

QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT —

# You Can Quit Smoking

(or chewing tobacco)

SUPPORT AND ADVICE  
FROM YOUR CLINICIAN



A PERSONALIZED QUIT PLAN FOR: \_\_\_\_\_

## WANT TO QUIT?

- ▶ Nicotine is a powerful addiction.
- ▶ Quitting is hard, but don't give up. **You can do it.**
- ▶ Many people try 2 or 3 times before they quit for good.
- ▶ Each time you try to quit, the more likely you will be to succeed.

## GOOD REASONS FOR QUITTING:

- ▶ You will live longer and live healthier.
- ▶ The people you live with, especially your children, will be healthier.
- ▶ You will have more energy and breathe easier.
- ▶ You will lower your risk of heart attack, stroke, or cancer.

## TIPS TO HELP YOU QUIT:

- ▶ Get rid of ALL cigarettes, ashtrays, and/or chewing tobacco in your home, car, or workplace.
- ▶ Ask your family, friends, and coworkers for support.
- ▶ Stay in nonsmoking areas.
- ▶ Breathe in deeply when you feel the urge to smoke or chew.
- ▶ Keep yourself busy.
- ▶ Reward yourself often.

## QUIT AND SAVE YOURSELF MONEY:

- ▶ At over \$5.00 per pack, if you smoke 1 pack per day, you will save more than \$1,800 each year and more than \$18,000 in 10 years.
- ▶ What else could you do with this money?



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# FIVE KEYS FOR QUITTING

# YOUR QUIT PLAN



## 1. GET READY.

- ▶ Set a quit date and stick to it—not even a single puff or chew!
- ▶ Think about past quit attempts. What worked and what did not?

## 1. YOUR QUIT DATE:

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## 2. GET SUPPORT AND ENCOURAGEMENT.

- ▶ Tell your family, friends, and coworkers you are quitting.
- ▶ Talk to your doctor or other health care provider.
- ▶ Get group or individual counseling.
- ▶ For free help, call 1-877-YES-QUIT (937-7848) to connect to the American Cancer Society quitline.
- ▶ For additional information, visit [www.yesquit.org](http://www.yesquit.org) and [www.cancer.org](http://www.cancer.org)

## 2. WHO CAN HELP YOU:

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## 3. LEARN NEW SKILLS AND BEHAVIORS.

- ▶ When you first try to quit, change your routine.
- ▶ Reduce stress.
- ▶ Distract yourself from urges to smoke or chew.
- ▶ Plan something enjoyable to do every day.
- ▶ Drink a lot of water and other fluids.
- ▶ Replace smoking/chewing with low-calorie food such as carrots.

## 3. SKILLS AND BEHAVIORS YOU CAN USE:

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## 4. GET MEDICATION AND USE IT CORRECTLY.

- ▶ Talk with your health care provider about which medication will work best for you:
- ▶ Bupropion SR—available by prescription.
- ▶ Nicotine gum—available over the counter.
- ▶ Nicotine inhaler—available by prescription.
- ▶ Nicotine nasal spray—available by prescription.
- ▶ Nicotine patch—available over the counter.
- ▶ Nicotine lozenge—available over the counter.
- ▶ Varenicline—available by prescription.

## 4. YOUR MEDICATION PLAN:

Medications:

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Instructions:

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## 5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.

- ▶ Avoid alcohol.
- ▶ Be careful around other smokers or chewers.
- ▶ Improve your mood in ways other than smoking or chewing.
- ▶ Eat a healthy diet, and stay active.

## 5. HOW WILL YOU PREPARE?

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**Quitting smoking/chewing is hard. Be prepared for challenges, especially in the first few weeks.**

Followup plan: \_\_\_\_\_

Other information: \_\_\_\_\_

Referral: \_\_\_\_\_

