

Get Ready to Quit Smoking

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1. Identify and clarify your reasons for quitting smoking.
 - For better health
 - To save money
 - To not be addicted
 - Because its such a hassle
 - For your family
2. A brief explanation of how bad smoking is for your health.....
 - Continuing to smoke will result in a loss of an average of ten years of life
 - It will cause you to spend more of your shorter life in sickness
 - Stopping smoking is the single best thing a smoker can do to improve his or her health.
 - Smoking makes you twenty times more likely to develop lung cancer.
 - Smoking makes you fifteen times more likely to develop chronic breathing problems.
 - Smoking makes you three times more likely to die of a heart attack.
 - Smoking causes illnesses affecting almost every part of your body.
3. A comparison with other risk factors.....

If you are a man in your 40s with high blood pressure, high cholesterol and you smoke, you have a 29 percent chance of having a heart attack in the next ten years.

If only your blood pressure is normal, your risk fall to 21 percent

If only your cholesterol is normal, your risk falls to 19 percent

If you only quit smoking your risks fall to 9 percent.

If you quit smoking and your blood pressure and cholesterol are normal, your risks fall to 3 percent.

Stopping smoking has a bigger effect than the other two risk factors (high blood pressure and high cholesterol) combined, and it also reduces your risks of cancer, chronic obstructive pulmonary disease (COPD), stroke, etc.

4. How much does smoking cost?
 - Calculate how much you spend per week, month, and year.
 - A pack-a-day smoker, at \$5 per pack spends \$1,825 a year on cigarettes.
 - Within ten years of quitting you will have saved more than \$18,000.
 - Other costs of smoking include: extra medical expenses, cost of time off of work, extra costs of cleaning clothes, etc.

5. Other reasons to stop smoking....

- You don't like feeling addicted.
- You don't like having to stand out in the cold to smoke.
- You don't like the effect it has on your family.

6. Why is it hard to quit?

- It's a strong, long-term habit (pack-a-day =73,000 puffs a year).
- Nicotine is addictive.
- Quitting can involve putting up with cravings and mood swings (nicotine withdrawal); remember these are temporary.
- Sometimes smoking is satisfying, relaxing, helps concentration, and curbs your appetite (the positives).
- You may doubt that you can succeed.
- It is easy to put off for another time (every year you put it off takes about three months off your life).

7. How can you increase your chances of success?

- Learn from your previous quit attempts.
- Anticipate barriers.
- Prepare for your quit.
- Have a plan.
- Use proven smoking cessation medications properly.
- Use all the assistance that is available.

8. Do smoking cessation medicines work?

Nicotine patch, gum, lozenge, inhaler, and nasal spray, plus bupropion and varenicline have all been shown to reduce withdrawal symptoms and cravings and increase quit rates.

Very light smokers probably don't benefit from smoking cessation medicines, and more addicted smokers may benefit more from combining different medications.

Get Set To Quit Smoking

1. Assess your level of addiction

- How many cigarettes do you usually smoke per day?
- How many minutes after you wake in the morning is it before you light up?
- Do you sometimes wake at night to smoke?

Your level of addiction determines how much you will likely benefit from smoking cessation medicines.

2. What sources of support are available?

1-800 QUIT NOW free telephone counseling
www.smokefree.gov
www.becomeanex.com

Stop smoking support group: **Free** smoking cessation groups are offered at Penn State Hershey Medical Center. **Call the Careline at 1-800-243-1455** to register and learn more about upcoming classes.

<http://www.pennstatehershey.org/web/heartandvascular/patientcare/services/wellness/cessation>

3. Select a quit date (make it sooner rather than later—a month away is too long)

- Do you want to reduce towards your quit date or quit all at once?
- Coordinate your smoking cessation medications with your quit date.
- Chantix and bupropion need to start a week before your quit date.
- Consider buddying up with a friend or colleague.

4. Prepare for your quit date

- If you are using medication to help you quit, have your medication organized.
- Think about what helped and didn't help on previous quit attempts.
- Plan how you will cope with the challenges you can anticipate.
- Make a plan, focusing on what worked before.

5. Important Tips

- Carefully get rid of all your tobacco.
- Plan to avoid places where there are cigarettes.
- Have plenty of healthy fruits and vegetables for snacks during cravings.
- Plan to exercise, try walking for thirty minutes each day.
- Write down your plan.
- Discuss with your counselor.

6. The more of these steps you actually follow...the better your chances of success.

- Make quitting smoking your priority for the next month.
- Remember, this is a life-saving change you are making.
- Take the steps and follow your plan, you can succeed

7. Most important:

- Commit to continuing with this quit attempt, until it succeeds.
- Make a decision to make a change and to do what it takes to be successful.
- Recognize that there may be bumps in the road, but commit to following through, no matter what.