

We can help you learn about:

- Hazards of smoking
- Reasons for not smoking
- How to personalize the quitting process
- Using Nicotine Replacement Therapy
- Using Zyban (Bupropion)
- Using Chantix (Varenicline)
- Coping skills to keep from smoking
- How to enjoy a smoke-free lifestyle



Where can I go for help?



Quit VET

1-855-QUIT-VET

www.publichealth.va.gov/smoking

American Cancer Society

1-800-227-2345

www.cancer.org

American Heart Association

1-800-242-8721

www.amhrt.org

American Lung Association

1-800-586-4872

www.lung.org

Call your primary care provider or physician to develop a quit plan.

TIPS FOR QUITTING SMOKING



Tough Enough to Quit!

**Smoking is addictive!
Never quit quitting.**



Quitting smoking:

- Increases blood flow
- Increases energy
- Improves breathing
- Improves general health
- Decreases risk of heart disease
- Decreases risk of lung disease, lung cancer, and other cancers
- Decreases effects of second-hand smoke to your children/ grandchildren, loved ones, and pets

Start Quitting Before Your Quit Date

Even before your quit date, you can start quitting. Try these tips:

- Buy a brand you do not like and only one pack at a time.
- Put a rubber band around your tobacco products to make you think about it every time you go for a smoke.
- Change the way you hold your cigarette (for example, use your other hand).
- When you get the urge, practice putting it off for 10 minutes, then 20 minutes, and then 30 minutes.

Inform Family and Friends

- Tell others of your promise to quit.
- If you have family or friends who use tobacco, ask them not to do this when you are around.
- Try to find a friend to quit with you.



Remove Tobacco Products from Your House or Car

- The day before your quit day, throw away all ashtrays and lighters.
- Get rid of all leftover tobacco products by flushing them down the toilet.
- Take the lighter out of your car.

Handling Thoughts about Tobacco Use

- Drink plenty of water or juice.
- Avoid heavy meals.
- Go places where smoking is not allowed.
- Clean your home and car to get rid of the smoke smell.
- Light incense or a candle instead of a cigarette.
- Keep a squeeze toy or a stress ball handy.
- Avoid coffee and other beverages you associate with smoking.
- Leave the table when you are done eating.
- Do something to keep your mind off using tobacco, like reading a good book or taking up a hobby.
- Place a rubber band around your wrist and snap it each time you have a craving.

Is there any additional information I can read?

Yes, ask for a copy of the **Tobacco Tactics** workbook, available on any inpatient nursing unit.