

ABOUT QUITTING TOBACCO

- Quitting smoking now is the most important thing you can do for your health and the health of those around you.
- Chewing tobacco greatly increases your risk of oral cancer and is **not** a safe alternative to smoking.
- No matter how old you are or how long you have smoked, your health risks will decrease after you quit smoking. Some important health benefits start immediately!
- For most tobacco users, quitting involves breaking the brain's addiction to nicotine and breaking habits. For some, it also means finding other ways to cope with stress or boredom.
- Quitting is a process that takes many people several tries. **Do not be discouraged** if you have quit and restarted in the past.
- There is no **best** way to quit smoking or chewing tobacco. Some people quit on their own, but many people need instruction and support to help them. This booklet details the many options available to match your specific needs.
- If you choose a program or medications, there may be costs involved, but they are much lower than the amount you spend on cigarettes or chewing tobacco each year.
- Quitting smoking or chewing tobacco is an important change in your health status that you should report to your physician and dentist.
- Quitting may not be easy, but it is certainly possible. Thousands of people quit each year. **You can too!** Join the 50 million Americans who are ex-smokers.

FIVE KEYS FOR QUITTING

1. Get Ready

- Make a commitment to improve your life by quitting smoking.
- Talk to your doctor or healthcare provider to determine what approach is best for you.

2. Get Support, Encouragement, and Education

- Join a group, individual, phone, or web-based smoking cessation program.
- Set a quit date, allowing two weeks to prepare yourself.
- Tell your family, friends, and coworkers you are quitting.
- Think about past quit attempts – what worked and what did not.
- Make a plan for what you will do instead of smoking.
- Think about what triggers you to smoke.

3. Learn New Skills and Behaviors

- Change your routine.
- Avoid triggers. If not avoidable, plan for the situation.
- Keep yourself busy.
- Drink a lot of water.
- Reduce stress through exercise, relaxation, etc.
- Reward yourself with something you enjoy every day.

4. Get Medication and Use it Correctly

- Talk with your healthcare provider about which medication will work best for you.
- Bupropion SR (Zyban) or Chantix (Varenicline) - available by prescription, are effective in reducing the desire to smoke. Your physician will advise you on the proper use, but it is generally started one to two weeks prior to quitting smoking or chewing and is used for three or more months.
- Nicotine Replacement Products – started the day you quit, these products slowly wean you from the nicotine over 12 weeks. This gradual approach reduces or eliminates withdrawal symptoms, allowing you to concentrate on the behavioral and psychological part of smoking. Be sure to read and follow the instructions on proper use.
- Talk to your doctor or cessation coach about the benefits of combining medications.

5. Be Prepared for Relapse or Difficult Situations

- Avoid alcohol (#1 culprit).
- Eat a healthy diet and stay active.
- Avoid smokers who are not supportive.
- Prepare for unavoidable situations that may trigger you.
- Remember, even one puff may result in relapse. Don't tempt yourself.

WHAT TO EXPECT AS YOUR BODY ADJUSTS TO BEING WITHOUT NICOTINE

Body and mood changes while quitting tobacco are natural and temporary. As your body adjusts to being without nicotine, you may experience some or all of the following:

IRRITABILITY – you may feel nervous, moody, or touchy. Try exercising or relaxing to feel better.

DROWSINESS – nicotine is a stimulant. Without it, you may feel temporarily tired.

TROUBLE SLEEPING – you may wake up during the night or dream more, sometimes about smoking.

HUNGER – don't mistake your urge for a cigarette for hunger. This can result in weight gain. Keep yourself busy. Try going for a walk, drinking a glass of water, or chewing gum instead of snacking.

COUGH – coughing is natural. It is the way your body gets rid of the mucous clogging your lungs.

DRY MOUTH – when you stop smoking, your body won't produce as much mucus, so your mouth may feel dry.

DEPRESSION – crying and sadness are common. These feelings will pass. Smoking is not the answer.

SATISFACTION – you are improving your health. Do something to celebrate your tobacco-free life every day!

CESSATION APPROACHES APPROVED BY THE U.S. DEPARTMENT OF HEALTH & HUMAN SERVICES 2008

Telephone Cessation Education and Support:

Wisconsin Tobacco Quit Line
1-877-QUIT-NOW (784-8669)

Free information, referrals to local cessation programs and services,
and one-on-one practical telephone coaching.

Web-Based Cessation Program:

American Lung Association's Freedom From Smoking® On-Line
www.lungusa.org/ffs

This web-based, self-help program can be accessed day or night,
seven days a week, on any schedule you choose. Free of charge.

Local Cessation Programs:

Freedom From Smoking®
St. Nicholas Hospital
920-451-7488 or 1-800-472-6710 ext. 7488

A facilitator trained in this American Lung Association program will
lead group or individual sessions that will prepare you to quit, help
you through the process, and teach you how to maintain your new,
nonsmoking lifestyle.

First Breath
Sheboygan County Public Health
920-459-4382 or 1-800-596-1919 ext. 4382

Assists pregnant women in Wisconsin who want to quit smoking.
Supported by the WI Well Women's Health Foundation.

Self-Help Information:

American Cancer Society

1-800-227-2345

www.cancer.org

American Heart Association

1-800-242-8721

www.americanheart.org

American Lung Association

1-800-586-4872

www.lungusa.org

Centers for Disease Control

1-800-CDC-INFO (232-4636)

www.cdc.gov/tobacco

ChewFree

www.chewfree.com

Nicotine Anonymous

www.nicotine-anonymous.org

Quitnet

www.quitnet.com

UW-Center for Tobacco Research and Intervention

608-262-8673

www.ctri.wisc.edu

OTHER CESSATION THERAPIES:

Cessation by Hypnosis:

Wholistic Health Care Center
920-459-9277

Lighthouse Therapy Services, LLC
920-451-8667

Cessation by Acupuncture:

Wholistic Health Care Center
920-459-9277

Aurora Sheboygan Memorial Medical Center
920-451-5691

BridgePoint Health, LLC
920-458-5557

Healthy Living Acupuncture
920-893-8796

JUST FOR TEENS!!!

Tobacco Control Websites for Youth:

www.fightwithfact.com

www.tobaccofreekids.org

Mission Statement:

Tobacco-Free Sheboygan County Coalition strives to improve the health of county residents of all ages by reducing tobacco use through prevention, education, and community involvement.

Disclaimer:

Tobacco-Free Sheboygan County Coalition cannot guarantee the success of the resources listed in the guide. Please note that the listings are as resources only, and tobacco cessation is an individual experience for each person.