoking.



Schedule time to talk with friends, family, fellow quitters or your health-care provider.

WITHDRAWAL SYMPTOMS

may include cravings, headaches, coughing and feeling irritable or tired. These symptoms are strongest in the first few days. They will pass.

CRAVINGS BEGIN TO GO AWAY

in just a matter of minutes. After the first few days, they will lose strength. They may disappear entirely within 2-4 weeks.



HERE ARE A FEW WAYS TO HANDLE CRAVINGS:

- Call a friend.
- Chew gum or have a healthy snack.
- Take a walk.
- Brush your teeth.
- Take a bath or shower.
- Keep your hands busy—for example, doodle, knit, or work on a cleaning, building or repair project.
- Write a letter.



Talk to your health-care provider for advice about using NRT or non-nicotine medication to help ease withdrawal symptoms.

WHAT ABOUT WEIGHT GAIN?

People who quit smoking may gain a little weight—usually less than ten pounds.

DON'T OVERREACT

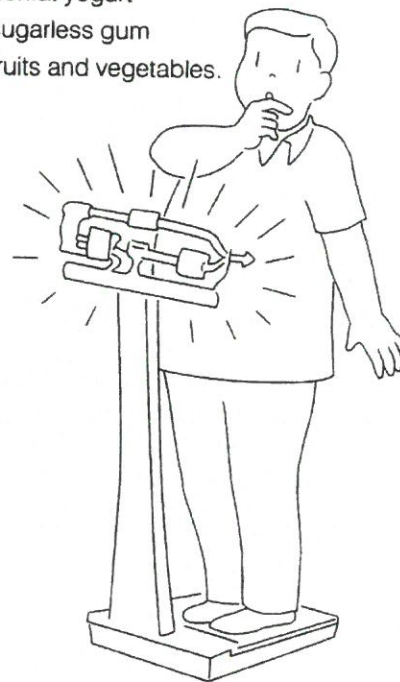
to a few extra pounds. The health benefits of quitting smoking are too great to ignore.

Worrying about weight gain can lead to relapse.

ADD HEALTHY FOODS

to your nonsmoking lifestyle. Healthy snacks include:

- popcorn without butter
- nonfat yogurt
- sugarless gum
- fruits and vegetables.



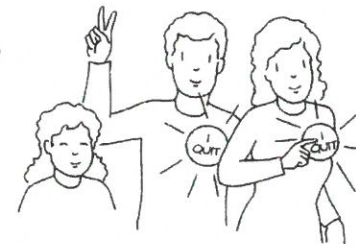
AVOID STRICT DIETS

while you're trying to quit smoking. Such diets can increase your craving to smoke.



KEEP FIT

—take walks, or join a health club. (Be sure to consult your health-care provider before starting an exercise program.)



Tackle one problem at a time—quit smoking first!

PREVENT RELAPSE

Most relapses occur soon after a person stops smoking. These tips can help you remain a nonsmoker:

MAKE A LIST

of reasons you're glad you stopped. Add to it as you discover new reasons.



AVOID BEING AROUND SMOKERS,

even if it means spending less time with some friends. Seek out nonsmoking friends instead.



SPEND FREE TIME WHERE SMOKING IS PROHIBITED,

such as in museums, libraries and theaters. In restaurants that allow smoking, choose the nonsmoking section.



AVOID "TRIGGERS,"

such as beverages you're used to having with a cigarette (coffee or alcohol, for example). Also avoid activities you associate with smoking, such as watching TV or sitting in a favorite chair.



MAKE HEALTHY CHOICES,

such as getting regular physical activity, getting enough sleep and drinking plenty of fluids.



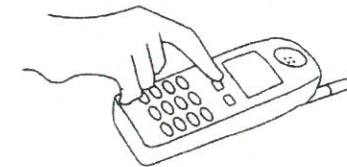
BE PROUD OF YOURSELF

for finally breaking the cigarette habit. Celebrate anniversaries of your quit date with money that you save from not smoking.



DON'T LET ONE SLIP STOP YOU

from quitting again immediately. Figure out why you slipped. Stay positive. Decide how to handle the next urge—without smoking.



If you begin to feel depressed, talk with your health-care provider.

SOME QUESTIONS AND ANSWERS

Can acupuncture or hypnosis help?

These methods may work for some people. But, there is not enough evidence to prove they work. Using them with other strategies may be more helpful than using them alone.

What if none of these methods work for me?

Don't give up hope. Ask your health-care provider about residential or 5-day programs. These live-in programs can provide intensive treatment for heavily addicted smokers.

Where can I get more information about quitting?

For information and referrals to stop-smoking groups/programs in your area, contact the:

- National Cancer Institute's Smoking Quitline
www.cancer.gov
1-877-44U-QUIT
(1-877-448-7848)
- American Cancer Society
www.cancer.org
1-800-ACS-2345
(1-800-227-2345)
- National Network of Tobacco Cessation Quitlines
www.smokefree.gov
1-800-QUITNOW
(1-800-784-8669)
- American Lung Association
www.lungusa.org
1-800-LUNG-USA
(1-800-586-4872).

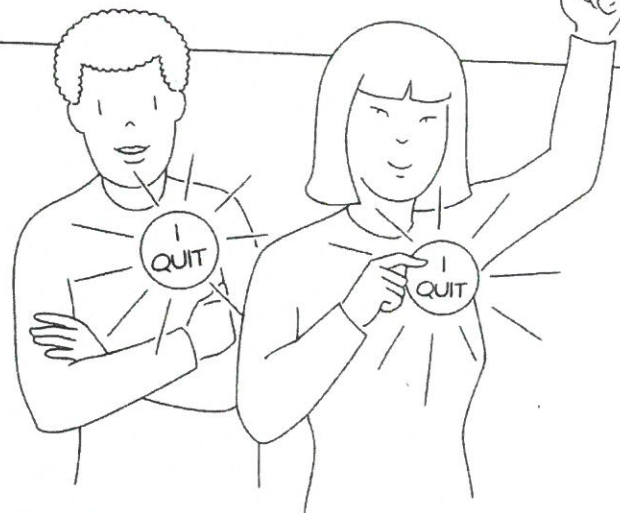


So—

DON'T LET YOUR HEALTH GO UP IN SMOKE!

It is possible to quit!

- ✓ **DECIDE**
that you want to quit.
- ✓ **SET A QUIT DATE**
—and stick to it.
- ✓ **GET SUPPORT**
—from your friends, family and health-care provider.



You'll be healthier and happier without the habit!



QUIT YOUR WAY

YOUR PRESCRIPTION TO QUIT TOBACCO

PHONE QUIT

Talk to a Quit Coach[®] to help you get started.
1-877-U-CAN-NOW | TTY/TDD 1-877-777-6534

GROUP QUIT

Get the support you need at one of our group quit sessions.
tobaccofreeflorida.com/quityourway

WEB QUIT

Get access to online tools to help you quit.
tobaccofreeflorida.com/quityourway

MORE QUIT TOOLS

But wait, there are more ways to quit! Choose what you need or use them in addition to our Phone, Group and Web services.
tobaccofreeflorida.com/quityourway

We offer free nicotine replacement therapy like the patch.*

* While supplies last. If medically appropriate and 18 years of age or older.

**TEAM UP
TO QUIT**

