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Quit\line
NOW

Arizona Smokers' Helpline
Step by Step Guide to
Help You Quit Tobacco

1-800-55-66-222
Arizona Smokers' Helpline
PO Box 210482
Tucson, AZ  85721
1-800-55-66-222
Are You Ready to Quit?

Some tobacco users put off quitting because they’re waiting for the perfect time.

*I’ll quit when work gets less stressful.*

*I’ll quit when school’s out.*

*I’ll quit when I’m on vacation.*

*I’ll quit when the kids go back to school.*

*I’ll quit before I get hooked.*

*I’ll quit on my birthday.*

*I’ll quit on New Year’s Day.*

*I’ll quit on Smokeout Day.*

*I’ll quit tomorrow.*

If you’re putting off quitting, you’re not ready.

To be successful, you have to be ready to quit.

By contacting the Smokers’ Helpline for this booklet, you’ve taken the first step toward becoming tobacco-free.

Quitting Takes Determination.

Anyone who has tried to quit using tobacco knows that it takes willpower and determination.

**Why is it so difficult to quit?**

Tobacco products contain an addictive substance called nicotine. Nicotine acts on your brain and affects your moods and actions. Tobacco use is not just a habit; it’s an addiction. Chances are, if you are currently smoking or chewing tobacco daily, you are probably addicted to nicotine.

Scientists believe that nicotine and other addictive substances change brain chemicals. Increased brain chemical levels may be responsible for the pleasurable feelings you have when you use tobacco. Your body becomes used to increased brain chemicals. When you stop using tobacco, those brain chemical levels go down, and you feel bad. This is called nicotine withdrawal.

Withdrawal symptoms have nothing to do with being weak-willed. Withdrawal symptoms happen because long-term exposure to nicotine changes your brain and the way it works.

This is why tobacco use is so difficult to stop, and why you have to be ready to face this challenge before you commit to quit.

**This booklet will give you step by step exercises to help you prepare for your Quit Date.**

As you get ready to quit, think of yourself as an athlete getting ready for the Olympics. Athletes do mental and physical exercises to prepare themselves for the big day. Those who are mentally and physically ready for the challenge are the ones who succeed.
There’s No Quick Fix.

There’s no quick fix, once you’re addicted to nicotine.

When you give up tobacco—and nicotine—you may experience withdrawal symptoms. Some people find nicotine replacement helpful. Nicotine replacement products may help you cope with withdrawal because they give your body the drug it is used to but at much lower levels. These quitting aids “wean” your body off nicotine.

As with any drug, all nicotine replacement products have some side effects. If you feel one of these quitting aids would help you, talk with your doctor or druggist, or read the label on over-the-counter nicotine replacement products. If you want more general information about nicotine replacement, ask a Smokers’ Helpline counselor.

The Helpline also has detailed fact sheets available for each of the quitting aids mentioned in this guide. If you purchase any of these products, be sure to read the package insert very carefully. Do not use any of these products if you are pregnant, planning to become pregnant, or breast feeding. If you have heart problems, be sure to talk with a doctor before using nicotine replacement products.

Following are explanations of several nicotine replacement products. There are many products on the market to help tobacco users quit, but none of them are 100 percent effective.

Nicotine patch
The nicotine patch gives your body a steady dose of nicotine through your skin when you wear it. This is less nicotine than you would get from tobacco, but it may be enough to keep you from wanting tobacco or having withdrawal symptoms while trying to quit. The most common side effects of the patch are itching or a skin rash where the patch is worn. You can’t use any form of tobacco while wearing a patch or you may overdose. There are several different patches available on the market—some prescription and some over-the-counter. Some patches are for 24-hour use, while others are for daytime use only. Talk with a doctor, druggist, an Arizona Smokers’ Helpline counselor, or read the product labels to help you decide which product is best for you. Research does not show that the patch is helpful for smokeless tobacco users.

Nicotine gum
Nicotine gum releases nicotine to your body when you slowly chew it, and then place it between your cheek and gums. When you first quit, use one piece every hour or two to make sure you get enough nicotine to keep cravings low. There are very specific instructions for using nicotine gum. It is a strong, potentially addicting drug, you must
follow the usage instructions to avoid side effects and addiction. Never use more than 30 pieces daily. An overdose may occur if you chew too many pieces of gum or use tobacco products at the same time. After about two or three weeks, use the gum only when you feel a craving.

**Nicotine inhaler**

The nicotine inhaler is the only stop smoking aid which helps smokers overcome the need for nicotine and the physical habits associated with cigarettes. The inhaler looks like a hollow, plastic cigarette, which holds a nicotine-filled cartridge. You draw on the mouthpiece much like a cigarette to take in the dose of nicotine, but you get much less nicotine than with a cigarette. Since the inhaler is shaped like a cigarette, it helps smokers who want something to hold in their hands instead of a cigarette. Again, do not use tobacco products at the same time as you use the inhaler.

**Nasal spray**

Nasal spray delivers a nicotine mist that is absorbed by the mucous membrane in your nose. From there, the nicotine travels through your bloodstream and to your brain. Once in your brain, the nicotine from the spray works the same way other nicotine replacement products do.

**Bupropion**

Bupropion hydrochloride, or Zyban™, is a prescription medicine that does not have nicotine in it but helps people quit using tobacco. This drug has been used to treat depression since 1989 and has been proven effective to help people stop smoking.

Research shows that Zyban™ is more helpful than the patch or no treatment. When Zyban™ and the patch are used together, they are most effective in helping people quit. Zyban™ works on the chemicals in your brain that are associated with nicotine addiction, cravings, and withdrawal. You don’t have to stop smoking when you begin taking Zyban™, but you should stop within two weeks of starting the treatment.

*All of these quitting methods may be more effective with personal support from friends, family, or professional counselors.*

Some nicotine replacement aids are more effective when used together. Talk with a doctor or druggist. If you want more information, the Arizona Smokers’ Helpline has detailed fact sheets available on nicotine replacement, withdrawal symptoms, and coping hints.

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The government pays more than four billion in Medicare and Medicaid bills each year to treat tobacco related illnesses.
Planning Ahead.

### Quitting Calendar

<table>
<thead>
<tr>
<th>Self-Help Exercise</th>
<th>Date</th>
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<tbody>
<tr>
<td>1. Weighing the Benefits</td>
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<tr>
<td>2. Looking at Your Tobacco Use</td>
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<tr>
<td>3. Disarming Your Triggers</td>
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<tr>
<td>3. Practicing Your Trigger Plan and Making Changes if Necessary</td>
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<td>4. Cutting Back Your Usage</td>
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<tr>
<td>4. Cutting Back Your Usage</td>
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<tr>
<td>4. Delaying the First Cigarette or Dip of the Morning</td>
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### Planning ahead

Planning ahead will help you succeed in your quit attempt. Setting a quit date for yourself increases your chances of quitting and gives you a goal to work toward.

The following pages contain four exercises and worksheets to help you plan a 10-day quitting strategy. Copy the worksheets or cut them out of this booklet. After you have filled out the worksheets, hang them up in a convenient, visible place as a reminder.

The Quitting Calendar will help you plan the days before your Quit Date.

Write your Quit Date in the last box. Working backward, write in the other dates before your Quit Date. The days before your Quit Date are linked to preparation activities in this booklet. These exercises, combined with social support from friends, family or a Smokers’ Helpline counselor, and perhaps nicotine replacement, can help you quit tobacco.

Complete the exercises you feel will be useful in helping you plan. You may want to do some exercises for several days, such as cutting back your usage.

You can also add other preparation activities such as calling the Arizona Smokers’ Helpline, 1-800-55-66-222, for counseling, or asking a doctor or druggist about nicotine replacement.
Exercise 1. Weighing the Benefits.

Quitting is easier when you remind yourself why you’re doing it.

Maybe you don’t want to stand outside to smoke or chew at work. Perhaps you don’t want your family to breathe the secondhand smoke from your cigarettes. Maybe your friends have quit, or you just want to live a longer, healthier life. There are many good reasons for quitting. What are yours?

List your reasons for quitting in the spaces provided at right. On your Quit Date, look at this list when you get out of bed instead of lighting up or dipping.

Keep your list of reasons for quitting in a highly visible place, or carry it with you in your pocket, day planner or purse.

Review the list when you feel temptation creeping up on you.

<table>
<thead>
<tr>
<th>How Will Quitting Tobacco Benefit Me?</th>
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<tbody>
<tr>
<td>1.</td>
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<td>9.</td>
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<td>10.</td>
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</tbody>
</table>
Exercise 2. Looking at Your Tobacco Use.

Everyone has triggers to actions in their daily routines. Some activities just seem to go together.

Tobacco users often have daily activities that are tied to smoking or dipping, such as drinking a cup of coffee, talking on the telephone, or driving. For some people, these activities or situations are so closely tied to tobacco use that they may not realize they are triggers to action.

For two or three days before you quit, use the table below to help you identify your tobacco triggers. Each time you use tobacco or have a craving for it, fill in the information on the table.

Use the following point system to rate how much you wanted to smoke or dip in each situation.

**Point System**

1 = I could live without it.
2 = I feel like having it.
3 = I need it.
4 = I really need it.
5 = I’m dying for it.

Looking at when, where and in what situations you use tobacco will help you plan what to do in these situations after you quit. Rating your cravings will help you determine which triggers will be the easiest ones to combat when you’re trying to quit.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Situation, Location, and/or Person I Was With</th>
<th>Feeling/Mood</th>
<th>Craving Rating</th>
<th>What I Did</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/10</td>
<td>10 AM</td>
<td>Friends went out for a smoking break at work</td>
<td>Anxious</td>
<td>5</td>
<td>Called Helpline counselor</td>
</tr>
</tbody>
</table>
Exercise 3. Disarming Your Triggers.

After you have spent a few days identifying your triggers to tobacco use, take some time to think about them and how you can overcome your urges in these situations. Do you smoke when you watch television? Turn off the set and do something that can’t be done with a cigarette in your hand—play basketball, go to the movies or to the library, take an exercise class. Change your habits to make smoking or dipping unnecessary, harder or impossible.

There are many things you can do instead of smoking or dipping.

Try to find time for the things that are the most meaningful, satisfying, and important to you. Do things you haven’t done in a while or try new things you would like to start doing.

Have you tried to quit before? What strategies worked for you last time? Build on your past experiences. Identifying your triggers and ways to combat them will help you adopt new, healthier habits.

Write your triggers in the table below, and think of a strategy that will help you to avoid the temptations they present. We started the table with one of the hardest temptations for those who are trying to quit. Many people use tobacco as soon as they get up in the morning because their bodies need a shot of nicotine to avoid withdrawal.

Triggers can be people, places, activities, times, days or situations. Be prepared and plan to overcome your triggers. If you want help combating your triggers, contact a Smokers’ Helpline counselor.

<table>
<thead>
<tr>
<th>Tobacco Triggers</th>
<th>What Can I Do to Avoid Temptation?</th>
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<tbody>
<tr>
<td>Getting up in the morning</td>
<td>Delay the first cigarette or dip by taking a shower or a walk as soon as I get up in the morning.</td>
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Some people find it easier to quit tobacco if they cut back their usage first.

Now that you have identified when, where, and in what situations you use tobacco, you can complete this exercise to decide which smoking or dipping situations would be the easiest to live without.

Do you use tobacco after you eat? Get up from the table and brush your teeth, wash the dishes by hand, or take a walk instead. Or eat somewhere where you can’t smoke or dip.

Use the table below to identify which daily cigarettes or dips you will cut back on first. Write down the day(s) you tried to cut back, and the day(s) you successfully eliminated each of these. Reward yourself as you accomplish each step.

<table>
<thead>
<tr>
<th>I Can Live Without...</th>
<th>Attempt Date(s)</th>
<th>Success Date(s)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A morning smoking break at work</td>
<td>1/9, 1/10, 1/11</td>
<td>1/10</td>
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When you quit using tobacco, your body will react to the lack of nicotine. This is called nicotine withdrawal. Common side effects of nicotine withdrawal are: cravings, difficulty concentrating, insomnia, feelings of anger, irritability, frustration, restlessness, or anxiety, and depression. These feelings will be strong at first, but they will gradually decrease the longer you go without tobacco.

**Cravings**
Cravings are caused by your body wanting nicotine. Cravings for tobacco begin within six to 12 hours after you quit and are the strongest during the first week. Generally, you will have individual cravings that last 30 to 90 seconds. If you can delay the urge to use tobacco, the cravings will pass.

**Difficulty concentrating**
Difficulty concentrating is one of the most common withdrawal symptoms. Quitting may “slow” the activity of different brain chemicals; this slowness may cause drowsiness or poor concentration. If this occurs, take a break to relax and refresh yourself. Do important tasks at those times of the day when you feel most alert.

**Insomnia**
While your sleep may be disturbed after you have quit using tobacco, you may actually spend more time sleeping. Sleep disturbances may occur during the first 48 hours after quitting, but your sleep will improve after the first week.

**Feelings of anger, irritability, frustration, restlessness, or anxiety**
When your body does not get nicotine, feelings of anger, irritability, frustration, restlessness, or anxiety may result. Again, these negative feelings may be due to changes in your brain chemistry. They generally begin during the first 24 hours, stay strong for one to two weeks, and disappear within a month.

**Depression**
Nicotine is a highly addictive drug. It acts as both a stimulant and a depressant, depending upon your mood and the time of day. It affects your mood by changing the levels of chemicals in your brain.

**Weight gain**
Another common side effect of quitting tobacco is weight gain. Quitting does not mean you’ll automatically gain weight. When people gain weight, it’s because they often eat more once they quit tobacco.

The benefits of giving up tobacco far outweigh gaining a few pounds. You would have to gain a large amount of weight to take away from the many health benefits that tobacco users get by quitting.

**Remember to:**
- Plan menus carefully;
- Eat a well balanced diet with a variety of foods, especially low calorie fruits and vegetables;
- Set a quit date that does not fall during a holiday season, when stress levels are high and there are many high-calorie foods available;
- Drink a glass of water before you eat;
- Chew sugarless gum or eat fruit instead of sweet foods;
- Tackle one goal at a time—do not try to lose weight while you’re trying to quit tobacco;
- Have low-calorie foods on hand for nibbling; good snack foods are: fresh fruits and vegetables, low-fat cottage cheese, and air-popped popcorn without butter;
- Exercise or walk daily.
How Quitting Affects Your Body.

The positive effects of quitting begin very soon after you stop using tobacco and continue long after you’ve quit.

**Within 20 Minutes...**
Your vital life signs such as blood pressure, pulse, and body temperature which were abnormally elevated by nicotine return to normal. *Persons taking blood pressure medication should continue doing so until told otherwise by their physician.*

**Within 8 Hours...**
Your body starts to heal itself. Carbon monoxide and oxygen levels in your blood return to normal.

**Within 24 Hours...**
Your chance of having a heart attack goes down.

**Within 48 Hours...**
Nerve endings start to regrow. Your ability to taste and smell improves.

**Within 72 Hours...**
Your breathing passages (bronchial tubes) relax, lung capacity goes up, and your breathing becomes easier.

**Within 2 Weeks to 3 Months...**
Your circulation improves and your lungs become stronger, making walking easier.

**Within 1 to 9 Months...**
The lining (cilia) of your lungs begins to regrow, increasing the ability of your lungs to handle mucous, to clean themselves, and to reduce infection. Coughing, sinus congestion, fatigue, and shortness of breath decrease. Your overall energy level increases.

**Within 5 Years...**
Your chance of dying from lung cancer goes down by almost 50 percent. The lung cancer death rate for the average smoker goes down from 137 per 100,000 people to 72 per 100,000 people.

**Within 10 Years...**
Your chances of dying from lung cancer decrease to about the same level as for nonsmokers. The average rate of death from lung cancer for nonsmokers is 12 per 100,000. Additionally, your chances of getting cancer of the throat, stomach, bladder, kidney, or pancreas also decrease to the average rate.

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**Babies of women who smoke weigh an average of six ounces less at birth than babies born to women who do not smoke.**
On the Day You Quit.

- Throw away all your cigarettes, and matches or packs of chew. Hide your lighters, ashtrays, and other tobacco accessories.
- Review the exercises in this booklet—especially your benefits of quitting and your trigger action plan. Use the “Call It Quits” magnet to hang these exercises in a visible location, or put them in your pocket, day planner, or purse and take them with you.
- Keep very busy on your quit day. Spend as much time as possible in places where smoking or dipping is not allowed, such as libraries, museums, theaters, department stores, fitness clubs, churches, or your place of work.
- Remind your family and friends that this is your quit day, and ask them to help you over the rough spots the first few days and weeks.
- Avoid alcohol, coffee, and other things you strongly associate with tobacco.
- Drink lots of water or juice.
- Make a clean, fresh, nonsmoking area around yourself—at work and at home. Buy yourself flowers. You may be surprised how much you like their smell now.
- Make a list of things you’ll buy for yourself or someone else with the money you will save.
- Buy yourself a treat or do something special to celebrate.
- If you miss the feeling of having a cigarette in your hand, play with something else, such as a pencil, a paper clip or a marble.
- If you miss having something in your mouth, try toothpicks, sugarless gum, or a straw.
- Enjoy having a clean tasting mouth and maintain it by brushing your teeth often and using mouthwash.
- Stretch a lot.
- Get plenty of rest.

Secondhand smoke contains more than 40 cancer causing substances including arsenic, butane, methanol, acetone, toluene and formaldehyde.
It takes time to get over your thoughts and urges to use tobacco. These will be the strongest in places where you smoked or dipped most often. Know the events and places that remind you of using tobacco—your triggers—and try to avoid them or use your trigger plan to overcome the urges. For the first month after your quit date, avoid smoking places and social situations that may involve people using tobacco. Limit your socializing to healthy, outdoor activities or places where tobacco is not allowed.

Mark your progress. Make up a calendar for the first 90 days. Cross off each day and show how much money you saved by not smoking or dipping. Set other target dates or plan smoke-free celebrations on your quit date each month. Plan to do something special with the money you have saved. As time goes on, write down new reasons why you are glad you quit and hang these ideas where you will be sure to see them.

Don’t tell yourself that one cigarette or dip won’t hurt. Once you’ve quit, try not to slip. A slip means that you have had a small setback and smoked a cigarette or two or dipped again. A slip will make it easier to go back to using tobacco regularly. Some people who still use tobacco may try to get you to start again, but be strong and avoid the temptation.

What if you slip?
Try not to slip, but if it happens, don’t be hard on yourself. Quitting takes practice, and many former tobacco-users quit several times before they finally quit for good. One slip does not mean you’re a failure or that you can’t be a nonsmoker. Remember, your first cigarette did not make you a smoker, and a small setback does not make you a smoker again. Think about why you slipped and determine how to avoid it next time. If you have many slips or begin smoking regularly again, review the benefits of quitting and your trigger strategy, and get yourself back on the tobacco-free track. Make a new quit plan, and call the Arizona Smokers’ Helpline for support and ideas on how to stay quit.

Your tobacco-free life
If you get nervous about your new tobacco-free life, try this simple stress reduction exercise:

Breathe in deeply through your nose and breathe out slowly through your mouth, repeat 5-10 times.

Visualize your new life free of tobacco.

Learn to relax quickly and deeply by letting your body go limp.

Think of a soothing, pleasing situation.

Think about something peaceful and nothing else.

Always remember to keep control of your mind and thoughts. Actively and consciously remind yourself that you are a new person and that the actions you take are your decisions—and not tobacco’s decisions. Remember the benefits of being tobacco free.

You can do it! Call it quits!