



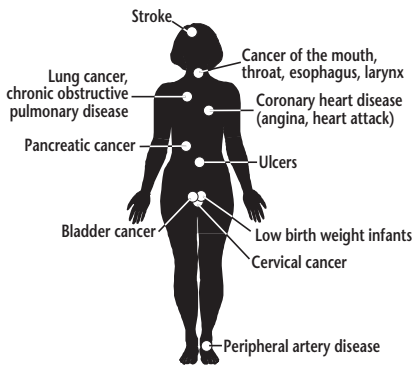
Suggestions to Help You Stop Smoking

Benefits of Stopping Smoking

Many people who smoke cigarettes want to stop, but aren't sure if they can. Or they've tried in the past and failed, and don't want to fail again. In addition, some may feel that they've been smoking too long — that it's too late to reverse the damage done by smoking. The good news is

that there are ways to help yourself stop smoking, and stopping smoking can substantially reduce your risk of many serious diseases. Quitting can also help prevent immediate consequences such as bad breath, yellow teeth, gum disease and unpleasant odors on the clothes and hair. Stopping smoking also can help prevent premature wrinkling. And, if you want to become pregnant, stopping smoking may help improve fertility.

Stop Smoking and Reduce Your Risk of Serious Disease!



Strategies That Can Help You Quit

Pick a Quit Day: It's important to understand that most people who quit smoking make several attempts before being successful — so, don't give up. Picking a quit day is the first step! If you have a friend or partner who smokes, encourage them to quit at the same time so you can support each other.

Pick a Quit Day

Sun	Mon	Tues	Wed	Thur	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Speak with Your Health Care Provider: Studies also suggest that people who speak with their health care providers about quitting are more likely to

quit than those who don't. So, if you're even thinking about quitting, talk to your clinician. He or she can help advise you.

Change Your Behaviors: Behavior modification techniques taught in group or individual sessions can also be helpful. Stopping suddenly or gradually tapering off seem to work about equally. No matter which you choose, speak to your health care provider frequently while you are quitting and let him or her know how you are doing.

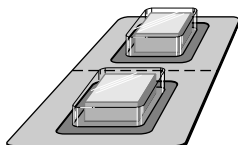
Try Some Behavior Modification Techniques

- Save the money you would have spent on cigarettes to buy something special
- Exercise, take a brisk walk
- Socialize with nonsmokers
- Munch on low-calorie vegetables
- Keep a list of reasons you want to quit and refer to it often
- Practice deep relaxation
- Chew sugarless gum
- Drink cold water

Nicotine Replacement Products

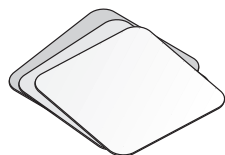
Nicotine replacement products also can help you stop smoking by providing your body with nicotine and reducing withdrawal symptoms. Nicotine is the active drug in cigarettes to which people become addicted. Evidence suggests that this type of therapy is particularly good for those who are dependent on nicotine (if you smoke your first cigarette within 30 minutes of waking). Those who smoke less than one pack per day may not benefit as much as those who smoke more.

Nicotine replacement medication generally comes in two forms: chewable gum or patches. Both the gum and patch currently require a prescription. You should completely stop smoking when you begin nicotine gum or patch use, be under a clinician's care, and preferably be involved in a stop smoking program. Never smoke and use these products at the same time — if you do, serious side effects may occur.



Some Things You Need to Know About Nicotine Gum

1. You should chew a piece of gum when you have the urge to smoke. Some clinicians recommend that you chew the gum on a fixed schedule, for example, once every 60 to 90 minutes.
2. Do not exceed 30 pieces of 2 mg gum in one day.
3. Chew the gum slowly for 30 minutes at intervals. If you chew too rapidly, the nicotine is released too quickly and can reduce the gum's effectiveness. Chew until the taste of the nicotine or tingling is felt, then "park" the gum in contact with the cheek so that the nicotine can be absorbed.
4. Potential side effects include sore jaw, mouth irritation, heartburn, nausea, sore throat and palpitations.



Some Things You Need to Know About the Nicotine Patch

1. The patch should be applied once a day to a clean, dry, and non-hairy site on the trunk or upper arm. Apply the patch soon after taking it out of the package so that the nicotine does not evaporate. It's best to keep using different places on the skin to apply the patch for at least a week, so the skin doesn't get irritated.
2. If you have an all-day system (24-hours) the patch should be removed after 24 hours and a new one applied to another area. If you are using the 16-hour system, the patch should be applied upon waking and removed at bedtime.
3. The most common side effect is a mild itching or burning at the patch site that lasts for up to an hour. The skin may also become red or swollen. Other side effects include headache, dizziness, sleeplessness, nightmares, nausea, and nervousness.

Resources to Help You Quit

In addition to the resources listed to the right, you may want to contact local organizations. Often hospitals or the YWCA (Young Women's Christian Association) offer stop smoking programs. You may wish to call your local hospital, YWCA, American Cancer Society, American Lung Association, or the American Heart Association for more information.

Places You Can Call or Write for Free Information

Office of Cancer Communications
National Cancer Institute
Bldg 31, Rm 10A24, Bethesda, MD 20892
Telephone: 800-4-CANCER

Free Publications: *Clearing the Air; I Mind Very Much if You Smoke; Why Do You Smoke? and other materials.*

National Heart, Lung, and Blood Institute Smoking
Education Program
PO Box 30105, Bethesda, MD 20824-0105
Telephone: 301-251-1222

Free Publications: *Check Your Smoking I.Q.: An Important Quiz for Older Smokers, and other materials.*

American Cancer Society
1559 Clifton Rd. NE, Atlanta, GA 30329-4251
Telephone: 800-ACS-2345

Free Publications: *The Decision Is Yours; The Smoke Around You; Smoking — Facts & Tips for Quitting; and other materials.*