

Need Help...?

Need more info on medications?

See page 12.

Can't afford medications?

See page 13.

Talk to a Quit Coach® with Tobacco Free Florida,

1-877-U-CAN-NOW

(1-877-822-6669)

TTY/TDD 1-877-777-6534.

For any and all help, just dial
1-800-QUIT-NOW.



Holy Cross
Hospital

Smoking Cessation Program



Holy Cross
Hospital

Why Quit?

The great news is that no matter how long you have smoked, **you can quit!**

Quitting smoking is the most important decision you can make to become healthy and have a better quality of life.



Smoking is a **habit**. You can learn to kick the habit!

Resources

- National Tobacco Cessation Quitline
1-800-QUIT-NOW
- American Lung Association
1-800-586-4872
- National Cancer Institute Quitline
1-877-44U-QUIT (1-877-448-7848)

Online Resources

- www.smokefree.gov
- www.ffsonline.org
- www.nicotine-anonymous.org
- www.quitnet.com
- www.becomeanex



Relapse/Speed Bumps!

If you have developed a great Quit Plan, you may not ever have a Relapse.

It is not uncommon to have a setback in reaching your Smoke Free Natural State. This is nothing but a speed bump on the road to being Smoke Free.

It is important that you talk to your Quit Buddy or Smoking Cessation Facilitator during the first 24 hours after relapse.



Should you quit?

Over 480,000 Americans die every year from diseases due to smoking.

Smoking is proven to increase your risk of cancer, heart disease, and lung problems.

Smoking has been linked to an increased chance of having a stroke.

Non-smokers live longer and get sick less.



Be Smoke Free!

Quitting will:

Reduce your risk of cancer, heart attack and stroke.

Help you avoid getting sick.

Lower your blood pressure.

Increase your energy.

Save you money.

Protect your family from second hand smoke and decrease their chance of cancer and lung disease.



Medication Help:

- Smokers without insurance can get discounted medications.
- Call 1-800-QUIT-NOW for help from your state.
- Log on to www.findahealthcenterhrsa.gov for federal help.
- Call 1-866-706-2400 or log on to www.pfizerhelpfulanswers.com for help with Chantix.
- Call 1-888-788-7921 or log on to www.bridgestoaccess.com for help with Zyban.
- Call 1-800-444-4106 or log on to www.togetherrxaccess.com for help with Chantix or Zyban.



Quit Medications

Some individuals have used physician prescribed medications to help them quit.

These meds **do not contain nicotine** and help with nicotine withdrawal symptoms.

Bupropion (**Zyban** or **Welbutrin SR**) can be used with Nicotine Replacement Therapies (NRTs).

Varenicline (**Chantix**) eases the effects of withdrawal and blocks the effects of nicotine.

Talk to your Smoking Cessation Facilitator about which quit medication is right for you.



Be Healthy!



Your body can start to recover after just 20 minutes of quitting.

Quit 20 min. - Blood pressure returns to normal.

Quit 8 hours - Mucus clears and oxygen increases.

Quit 48 hours - Sense of smell and taste return.

Quit 3 months - Immune system improves.

Quit 9 months - Lung function improves.

Quit 1 year - Half the risk of a heart attack!

Quit 5 years - Stroke risk is now the same as a non-smoker!

Lifestyle Change

Smoking cessation is more like learning to ride a bike than any other process.

It requires a **lifestyle change** of your daily routines and dealing with stress.

It usually takes between 4 and 6 times of Quit attempts to learn to “Stay Quit.”

It helps to have a Quit Plan and help from other Quit Buddies or former smokers.



Quit Plan

Quitting smoking requires a **plan** and **commitment**.

1. Set a Quit Date.
2. Prepare for challenges.
3. Find a Quit Buddy or former smoker.
4. Tell everyone your Quit Date.
5. Talk to your Smoking Cessation Facilitator about help.
6. Have a plan that includes rewards at 1 hour, 24 hours, 48 hours and one week of being **SMOKE FREE!**

You deserve rewards!



Nicotine

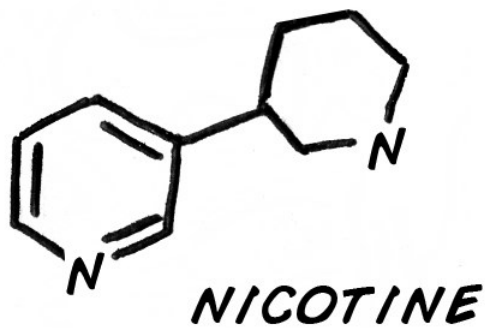
Nicotine is addictive, and all smokers have withdrawal symptoms.

Withdrawal symptoms can include headache, nausea, depression, irritability, anxiety, and sleep problems.

Most people use NRTs to help them quit.

Nicotine Replacement Therapies come in over-the-counter patches, gum and lozenges. Nicotine is also available in inhalers and a nasal spray.

Speak to your Smoking Cessation Facilitator about how to correctly use NRTs.



Learning to Quit

The cigarette addiction to nicotine and tobacco can usually be managed by nicotine replacement therapy and/or medications.

Non-smoking is our "Natural State." Your lungs and your whole body will function better after returning to your natural state.

The day-to-day lifestyle change is the hardest part of learning to quit.



Staying Smoke Free!

Staying Smoke Free is very hard at first but gets easier every day.

Using your newfound time during the day for positive improvement such as walking or reading is great!

Your first few weeks of returning to a “Normal Smoke Free State” will feel strange at first. This is completely normal.



Staying Smoke Free!



It helps to inform family and co-workers that you are quitting. Accountability is a good thing.

Urges usually last between 2 and 5 minutes at first and get easier and less frequent as time passes.

It is common to feel like you have lost your best friend. Mood swings and irritability are normal.

All of these things will pass in 2 to 4 weeks and your future self will be **calmer and happier** than that of a nicotine/tobacco user.