

Kick the Smoking Habit



Smoke from your cigarette gives off more than 4,000 harmful substances into the air. Because of these harmful substances you put your family at risk through secondhand smoke. Smoking increases your risk of heart attack, lung disease, stroke and cancer. If you smoke and also have diabetes, high blood pressure and/or high blood cholesterol, the risk for heart attack is even greater.

Why Should I Quit Smoking?

There are many good reasons to stop smoking.

- When you quit smoking you lower your risk for:
 - heart disease
 - stroke
 - many cancers
 - lung diseases like emphysema or bronchitis
- Quitting smoking also improves your chances for a longer and healthier life.
- Your breath, hair and clothes will smell fresher.
- You save money you used to spend on cigarettes.
- You stop hurting your family and friends with secondhand smoke from your cigarettes.

Before You Quit

Tell your family, friends and co-workers you plan to quit and that you need their support. Make a list of the reasons you would like to quit smoking. Keep the list with you at all times and leave a copy at home and at work where you can see it. Now you are ready to throw out your cigarettes, lighters and ashtrays. **MAKE A PLAN TO QUIT AND STICK WITH IT!**

Make a Plan to Stay off Cigarettes

- Plan to stay away from cigarettes, pipes, cigars and chewing tobacco.
- When you first quit, avoid places that make you want to smoke.
- Ask your family and friends not to smoke around you.
- At parties, try and be around friends who do not smoke.
- Say, "No thank you. I do not smoke." When someone offers you a cigarette.
- See yourself as a non-smoker.
- Be kind to yourself. If you slip and smoke a cigarette, don't give up.
- Keep reminding yourself of why you want to quit.
- Never stop trying to quit smoking.

Tips to Quit Smoking

1. Pick a day to stop smoking.
2. Keep reminding yourself why you want to quit.
3. Throw away your cigarettes, lighter and ashtrays.
4. Drink water or suck on ice instead of smoking.
5. Chew sugarless gum or eat a piece of fruit when you have the urge to smoke.
6. Get moving. Get busy. Walk, do housework or take deep breaths. Soon the urge to smoke will pass.
7. Take up new hobbies to keep your hands busy. Try drawing, write letters, learn to knit or work crossword puzzles.



List Your Reasons for Quitting

Three Most Important Reasons for Quitting

1. _____

2. _____

3. _____

Two people I can call to help me:

Name _____ Phone _____

Name _____ Phone _____

Resist the Urge to Smoke

Remember that nicotine in cigarettes is considered a drug and it is addictive! The first few weeks, and maybe even the first few months, will be the hardest to stay off of cigarettes. There are things you can do to get through this period. Some things to try are:

- Drink plenty of water. This helps to flush your body of nicotine.
- Snack on fresh fruits and vegetables.
- Try walking or other forms of exercise.
- Try deep breathing when you have the urge to smoke.
- Chew sugarless gum.
- Avoid alcohol while you are trying to stop smoking.
- Ask your health care provider about the nicotine patch or nicotine gum.

When you do quit, you'll be happy that you did...and so will your loved ones!

*Information provided by the National Institutes of Health – National Heart, Blood and Lung Institute.

Talk with your health care provider before starting any exercise program and about changes you plan to make in your diet.

Kicking



the

Smoking

Habit



*Healthy Environments Partnership
A Project of the Detroit Community-Academic
Urban Research Center*