



SMOKE**FREE**
oregon

You can quit smoking.

We'll teach you how.



STEP 1

Quit at your own pace



STEP 2

Conquer your urges
to smoke



STEP 3

Use quit medicines
so they really work



STEP 4

Control your
environment



STEP 5

Get social support

You can
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Welcome to the program

Quitting is the best thing you can do for yourself and the people you love. These five steps, based on 25 years of research, have helped hundreds of thousands of smokers quit and stay quit.

Follow these five steps to make your quit easier and more successful.

Step 1: Quit at your own pace

Quit at your own pace by choosing a quit date (the day you want to quit) that works best for you. Your Quit Coach® will help you prepare and get ready to quit on that date.

Step 2: Conquer your urges to smoke

We'll help you learn how to cope with urges to smoke, no matter when or where you have them. This will help you quit for good. You will also learn how to manage stress without smoking.

Step 3: Use quit medicines so they really work

We'll help you choose a medicine like the patch, gum, Bupropion SR, or Chantix® (Varenicline) that is right for you and teach you how to use it correctly so it helps you quit.

Step 4: Control your environment

Learn why getting rid of all your tobacco, ashtrays and lighters can help you quit and stay quit.

Step 5: Get social support

We'll teach you why it is important to ask your family and friends for the support you want.

“Joining this program was the only thing I did differently this time and it worked. Just knowing you were standing by me made all the difference.”

— Danielle, age 34



Your guide to quitting smoking

This guide is for smokers who want to quit and stay quit. Just like you. No matter how many times you have tried to quit and returned to smoking, this guide can help. It has a lot of facts about what to do at each step along the way.

The guide also has worksheets where you can add your own ideas and plans (see page 18). Most people start their quit by filling out the worksheet, **Track your smoking**. Quit Coaches often suggest that people fill out this worksheet for two or three days. This will help you better understand when, where and why you smoke. Your Quit Coach is trained in helping smokers quit and stay quit. You and your Quit Coach will work together as a team. He or she will talk with you by phone and may suggest you complete some of the worksheets in this guide.

The second worksheet most Quit Coaches suggest is **Practice mini-quits**. A mini-quit¹ is a short time when you practice not smoking before you quit for good. Mini-quits help you learn how to cope with urges to smoke. You can learn more about mini-quits on page 28.

There are many ways to use this guide. You can read the whole book from start to finish or just look at those sections you need now. You can also fill out any of the worksheets that interest you.

Track your smoking worksheet

Write down the time of day you smoke, where you are when you smoke, what you are doing when you smoke and how many cigarettes you smoke.

Time of day	Where I am	What I am doing	How many cigarettes
Example: Morning	<ul style="list-style-type: none"> • Kitchen • Waiting for bus 	<ul style="list-style-type: none"> • Drinking coffee • Reading paper 	<ul style="list-style-type: none"> • 2 cigarettes • 1 cigarette
Morning			
Afternoon			
Evening			
Other			



Thinking about quitting

Good for you for thinking about quitting! Quitting is the most important decision you can make for your health, family and happiness. You have come to the right place for help.

Quitting as a team

In this program, you will work as a team with Quit Coaches. This program has helped hundreds of thousands of smokers quit over the past 25 years.

1. Your coach will help you set a quit date.
2. Learn how to manage urges to smoke.
3. Select a medication and teach you how to use it so it really works.
4. Tobacco-proof your environment.
5. Get support from family and friends.

**Maybe you have tried to quit before. This time can be different.
We can help you make this your last quit!**

Health problems caused by smoking

Each year smoking kills more people than all traffic accidents, illegal drugs, alcohol, fires, falls and AIDS² combined. Smoking also causes many health issues, such as heart disease, cancer, breathing problems, dental problems, eye and ear problems, bone problems, sex and reproductive problems, and skin problems.

If you suffer from a chronic condition such as asthma, COPD, diabetes or heart disease, please see page 57 for more information about how tobacco use and quitting affects these conditions specifically. Smoking can also cause health problems due to “secondhand smoke.” This refers to smoke from a burning cigarette, cigar or pipe³. Breathing secondhand smoke harms people’s health and kills more than 50,000 people each year.

Why is secondhand smoke a problem?

Secondhand smoke has many poisonous chemicals in it that are dangerous to breathe. These chemicals cause heart disease, heart attacks, stroke, lung cancer and blood vessel problems. Secondhand smoke is even more dangerous to children and people who already have breathing problems or heart disease.

When you smoke, your children smoke

Babies exposed to secondhand smoke are three times more likely to die from sudden-infant death syndrome (SIDS or crib death). Children are more likely to get ear infections, asthma, bronchitis, pneumonia and other lung infections when they are near people who smoke. Children of smokers are twice as likely to start smoking themselves.

How can I protect myself and others from secondhand smoke?

Once you have quit:

- Ask smokers not to smoke when around you or your children.
- Make your home and car smoke-free.
- Stay away from places where people smoke. If people smoke where you work, ask your boss to ban smoking at your workplace.

Until you quit, smoke outside so others do not have to breathe your secondhand smoke. Quitting and staying quit is the best thing you can do for yourself and those around you.

How quitting helps your health

Your health will improve no matter when you quit. Your body begins to heal within minutes after you stop smoking. The longer you are free from tobacco smoke, the healthier you will become. You will live up to 10 years longer than if you continued to use tobacco.⁴



Addiction: Why quitting is hard

Addiction is when you lose control over the use of a drug. Nicotine in tobacco smoke is what causes you to be addicted to smoking. Tobacco companies make cigarettes so the nicotine gets to your brain very quickly. The faster nicotine gets to your brain, the more addictive it is. Nicotine from the patch or gum gets to your brain more slowly. This is why the patch and gum rarely cause addiction.

It can be hard to quit when you are addicted to tobacco. There are three reasons for this. You can think of these as three corners of a triangle.



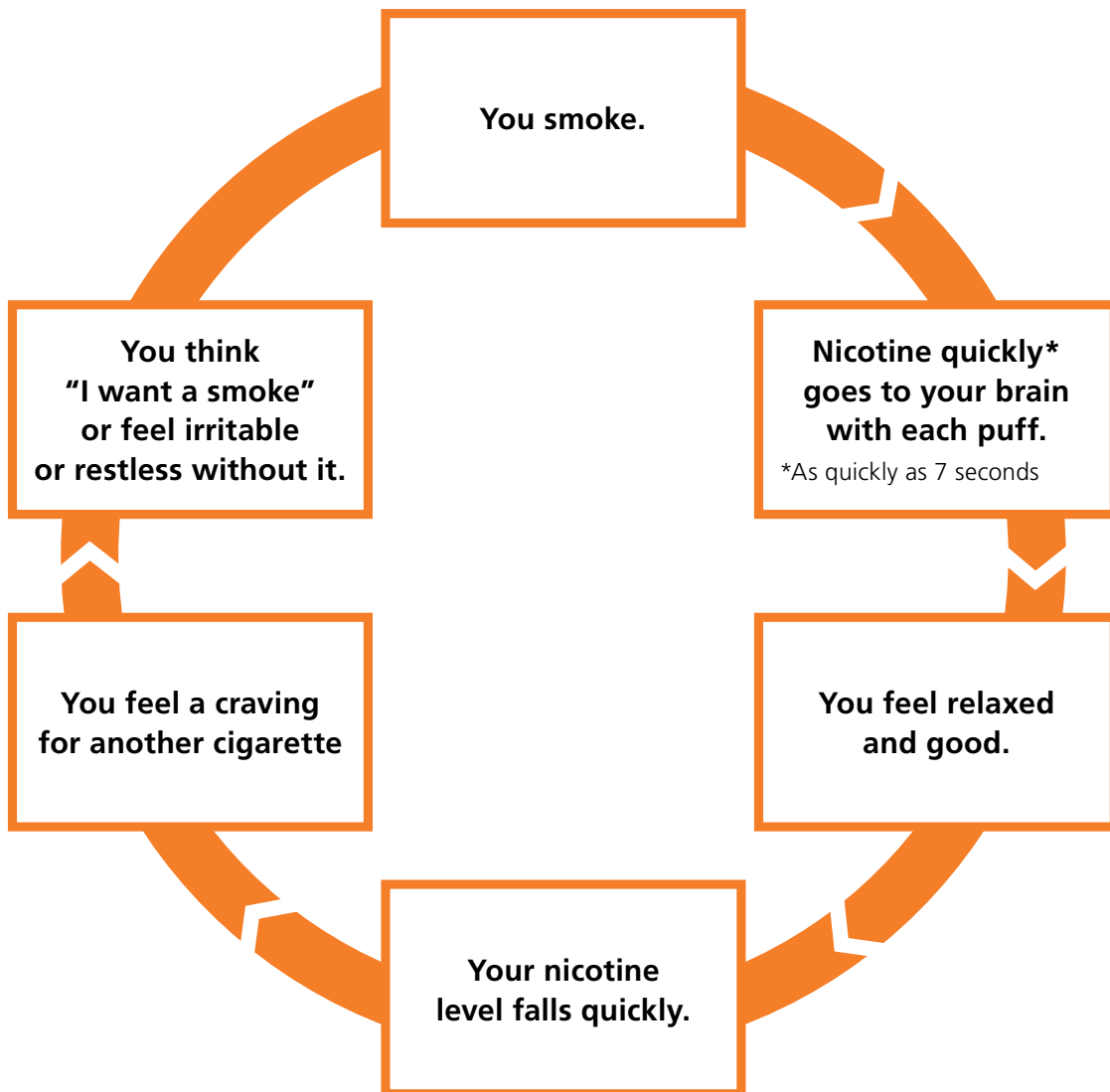
Emotional: How you feel when you use tobacco, what you believe about tobacco use and how you think about tobacco.

Behavioral: How you respond to places and times when you want to smoke, like when you are having a cup of coffee or taking a break from work.

Physical: When your body craves the nicotine in tobacco.

The nicotine cycle happens when your body and mind crave nicotine. It helps to understand this cycle so you can break it. Below is a picture of this cycle.

Your Quit Coach will help you learn ways to fight this nicotine cycle. One way to reduce the craving is to use medicines like nicotine patches, nicotine gum and nicotine lozenges. Varenicline (Chantix) or bupropion SR also can help. You will find information about these medicines starting on page 30. Your Quit Coach can tell you more about these medicines that can help you quit and which may be covered by insurance. Give your Quit Coach a call — he or she is there to help!



What you can do now

It may be helpful to learn how smoking fits with what matters to you. For many people, their health, family and happiness are very important to them. Use the worksheet below to see how smoking affects what matters most to you.

What matters to me worksheet

In each column write down what matters to you, why it matters and how smoking gets in the way. You can add your own ideas at the end of this worksheet. There is an example in the first row for how this works.

What matters to me	Why this matters to me	How smoking gets in the way of what matters to me
Example: Family	<ul style="list-style-type: none">• I like spending time with my kids and want to be a good parent.	<ul style="list-style-type: none">• I get winded when playing with my kids.• My daughter coughs when I smoke.



Getting ready to quit

Quitting is the best thing you can do for yourself and the people you love. In this section you will learn about the “five essential steps to quit for life.” These steps are based on 25 years of research and have helped hundreds of thousands of smokers quit and stay quit. Use these steps to make your quit easier and more successful.

The five key steps to quit for life

Step 1: Quit at your own pace

Quit at your own pace by choosing a quit date (the day you want to quit) that works best for you. Your Quit Coach will help you prepare and get ready to quit on that date.

Step 2: Conquer your urges to smoke

We'll help you learn when and where you have urges to smoke and how to cope with them. This will help you quit for good. You will also learn how to manage stress without smoking.

Step 3: Use quit medicines so they really work

We'll help you choose a medicine (such as the nicotine patch, nicotine gum, nicotine lozenges, bupropion SR or Chantix) that is right for you. We'll teach you how to use the medicine correctly so it helps you quit.

Step 4: Control your environment

Learn why getting rid of all your tobacco, ashtrays and lighters can help you quit and stay quit.

Step 5: Get social support

We'll teach you why it is important to ask your family and friends for the support you want.

Step 1

Quit at your own pace

How many times have you tried to quit? For the average smoker, it takes several attempts to finally quit for good. Think about all the times you've tried to quit but then went back to using tobacco again.

Chances are you weren't really ready, you felt pressured by others or you made a quick decision and didn't prepare at all. Quitting tobacco can be difficult, but creating a plan is half the battle. This section will help you think about your relationship with tobacco, why you want to quit, when to quit and how to prepare for your quit date.



How and why to pick a quit date

It is very important to pick a date to quit smoking. This is called a “quit date.” It can be scary to pick a quit date, but a quit date gives you a goal to work toward. When you pick a quit date, you are telling yourself, “I am serious about quitting.”

So how do you pick a quit date? It is up to you to decide when you quit smoking, but research shows that those who set a quit date within two weeks are more successful. Here are some things to think about:

- For some people, the work week may be better than the weekend. If you can’t smoke at work, you have less opportunity to smoke during the week. Many people pick a Monday morning as their quit date.
- The weekend may be a better time if you have less stress than during the work week. On the weekend, you can plan to spend your first couple of days in enjoyable smoke-free places, such as a movie theater.
- Research shows that those who set a quit date within two weeks are more likely to quit.
- If you plan to use a medicine to help you quit, make sure you have it on hand and know how to use it correctly before quitting. Your Quit Coach can help you learn how to use a quit medicine.
- Do you plan to quit with a friend, spouse, or family member? If so, it’s a good idea to sit down with him or her and select a date that works for both of you.

Write your quit date on the calendar

Use a calendar to write down your quit date. Post it in a place you will see often such as on your refrigerator.

The date you plan to quit: _____

The date you start using quit medicines: _____

The date when you will ask friends and family for their support: _____



Healthy habits worksheet

Now is the time to think about healthy habits that will help you quit. Mark what you plan to do and add your own ideas below.

Two weeks before my quit date, I will:

- ☐ Think about things I like to do, other than smoking.
- ☐ Be active at least three times a week. Talk to my doctor if I have health problems or if it has been a while since I last exercised.
- ☐ Fill out the **Track your smoking** worksheet (see page 8).
- ☐ Learn how to cope with urges to smoke (see page 20).

My ideas:

One week before my quit date, I will:

- ☐ Stop smoking in my car and home.
- ☐ Tell other people there is no smoking in my car and home.
- ☐ Practice quitting for a few hours at a time before quitting for good. These are called “mini-quits” (see page 28).
- ☐ Start my quit medicine if using bupropion SR (Zyban® or Wellbutrin®) or varenicline (Chantix).
- ☐ Think of ways to change my daily routine. Some ideas are: to get up later, take a walk or drink tea instead of coffee.

My ideas:

The night before my quit date, I will:

- ☐ Throw away my lighters and cigarettes and put away ashtrays.
- ☐ Wash out the ashtray in my car.
- ☐ Review the right way to use nicotine patches, gum or lozenges, if I plan to use these medications.
- ☐ Practice ways to manage stress, such as deep breathing.
- ☐ Visit Web Coach (if it is part of my program).
- ☐ Call my Quit Coach if I have questions or need support.

My ideas:



"I have tried to quit before, but this time was different. Thank you for taking the time to really listen to me and help me make a successful plan. That's what made a difference."

— Craig, age 27

Step 2

Conquer your urges to smoke


Having an urge or a strong desire to use tobacco after you've quit is normal. Urges can be caused by your body physically craving nicotine or by a trigger such as talking on the phone or finishing a meal.

These urges can be tough, especially in the first two weeks after quitting, so it's important that you have a plan in place for how to conquer these urges and stay on track!


This section will help you understand when, where and why you use tobacco—before you quit. These patterns and triggers are unique to you, so understanding them is essential. You will also learn skills and techniques for how to be ready for urges when they happen.



Urges: What are they?




**Ah! It's my first day
of living my life
smoke-free.
I'm feeling great!**



**Uh-oh. I'm really
feeling an urge to
smoke a cigarette
right now.**

Everyone gets urges to smoke when they quit, especially when they are confronted by a trigger. Triggers are the times, places, activities and feelings that give you the urge to smoke. A trigger always comes before the urge to smoke.



**Thank goodness
my Quit Coach
helped me with some
ways to conquer my
urges to smoke!**

Coping skills are ways to make urges to smoke pass much more quickly. They work better than willpower. It is important to know what to do instead of smoking when you are trying to quit. These skills will help you deal with all three corners of the triangle of addiction (see page 12).

Triggers

It helps to learn what triggers your urge to smoke. Many smokers say they have some of the triggers below. Which of these triggers give you the urge to smoke?

Circle them and add more of your own:

- Waking up in the morning
- Finishing a meal
- Driving my car
- Talking on the phone
- Feeling worried or stressed
- Waiting for the bus or train
- Spending time with friends who smoke
- Feeling bored
- Drinking coffee or tea
- Reading the newspaper

My ideas:



"After talking with my Quit Coach, I learned exactly what to do to quit for good. I still think about smoking but now know how to handle my urges like never before."

— José, age 56



Substitutes and distractions

Quitting smoking can be hard. Once they have quit, most smokers face urges, sometimes strong urges, to light up. Some of these urges are triggered by your body craving nicotine. Others can be triggered by certain times of the day or by activities such as driving, finishing a meal, taking a break from work or being where you used to smoke. Your urges may also be triggered by a need to relax and manage stress, maybe as you sit on the couch and watch TV.

But there is a solution. Quitting smoking doesn't have to be about willpower. There are ways to help urges pass without slipping or gritting your teeth. These tools are called substitutes and distractions.

What is a substitute?

Substitutes are things that can be used to keep your mouth and hands busy when you get an urge to smoke. Substitutes can include things such as toothpicks, short straws, cinnamon sticks, gum and hard candies for your mouth. For your hands, you can try pencils, paper clips, worry stones or worry beads.

What is a distraction?

Distractions can include things or activities that take your mind off smoking when an urge hits. These can include taking a walk or getting some exercise, doing a puzzle of some kind, doodling or starting a new hobby — anything to get your mind off smoking for five minutes. The only thing that limits what kind of substitutes and distractions you use is your imagination.

How do I know which tool works best for me?

You may feel that you have to have a cigarette if you get a strong urge to smoke. Getting strong urges is very normal during the first few days after quitting. But you don't have to smoke, even if you want to!

If you are planning to quit soon, put together a list of possible substitutes and distractions, then match your substitutes and distractions to the time of day or activity during which you normally smoke. Write your ideas below.

Substitute/distraction

Time of day/activity

Try these out before you quit, but don't give up if the substitute or distraction doesn't work the first time. Practice will help your substitutes and distractions become part of your new pattern.

Notes: (write down which substitutes and distractions worked best for you)

Example: "I learned that my top three triggers to use tobacco were when I finish a meal or watch TV, and when I'm on the computer."

Triggers and coping skills worksheet

Use this worksheet to identify your triggers for using tobacco.

1. Pick the “triggers” below that may give you trouble when you quit.
2. Next, try using different substitutes and distractions INSTEAD of smoking during these situations and times. If you feel like testing your own substitute or distraction, write it down in the “other” section.

Pick the substitutes/distractions that worked best for you and write them in the column titled “What worked for me.”

Trigger	Substitutes and distractions	What worked for me
After meals	<ul style="list-style-type: none"> • Go for a walk. • Do the dishes. • Brush my teeth. • Leave the table. • Have a cup of tea or coffee, a mint or candy. My ideas: _____ _____	
After waking up	<ul style="list-style-type: none"> • Change my morning routine by showering right away or eating breakfast in a different place. • Have some breakfast. • Brush my teeth as soon as possible. • Take the dog for a walk. My ideas: _____ _____	
When drinking coffee, tea or alcohol	<ul style="list-style-type: none"> • Try drinking coffee or tea in a different place than usual. • Switch my drink (i.e., tea instead of coffee). • Draw, write or keep my hands busy while drinking coffee or tea. My ideas: _____ _____	

Trigger	Substitutes and distractions	What worked for me
When driving	<ul style="list-style-type: none"> • Empty the ashtray and fill it with dried flowers or sunflower seeds. • Take a different route to avoid the places in my commute where I normally light up. • Remove all cigarettes from my car or truck. <p>My ideas: _____</p> <p>_____</p>	
During work breaks	<ul style="list-style-type: none"> • Take a break in a no-smoking area. • Don't go to my old break area. • Take a break with nonsmokers. • Use substitutes for my hands and mouth if I have to be around other smokers. <p>My ideas: _____</p> <p>_____</p>	
When watching TV	<ul style="list-style-type: none"> • Watch TV for shorter periods of time. • Remove ashtrays, cigarettes and lighters from the TV room. • Make the TV room off-limits for smoking. • Play a game. • Post a reminder note on my TV. <p>My ideas: _____</p> <p>_____</p>	

Trigger	Substitutes and distractions	What worked for me
When stressed	<ul style="list-style-type: none"> •Talk to a friend/ally. •Try deep breathing. •Remind myself that smoking will not take my anger or stress away. •If you pray, try prayer or meditation. <p>My ideas: _____</p> <p>_____</p>	
When bored	<ul style="list-style-type: none"> •Get some exercise. •Walk outside. •Do a crossword puzzle. •Call or visit a friend. •Read a book. •Play video games. •Log into Web Coach or the Quit For Life Facebook® page. <p>My ideas: _____</p> <p>_____</p>	
When around others	<ul style="list-style-type: none"> •Spend time with nonsmokers. •Avoid other smokers whenever possible. •Ask others not to smoke around me. •Avoid restaurants and bars where smoking is allowed. •Use toothpicks. <p>My ideas: _____</p> <p>_____</p>	

Mini-quits: A way to practice quitting

Now is a good time to practice your coping skills. This can make quitting easier and increase your success. Think of it like you are in training. Long-distance runners build strength by taking shorter runs first. In the same way, practicing mini-quits can help you prepare to stay quit for the long term when your quit date arrives.

Tips for mini-quits:

Use the information you entered in the track your smoking worksheet on page 8 to practice your mini-quits.

Practice not smoking during an activity where you usually smoke, like after you finish a meal.

Try practicing mini-quits at different times of the day and during different activities. This is a great time to try the coping skills you wrote down on pages 25-27. Use the coping skills you selected in the coping skills worksheet.

Time of day	Where I am	What I am doing	What helped me not smoke
Example: Morning	<ul style="list-style-type: none">• Kitchen• Waiting for bus	<ul style="list-style-type: none">• Drinking coffee• Reading paper	<ul style="list-style-type: none">• Sucked on coffee stirrer and bent a paper clip• Chewed a piece of regular gum
Morning			
Afternoon			
Evening			

Ways to cope with stress

Stress can get in the way of quitting and staying quit. Stress makes it hard to think clearly and may make you more nervous. Most people have stress from time to time. It helps to learn ways to cope with stress.

Deep breathing is one way to cope with stress.

Here is a deep-breathing exercise you can try, for about five minutes, instead of smoking.

- Go somewhere you can sit and relax, such as on a couch, on your office chair or in your car.
- Turn off your TV, radio, cell phone and any other distractions.
- Take a deep breath through your nose and expand your stomach.
- Hold your breath for five seconds.
- Gently release your breath through your mouth and wait for five seconds.
- Then say the word “relax” out loud.
- Keep breathing deeply for a total of five minutes.

Ways to cope with stress worksheet

Here are some ways to cope with stress. Circle all the ideas you want to try, then add your own. Talk to your friends who have quit smoking and find out how they cope with stress.

For your health

- Get enough sleep.
- Go for a walk.
- Try prayer or meditation.
- Eat healthy, fresh foods.
- Take a nap.

When with others

- Talk to someone who listens to you.
- Read a story to your children.
- Play a game of cards.
- Have dinner with a friend.
- Prepare a meal with your family.

When alone

- Read a book.
- Watch a movie.
- Listen to music.
- Write in your journal.
- Try a relaxation exercise.

Step 3

Use quit medicines so they really work

There are safe and effective medicines that can make your quit easier. Some have nicotine in them, such as the patch, gum, lozenges, inhaler and nasal spray.

Some have no nicotine, such as bupropion SR (Zyban or Wellbutrin) and varenicline (Chantix). Have you tried to use quit medications in the past only to be frustrated by side effects, or you have stopped because you felt like they weren't working?

It is true that quitting with medicines can double your chances of success, but if you're using them incorrectly or if you're not dealing with your emotional and behavioral ties to tobacco, then you are less likely to succeed. This section will help you understand the difference between all of the quitting medicines out there, how to use each type correctly and how to manage common side effects.

Contact your doctor or your Quit Coach if you have any side effects that concern you or if you have questions about how to use your medicine.



Medicines that can help you quit

Nicotine patch

The nicotine in these patches can help you stop wanting to smoke. Over time you will use patches with less and less nicotine.

How to use

- Put on a new patch each day as soon as you wake up. Make sure to always take off the patch you used the day before.
- Find a place on your body to put the patch — this should be above your waist but below your neck. Put your patch in a new place each day so it does not make your skin sore.
- Press the patch in place by holding it firmly for 10 seconds.

How patches can help

- Easy to use.
- Gives you a steady dose of nicotine all day, to help you not smoke.
- You can find patches at most drug stores and don't need a prescription.
- Costs less per day than a pack of cigarettes!
- Research shows the patch can double your chances of quitting.

Nicotine gum

This is a type of sugarless gum that has nicotine in it. The gum keeps your mouth busy and helps your body take in nicotine slowly, which helps you stop smoking.

How to use

- Must be chewed in a special way to make it work.
- Chew it slowly several times. You may get a "peppery" taste.
- "Park" the gum in the corner of your mouth after several chews.
- When the taste fades, chew and "park" again.
- Spit out the gum after 30 minutes.
- Use a new piece of gum every one to two hours during the first four weeks.

How gum can help

- Gives you a steady dose of nicotine all day, to help you not smoke.
- You can find gum at most drug stores and do not need a prescription.
- Costs less per day than a pack of cigarettes!
- Research shows the gum can double your chances of quitting.

Nicotine lozenge

A nicotine lozenge is used like a throat lozenge for a cold or sore throat. It releases nicotine slowly into your body as it dissolves, which helps you stop wanting to smoke.

How to use

- Put one nicotine lozenge in your mouth.
- Do not chew it.
- Move the lozenge around your mouth from time to time.
- Allow it to dissolve in your mouth.
- Use a new lozenge every one to two hours during the first four weeks.

How lozenges can help

- Easy to use.
- You can use a lozenge as often as you need to help with urges (up to 20 times a day).
- You can find nicotine lozenges at most drug stores and do not need a prescription.
- Costs less per day than a pack of cigarettes!
- Research shows nicotine lozenges can double your chances of quitting.

Nicotine inhaler

The nicotine inhaler looks like a cigarette. You hold it between your fingers and “puff” on it. The inhaler is a prescription medicine, so you will need to see your doctor.

How to use

- Put the nicotine cartridge into the inhaler mouthpiece.
- Puff on the inhaler to take the vapor into your mouth, but do not breathe it into your lungs.
- Use as directed by your doctor.

How inhalers can help

- You can use a nicotine inhaler as often as you need to (read the package instructions).
- Using the inhaler feels like smoking a cigarette.
- The inhaler keeps your hands and mouth busy.
- Research shows the inhaler can double your chances of quitting.

Nicotine nasal spray

You spray this medicine into your nose from a pump bottle. This is a prescription medicine, so you need to first see your doctor.

How to use

- Put the nozzle from the pump bottle into each side of your nose.
- Spray, but do not sniff.
- You can use the spray one to two times each hour.
- Use as directed by your doctor.

How nasal spray can help

- Nasal spray gets nicotine to your brain faster than the patch, gum or lozenge, which helps reduce cravings.
- You can use the nasal spray as often as you need to (read the package instructions).
- Research shows the nasal spray can double your chances of quitting.

Combining the patch and gum or the patch and lozenges

Using the nicotine patch with nicotine gum or lozenges together might make your quit easier and more successful. The patch gives you nicotine slowly while the others work fast and help reduce withdrawal symptoms and cravings before they come up.

Combined patch and gum

How to use the patch and gum together

- Begin using your nicotine patches and gum on the first day you quit.
- Put on one new patch at the start of each day.
- Place the patch somewhere above your waist and below your neck.
- Do not put the patch on exactly the same spot every day because it may make your skin sore.
- You may use a piece of gum every one to two hours. Do not use more than 24 pieces per day.
- Chew each piece of gum several times and then “park” it in the corner of your mouth.
- After five minutes, chew it again a few times and “park” it again.
- Repeat this for 20 to 30 minutes and then spit it out.

How the patch and gum can help

- Using the patch and gum together can help you better manage urges to smoke.
- You decide how much gum to chew in addition to using the patch.
- Research studies show that using the patch with gum can increase your chances of quitting over using the patch or gum alone.
- You can find nicotine gum at most drug stores and do not need a prescription.
- The patch and gum together may cost less per day than a pack of cigarettes!

Combined patch and lozenge

How to use the patch and lozenge together

- Begin using your nicotine patches and lozenges on the first day you quit.
- Put on one new patch at the start of each day.
- Place the patch somewhere above your waist and below your neck.
- Do not put the patch on exactly the same spot every day because it may make your skin sore.
- You may use one lozenge every one to two hours. Do not use more than 20 pieces per day.
- Let the nicotine lozenge slowly dissolve. Do not chew or swallow it.
- Move it to the other side of the mouth every few minutes.
- The lozenge should dissolve completely in about 30 minutes.

How the patch and lozenge can help

- Using the patch and lozenges together can help you better manage urges to smoke.
- You decide how many lozenges to use in addition to using the patch.
- Research studies show that using the patch with lozenges can increase your chances of quitting over using the patch or lozenges alone.
- You can find nicotine lozenges at most drug stores and do not need a prescription.
- The patch and lozenges together may cost less per day than a pack of cigarettes!

Prescription medicines that can help you

Bupropion SR (also known as Zyban or Wellbutrin)

This medicine comes in tablets. It lowers your urge to smoke and reduces cravings, but it does not have any nicotine in it.

How to use it

- Start taking bupropion SR one week before your quit date.
- Limit alcohol, including beer, wine and spirits.
- Let your doctor or nurse know if you want to stop taking this medicine.
- Use as directed by your doctor. If you have questions about how to use bupropion SR, talk to your doctor or pharmacist.

How bupropion SR can help

- It reduces cravings to smoke and lessens nicotine withdrawal.
- Bupropion SR can double your chances of quitting.
- It costs less per day than a pack of cigarettes!

Varenicline (also known as Chantix)

This medicine comes in tablets. It works in the same part of your brain that nicotine does. Most people who use it have fewer urges to smoke. Varenicline does not contain any nicotine.

How to use it

- Start varenicline one week before your quit date.
- Follow the dosage instructions closely.
- Limit alcohol, including beer, wine and spirits.
- Take varenicline with a full glass of water and a meal to reduce the chance of an upset stomach. Having an upset stomach is a common side effect of this medicine.
- Talk to your doctor right away if you have serious mood changes, or feel depressed or angry after starting varenicline.
- Use as directed by your doctor. If you have questions about how to use varenicline, talk to your doctor or pharmacist.

How varenicline can help

- It reduces withdrawal from nicotine.
- If you smoke after you quit, you are less likely to “enjoy” the cigarette. Varenicline blocks the part of the brain that rewards you for smoking.
- It costs less per day than a pack of cigarettes!
- Research shows using varenicline more than doubles your chances of quitting.

If you have certain health conditions, talk to your doctor before using these medicines. Please see below for specific concerns for each type of medicine.

For bupropion SR (Zyban or Wellbutrin), talk to your doctor if you:

- Have kidney disease
- Have liver disease
- Are pregnant, breastfeeding or trying to get pregnant
- Have anorexia or bulimia (eating disorders)
- Get seizures
- Have a prior serious head injury (fainted or lost consciousness)

For varenicline (Chantix), tell your doctor if you:

- Are pregnant, breastfeeding or trying to get pregnant
- Have depression, anxiety, schizophrenia or bipolar disorder, or are suicidal (thoughts of ending your life)
- Have kidney disease

Common questions:

How do I decide which medicines to use?

Your Quit Coach can help you decide which medicines to use. Tell your Quit Coach whether you have used any of these medicines before and if they helped. Tell him or her if you take any other medicines, and if you have any health problems.

Can I use more than one medicine?

Yes. Talk with your Quit Coach or your doctor about which medicines can be combined.

Some of these medicines cost a lot of money. Are there ways to get help paying for them?

Talk with your Quit Coach about ways to pay for these medicines. He or she will help you find out which medicines are covered by insurance.

I have a health problem. Can I still use these medicines?

Tell your doctor, nurse or Quit Coach about your health problem. He or she can help you decide which medicines are safe for you.

Medicines: Side effects and what you can do

Quit medicines may have side effects. Many of these are listed below. Most side effects are minor and go away on their own. Read the information that comes with each medicine to learn about side effects you might have. Contact your doctor or Quit Coach if you have side effects that worry you or do not go away in one to two weeks.

Nicotine patch	
Side effects	What to do
Skin irritation (local redness or a rash or hives that are close to the patch site)	Move the patch to a new location each day. Talk to your health care provider or pharmacist about using hydrocortisone cream.
Upset stomach or headache	This can be the result of getting too much or too little nicotine. Call your Quit Coach to discuss the problem.
Strange or vivid dreams	This may be caused by getting nicotine while you sleep. Try taking off the patch one hour before bedtime if vivid dreams are a problem.
Nicotine gum	
Side effects	What to do
Upset stomach or headache	Make sure you are using the gum correctly. Nicotine gum is not chewed like regular gum. Go to page 31 to review use instructions. A headache can be the result of getting too much or too little nicotine. Call your Quit Coach to discuss the problem.
Stomach gas	Make sure you're using the gum correctly.
Gum is not working like you think it should	Nicotine gum is not chewed like regular gum. If not chewed correctly it may give you gas and it will not help you quit as well. Go to page 31 to review use instructions.

Nicotine lozenge	
Side effects	What to do
Upset stomach or headache	This can be the result of getting too much or too little nicotine. Call your doctor or pharmacist to discuss the problem.
Sore throat	This can be a temporary side effect. Contact your doctor if it does not go away.
Nicotine inhaler	
Side effects	What to do
Upset stomach or headache	This can be the result of getting too much or too little nicotine. Call your doctor or pharmacist to discuss the problem.
Sore throat	Try not to inhale into your throat. Hold the nicotine in your mouth only.
Nicotine nasal spray	
Side effects	What to do
Upset stomach or headache	This can be the result of getting too much or too little nicotine. Call your doctor or pharmacist to discuss the problem.
Nose is sore	This is a common side effect and often goes away within a week or so. Contact your doctor if your nose irritation does not go away after two weeks.

Bupropion SR	
Side effects	What to do
Trouble going to sleep or staying asleep	If taking two pills per day, take the last one at least four hours before bed (and at least eight hours after the first pill). You could also talk to your doctor about taking only one pill per day.
Dry mouth	Sip on water. Suck on hard candies.
Feel nervous	Bupropion SR can increase anxiety for some people. Talk to your doctor if this happens to you.
Think you had a seizure	Stop taking bupropion SR right away and contact your doctor or call 911.
Varenicline (Chantix)	
Side effects	What to do
Nausea (an upset stomach so upset you feel you may throw up)	This is the most common side effect. Follow instructions closely and take with a full glass of water and with a meal. If nausea does not go away, contact your doctor or pharmacist to discuss a lower dosage.
Changes in your mood (feeling sad or angry)	Be sure to let your doctor know about this as soon as possible. He or she will help you decide whether to keep using varenicline.
Strange dreams or trouble sleeping	This usually goes away in a week or two. If it lasts longer than a week or two, try reducing your dosage. Your doctor can help you.

Step 4

Control your environment

One of the keys to a successful quit is an environment that helps rather than hinders your progress. Think about how your work, home, car and other places where you spend time can help support you.

Tobacco-proof your home

It is important to get rid of your cigarettes and any other types of tobacco the night before you quit. Soak your tobacco products under water so you cannot smoke them. Look in your purse, car and coat pockets to make sure you don't have any stray cigarettes to tempt you.

The urge to smoke will be stronger and more frequent if you are near tobacco. You will have fewer urges to smoke if you get all tobacco and smoking supplies out of your home and car. Why keep ashtrays and lighters if you don't smoke? Give them away or throw them away.

What to do when others smoke around you

It can be difficult if your friends, co-workers or family members smoke around you. But there are some things you can do to make these situations easier.

Talk to your family, friends and co-workers

The first thing to do is to talk to those around you who smoke and tell them you are planning to quit. Maybe they will want to join you and you can use each other for support. Even if they don't want to quit, they may be willing to help support your quit process. Ask them if they are willing to:

- Smoke outside when you're inside
- Make at least one room tobacco-free at all times
- Only smoke in one part of the house.

Remember — you are in control!

It is important to remember that it is your decision to smoke or not to smoke. You are in control of your own behaviors and the way you think. Next time you are around people who are smoking, think about:

- What you can do to distract yourself from the urge to join them. Can you play with a puzzle, chew on a straw or give yourself a manicure?
- What you can tell yourself that will make your decision to quit stronger than the urge to smoke. You might tell yourself something like “I am tired of spending so much money on cigarettes” or “I promised my daughter I would quit and I don’t want to let her down.”

One idea for you is to post notes around the home. These remind you of your decision to quit. Here are some ideas to help you come up with your own Post-it reminders:

- “I don’t have to smoke, even if I want to.”
- “All I have to do is get through today without having a cigarette.”
- “No one can make me smoke — I can do it!”



Step 5

Get social support

Support from family members or friends can make your quit attempt go more smoothly. Look at the tips on the next page for ideas on how to ask for support and what kind of support you want.



Choose your allies

Allies are people who can help you quit. They can be anyone you like and trust, such as family members, friends, or people you work with. Think about allies who can best support you when you quit.

It can help to choose allies who have quit smoking themselves since they know what you are going through. But a helpful nonsmoker can support you too! Do not pick allies who still smoke.

Here are some ways allies can help:

- Listening when you need to talk
- Cheering you on and not judging you
- Calling to see how you are doing
- Helping with childcare or errands
- Talking about problems and ways to solve them

Help your allies support you. Here are some ways:

- Tell allies your quit date. Ask them to write your quit date on their calendars so they know when you are quitting.
- Let your allies know if quitting is a secret
- Give them the booklet, "Your allies' guide: Helping someone quit tobacco"
- Plan how often to talk to your allies
- Warn your allies that you may be grouchy after you quit
- Do fun things together, such as cooking, walking, going to the movies or other



Don't just quit, become a nonsmoker

For many people trying to quit tobacco, the hardest part is the first two weeks after they quit.⁶ These two weeks can make or break a person's success at quitting.

If you've prepared well and have set a realistic quit date, have figured out how to conquer your urges, and know how to use your medicines correctly, then your chances of success are very high. But you still might be feeling grouchy, nervous and stressed. This is normal. Your body is craving nicotine and you're having to adjust to life without tobacco. The good news is that it all gets easier with time, and the rewards for staying quit are great.

This section helps you recognize the rewards you will gain from quitting. It also teaches you how to stay quit for life using coping strategies for dealing with stress and withdrawal from nicotine.

Quitting gets easier over time

Most people find it helpful to think about quitting one day at a time, or even one hour at a time. The hours and days add up. You have a very high chance of quitting for good after staying quit for two weeks!

Here are some tips from other smokers that may help in the first two weeks after quitting:

- **Avoid other smokers.** You are more likely to smoke if you are around other smokers.
- **Do not smoke** — Not even one puff.
- **Use medicines to help you quit.** Talk with your doctor, nurse or Quit Coach to decide which medicines are right for you.
- **Remove all cigarettes and other tobacco from your home and car.**
Throw out ashtrays.
- **Do things in different ways now that you are not smoking.**
Go to pages 25-27 to review your coping skills.
- **Ask friends and family for their help and support.** Call your Quit Coach for even more support.
- **Remind yourself why you are quitting.** Make a list of your reasons for quitting and display the list where you often see it.
- **Reward yourself.** Celebrate the benefits of quitting.
- **Avoid alcohol.** Stay out of smoky bars and taverns. If you must drink, please do so moderately. Drinking alcohol too soon after quitting can cause some people to slip back into smoking.
- **Reduce your stress.** Try breathing exercises and stay active.

“Money in the bank” rewards

You will save a lot of money when you quit. Cigarettes cost as much as \$11.00 a pack. Think of all the money you can save by not buying cigarettes! The charts below show how much you will save if cigarettes cost \$5.00 or \$7.00 a pack.

This is your savings if cigarettes cost \$5.00 a pack:

Money I will save in	If I smoked:		
	1 pack a day	2 packs a day	3 packs a day
1 Day	\$5.00	\$10.00	\$15.00
1 Week	\$35.00	\$70.00	\$105.00
1 Month	\$150.00	\$300.00	\$450.00
1 Year	\$1,825.00	\$3,650.00	\$5,475.00
5 Years	\$9,125.00	\$18,250.00	\$27,375.00
10 Years	\$18,250.00	\$36,500.00	\$54,750.00

This is your savings if cigarettes cost \$7.00 a pack:

Money I will save in	If I smoked:		
	1 pack a day	2 packs a day	3 Packs a day
1 Day	\$7.00	\$14.00	\$21.00
1 Week	\$49.00	\$98.00	\$147.00
1 Month	\$210.00	\$420.00	\$630.00
1 Year	\$2,555.00	\$5,110.00	\$7,665.00
5 Years	\$12,775.00	\$25,550.00	\$38,325.00
10 Years	\$25,550.00	\$51,100.00	\$76,650.00

Nicotine withdrawal

Nicotine withdrawal is when your body misses the nicotine you got from smoking. Nicotine withdrawal usually goes away within two to four weeks after quitting. Using a quit medicine can make quitting easier. Here are some things that can help you feel and be more in control — even if you are also using a medicine.

Withdrawal symptom	What you can do
Strong urge or craving to smoke	<ul style="list-style-type: none">• Use a substitute (something that replaces a cigarette), like a toothpick or straw, or find a distraction, like a crossword puzzle.• Drink water or take deep breaths.• Most urges go away in three to five minutes.• If you are using nicotine gum or lozenges, try using them when urges hit.
Feel sleepy during the day	<ul style="list-style-type: none">• This is very normal and usually goes away in a couple of weeks.• Go for a walk or be active in other ways.• Take a 15-minute nap.
Feel restless, like you have too much energy and cannot sit still	<ul style="list-style-type: none">• Go for a walk or be active in other ways.• Try cutting back on coffee, tea or sodas with caffeine.• Use deep breathing.
Have trouble sleeping	<ul style="list-style-type: none">• Exercise can help improve sleep.• Try cutting back on caffeine (in coffee, tea and some sodas), especially in the early afternoon.• Take deep breaths before bedtime to relax.• Talk to your doctor if this continues.• If you are using a medicine to quit smoking, call your Quit Coach or doctor.
Extra hungry, craving sweets or eating too much	<ul style="list-style-type: none">• After quitting, it is normal to want to eat more.• Choose healthy foods that are filling but are low in fat and sugar.• You can also use substitutes that are not food.• Look on page 23 for more ideas.

Don't just quit, become a nonsmoker

Withdrawal symptom	What you can do
Constipation (trouble having bowel movements)	<ul style="list-style-type: none">• Drink lots of water.• Eat more fruits, vegetables and whole grains.• Be active each day.
Have diarrhea (too many bowel movements) or an upset stomach	<ul style="list-style-type: none">• Quitting smoking can change the way you digest food for a while. If you are using the patch, gum or lozenges, an upset stomach may mean that you are getting too much nicotine or are not using them the right way. Contact your doctor or nurse. (To learn more about side effects of quit medicines, see page 39).
Trouble thinking clearly or getting things done	<ul style="list-style-type: none">• This is very common in the first month or so after quitting. It is a sign of nicotine withdrawal. Go easy on yourself. Ask others to be patient with you. This will get better soon.
Irritable or grouchy	<ul style="list-style-type: none">• This is very normal right after quitting. Your body and brain crave nicotine after quitting. Quit medicines like the patch, gum, lozenges, bupropion SR or varenicline can help with these feelings.
Mild headache	<ul style="list-style-type: none">• This is common in the first couple of weeks after quitting. If it persists or gets in the way of your daily activities, call your Quit Coach or your doctor.

“My husband and I are so happy with your program. We’re here and healthy and going to be around for our grandkids. Your program really helped us!”

— Margaret, age 42

Dealing with strong feelings

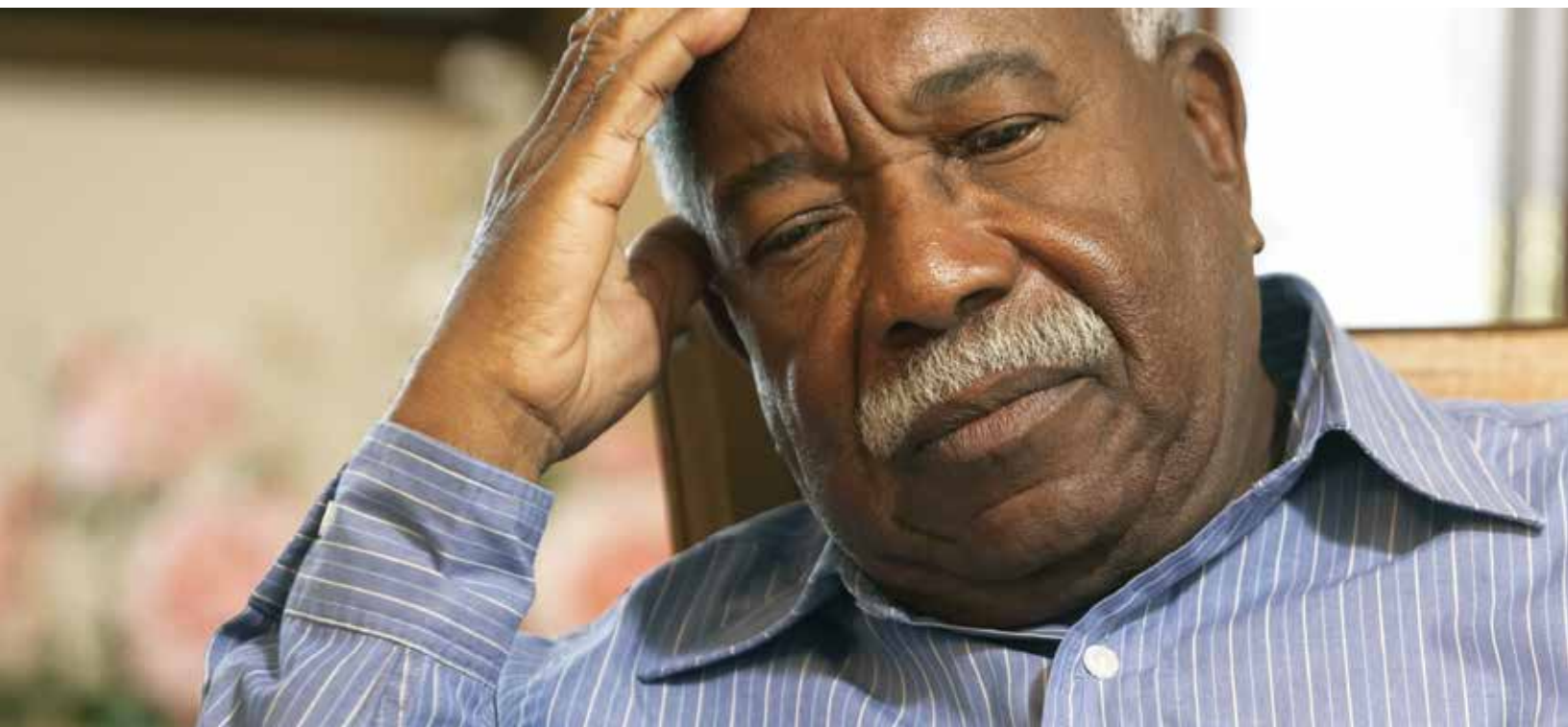
If you've tried to quit tobacco in the past, you may have experienced some strong feelings, such as frustration, anger, sadness, regret and fear. Maybe you found it hard to sleep, focus on your work or get along with other people because of these feelings. These feelings can make it much harder to stick with your plan to quit.

These strong feelings can be tough to cope with, but don't worry — they are common for people quitting tobacco. Strong feelings come and go throughout the day. If you know how, you can deal with them in the moment and turn these feelings into something more positive.

Why do we have such strong feelings after quitting tobacco?

Nicotine leaves your body within two or three days. But you might experience strong feelings for several weeks, months. You may be drinking coffee, trying to meet a work deadline or just watching TV, and suddenly you have a strong feeling that has nothing to do with using tobacco. Why does this happen?

The answer depends on how you used tobacco. Did you use it to relieve stress and calm yourself down when you were feeling angry, frustrated or anxious? If so, your body and mind may be searching for another way to manage these feelings. Think about what you can do instead of smoking. Make sure it is something that's fun, exciting and rewarding.





Frank's story:

Frank used this program and found a great solution. When Frank quit smoking, he was no fun to be around. He was sad all the time and became angry over small things. He told us that he really wanted to smoke during these times, so one day he decided to try something different.

When he started to feel angry, he went to the gym and hit a racquetball against the wall as hard as he could. He couldn't believe how quickly it took away his anger and desire to smoke! From then on, Frank packed his racquet in his backpack and played each day. Can you think of something like this that could work for you?

My ideas:

Don't ignore your strong feelings — they are telling you something! Just like Frank, you too can turn your strong feelings into something fun and rewarding — and stay quit for life.

A.C.E. model to stay quit

The A.C.E. model is a proven way to avoid having that first smoke after you quit. **Avoid** people and places that may give you an urge to smoke. If you can't avoid them, **Cope** with the situation using the skills you practiced. If the coping skills aren't working, **Escape**. Leave before you have a cigarette.

Now your work is to stay quit for good. Here are some ways to stay on track:

- **Do not smoke — not even one puff.**

Do not tell yourself "it is okay to have just one." This is not true. If you have a cigarette — even one puff — it is very easy to start smoking again. Everyone who returns to smoking starts with "just one puff."

- **Make staying quit your #1 goal.**

You have done a lot of work to get this far. Make this your goal so you never have to go through this again!

- **Keep using quit medicines.**

Use them every day for at least eight weeks. Call your Quit Coach or your doctor if you have questions or concerns.

- **Ask for help and support.**

Call your allies or your Quit Coach for help if you feel stressed, angry or just plain down, especially in the first few weeks after quitting.

- **Stay away from people who are smoking.**

Make sure people know you have quit and ask them not to offer you any cigarettes. Use your coping skills to deal with urges to smoke. Stay away from places where people smoke.

- **Keep using your coping skills.**

You are more likely to stay quit if you use coping skills that work for you.

- **Limit alcohol.**

Many people go back to smoking when they have a drink. Try to drink as little alcohol as you can for the first month or so. Stay away from smoky bars and taverns at first.⁷ If you must drink, know that urges may be stronger. Use your coping skills and the A.C.E. model.

- **Avoid high-risk situations.**

These are places or people that may give you the urge to smoke. Stay away from them if you can.

- **Learn from the past.**

Have you tried to quit before? Think about why you started smoking again. Plan what to do if it happens again.

Risky thinking

Here are four kinds of risky thinking that often lead back to smoking. If you find yourself having risky thoughts, try replacing them with more helpful thoughts.

Risky thought

I remember the good old days, when I used to smoke and felt so cool.

Helpful thought

Now that I am free of tobacco, I feel so healthy. I'm so glad I quit smoking!

Risky thought

I should be able to smoke just one cigarette once in a while.

Helpful thought

I know that if I have one cigarette, I will likely have another. It's a slippery slope.

Risky thought

I'm dealing with
a lot right now.
I deserve a cigarette.

Helpful thought

If I smoke a cigarette
now, I'll feel worse
in the long run.
I deserve a healthy life.

Risky thought

I would rather deal
with the consequences
of smoking than
gain weight!

Helpful thought

Smoking harms my
entire body. If I eat
healthy foods, I can
minimize weight gain
and be healthier!

What if I slip?

A slip is when you have a cigarette, cigar, pipe or even a puff after your quit date. Here is what you can do if you slip:

- **Use positive self-talk.**
Tell yourself, "This is only one slip. I will do things differently next time."
- **Learn from your slip.**
Figure out what caused the slip and what you can do the next time you have an urge to smoke. Take a look at your list of coping skills (pages 25-27).
- **If you are using a quit medicine, keep using it.**
Continuing to use a quit medication when slipping will help you get back on track to quit for good.
- **Get support.**
Call your Quit Coach and talk about ways to keep from having more slips.
- **If you slip, do not give up.**
Call your Quit Coach for more ideas.

Reward yourself

Some people reward themselves for quitting smoking. Now is the time to start thinking about what kind of reward you would like. Rewards can be small, large, frequent or once in a while. Here are some ideas:

Small rewards

- Dinner out
- Massage
- New pair of shoes
- New music

Large rewards

- Exotic vacation
- New car or truck
- Kitchen or bathroom remodel
- Gym membership

Why you may gain weight

You may worry about gaining weight. And it is true you may gain weight when you quit smoking. Most people gain about 10 pounds. Some do not gain any weight at all. Here are some reasons you may gain weight when you quit smoking:

- **You burn fewer calories each day.**

Smoking a pack a day burns about 200 calories. After you quit you may burn fewer calories each day.

- **You may be eating more calories than your body needs.**

Some people eat more after they quit. This is because they eat when they get a craving for a cigarette or want to do something with their hands or mouth.

- **You may not be active enough.**

You may need to be more active to not gain weight. Being active most days of the week will help you stay at a healthy weight. If you decide to start an exercise program, please talk to your doctor first and follow his or her advice.



Don't just quit, become a non-smoker

Ways to manage your weight

You will likely not gain weight if you are active at least 30 minutes a day, limit how much you eat and eat healthy food. If you are worried about your weight gain, try these ideas:

Stay active!

Walk for 10 minutes, twice a day. This can keep you from gaining 10 pounds a year! Take the stairs instead of the elevator or park farther away so you need to walk a little farther to your job, home or grocery store.

Move around — everything counts

- Light housework
- Working on your car
- Slow walks
- Gardening
- Playing with your children
- Raking leaves

Check with your doctor to see what kinds of activities you can do

Eat healthy snacks

Everyone snacks. People snack because they are hungry, bored or restless. Here are some healthy snack ideas if you are really hungry:

- Apple or banana.
- Slices of chilled cucumber.
- 1 cup of blueberries or grapes.
- Chilled carrots and celery sticks.
- A serving of raw almonds.

Keep weight off with the right foods

Your weight is affected by the foods you eat and how you cook them. Try these ideas to keep your weight gain low:

- Eat nine to twelve servings of fruits and vegetables per day
- Eat two to three servings of low-fat dairy per day
- Eat one to two servings of fish, lean meat, beans or tofu per day
- Eat more whole foods and fewer processed foods per day
- Reduce fat intake to 25 percent of daily calories (or less)

Chronic conditions

If you have any of these conditions, quitting smoking can help.

When you have asthma and smoke:

- You are more likely to have an asthma attack because smoke can trigger these attacks.
- Asthma attacks may be more severe, and you are more likely to be hospitalized because of your asthma.
- Family and friends with asthma are at risk from secondhand smoke (when you smoke and they do not).

When you stop smoking:

- Your lungs and airways are clear of smoke, which is one of the most common triggers of asthma attacks.
- You can better control your asthma symptoms and may need less asthma medicine.
- Your airways are clearer and it is easier for you to breathe.

When you have Chronic Obstructive Pulmonary Disease (COPD) and smoke:

- It gets harder and harder to breathe because the smoke continues to damage your lungs.
- You have higher risk of serious lung infections, such as pneumonia.
- Your COPD will continue to get worse and you are likely to need more oxygen to help you breathe.

When you stop smoking:

- You will stop damaging your lungs and your breathing should get better.
- You will cough less and be less likely to get lung infections.
- You may not need extra oxygen to help you breathe and skin infections.

When you have diabetes and smoke:

- Your risk of diabetes and strokes is very high.
- You are more likely to get cancer of the lung, mouth, throat, esophagus, bladder, kidney, pancreas, and so on.
- You are at risk for breathing problems and lung diseases, such as COPD, asthma and pneumonia.
- Blood sugar medicines and insulin shots may not work as well.

When you stop smoking:

- Your risk of heart disease goes down soon after you quit and continues to go down as long as you stay quit.
- You have less risk of getting cancer and other complications of diabetes, including loss of vision, kidney disease, nerve damage and skin infections.
- You will be able to better control your blood sugar with insulin or other medicines.

When you have heart disease and smoke:

- You have double the risk of getting a heart attack or stroke than people with heart disease who do not smoke.
- Smoking increases blood pressure and heart rate and causes damage (clogging and hardening) in your blood vessels.
- If you are taking birth control pills, you are at even greater risk for heart attacks and strokes.

When you stop smoking:

- Your blood pressure and heart rate go down very soon after you quit, and your risk of having a heart attack or stroke also goes down.
- The damage to your blood vessels caused by smoking starts to repair itself.
- If you have a heart attack, you are less likely to die from it, and if you have had a heart attack before, you are less likely to have another one.

Quit the spit

If you are reading this you probably chew or “dip” tobacco and smoke. You may use moist snuff or chewing tobacco, or both. Maybe you have tried to quit before but found it very hard. The information in this section will help you quit using these types of tobacco for good. We give you a step-by-step plan to quit so that you can become completely free of smoked and chewed tobacco. We will refer to snuff and chewing tobacco as spit tobacco in this section of the guide.

Should I quit smoking and spit tobacco at the same time?

The simple answer is yes. Quitting both at the same time will help you stay quit for good and receive all the health benefits of being totally free of tobacco.

Dangers of spit tobacco

Unlike smoking, spit tobacco does not cause lung cancer or emphysema. But that is where the good news ends. Spit tobacco is known to cause other health problems that can shorten your life and make life less enjoyable. These include cancer of the mouth, tooth decay gum problems that can lead to tooth loss, and some research has shown that spit tobacco is also linked to heart disease and high blood pressure.

Addiction to nicotine

Spit tobacco gives you a lot of nicotine. In fact, someone who uses two tins per week of moist snuff is getting about the same amount of nicotine as a person who smokes 30 cigarettes per day! Most users of spit tobacco take in more nicotine each day than a typical smoker does. This can make it hard to quit spit tobacco.

The top-selling brands of spit tobacco have the most nicotine. In fact, the makers of these products actually treat the tobacco with chemicals (ammonia) to help the nicotine be absorbed into your body more quickly. Also, between 50 and 70 percent of the nicotine is what is called “free nicotine.” This is nicotine that is absorbed into your mouth very, very quickly. This makes you more addicted to nicotine.

So, if you smoke and use spit tobacco you may be VERY addicted to nicotine. The information that follows will help you quit for good.

List your reasons to quit

Chewers can have many reasons to quit. Take a minute and think about why you want to quit spit tobacco. It is a good idea to post your reasons somewhere you will see them each day. Doing this will help you stay motivated to quit. Examples may be the following:

- To avoid health problems.
- To prove I can do it.
- I have sores or white patches in my mouth.
- To please someone I care about.
- To set a good example for my kids or other kids.
- To save money.
- I'm tired of the taste.
- I have gum or tooth problems.
- My physician or dentist told me to quit.
- People look at me funny when I spit.
- Because it's banned at work or school.
- I don't want it to control me.
- My girlfriend/boyfriend (or a person I'd like to date) hates it.
- My wife/husband/partner hates it.

My reasons:

Create your quit plan

Here is a step-by-step plan to stop using spit tobacco.

Set your quit date

Do you have a date to quit smoking? Why not make that same date you quit using spit tobacco? Take a minute and add a note to your quit calendar that you are quitting spit tobacco the same day you quit smoking.

Learn to control your urges to chew before you quit

It is a good idea to track when and where you chew or dip, and what you are doing or feeling at the time. When you do this, you can figure out what you are going to do instead of chewing. You may want to complete the tracking worksheet (page 8) for a couple days. Then pick out some coping strategies below and give them a try.

Use quit medicines

Most people who smoke and chew will have more success quitting if they use a quit medicine⁵. You can choose between a medicine that has nicotine in it and pills that have no nicotine. Many people who both smoke and chew do better if they use two nicotine medicines, such as the patch and gum or the patch and lozenges at the same time.⁸ Your Quit Coach can tell you more and help answer your questions.

Once you quit, stay quit for life

Once you quit, you can stay quit by watching out for difficult situations, such as stress or being around other chewers. Don't forget the A.C.E. model:

- **Avoid other chewers and situations where you always chew.**
If you can't avoid these, then ...
- **Cope using oral substitutes and remembering why you want to quit.**
If coping is not working, then ...
- **Escape the situation by leaving.**
Protect your health — you are worth it.

Track your spit tobacco use

On page 8 there is a track your smoking worksheet. You can use this to track your spit tobacco at the same time as you track your smoking. Many smokers and chewers find this exercise helps them see patterns in their smoking and chewing that they didn't notice before.

- Avoid being around other spit tobacco users when you can.
- Use an herbal substitute when you have a craving to take a dip or chew.
- Use other oral substitutes such as hard candy, chewing gum or sunflower seeds.
- Keep reminding yourself why you want to stop chewing or dipping. Try posting reminder notes.
- Mix up your routine to avoid places and activities that give you the urge to chew or dip.

My ideas:

Should I “taper” before quitting?

If you use more than two tins per week, you may want to “taper” or reduce your nicotine intake slowly before you quit for good. There are a couple ways to do that. One is to reduce how much you use over the course of two to three weeks by taking smaller dips or chews and spacing them farther and farther apart. The other way is to use an herbal substitute that you can mix with your spit tobacco before quitting.

Three-week taper method:

Using this method you will reduce your nicotine by at least half (50 percent). If you want to taper down even more, you can take a week or two longer to taper further.

- **Week 1:** Track how many tins or pouches you chew for one week. Write it down.
- **Week 2:** Reduce how much spit tobacco you use by one-quarter. For example: If you found in week 1 that you normally use one tin or one pouch a day, reduce back to three-quarters of a tin or pouch during week 2.
- **Week 3:** This is the week before you quit. Cut back to one-half the amount you used in week 1.
- **Week 4:** This is the week you quit.

Three-week herbal substitute method:

Using this method, you can reduce your nicotine by half (50 percent) or more. If you want to reduce even more, you can take a week or two longer to taper further. Herbal substitutes, such as Mint Chew, BACC OFF, Golden Eagle Herbal Chew or Smoky Mountain Herbal Chew, can be found in many convenience stores or online. Check to make sure the herbal brand you get does not contain any tobacco.

- **Week 1:** Track how many tins or pouches you chew for one week. Write it down.
- **Week 2:** Empty how much tobacco you normally use per day on a plate. Take away one-quarter of the tobacco and mix in some herbal substitute.

Important note: It is very important to mix the tobacco and herbal substitute together very well. “Long-cut” tobacco is harder to mix well than “fine-cut.” You may want to switch to a fine-cut brand before you start reducing. If you use Skoal Long Cut, you can switch to Skoal Fine Cut. This will help you mix the tobacco with the herbal substitute so they are blended very well.

- **Week 3:** Repeat what you did for week 2, but instead take away one-half of the tobacco and replace it with an herbal substitute.
- **Week 4:** This is the week you quit.

Remember that your Quit Coach is available seven days a week to help you achieve your goal of being tobacco-free for life. Call if you need help!

Help someone else

Congratulations on quitting for good. You have done what many people are still trying to do — quit their deadly addiction to smoking. Give your support to someone you know who is trying to quit smoking or even thinking about quitting. Helping others is a great way to stay quit.

We are always here to help you stay quit for life. Feel free to call your Quit Coach for help at any time.

Congratulations on quitting for good!

Citations

- 1 The mini-quit protocol came from 2008 Clinical Practice Guideline Update: Treating Tobacco Use and Dependence, which outlines the STAR model. The "A" is "anticipate challenges ... provide practical counseling including problem solving and skills training; identify and practice coping or problem solving skills." (table 6.19 p 98)
- 2 American Lung Association, lung.org/associations/states/colorado/tobacco/
- 3 Surgeon General's report, CDC (Centers for Disease Control and Prevention), cdc.gov/tobacco/data_statistics/fact_sheets/health_effects/tobacco_related_mortality/
- 4 American Lung Association cdc, cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm#benefits
- 5 US Clinical Practice Guideline 2008 Update: Treating Tobacco Use and Dependence. Strength of Evidence A (p. 106)
- 6 Addiction. 2004 Jan;99(1):29-38. Shape of the relapse curve and long-term abstinence among untreated smokers. " Hughes JR
- 7 Nicotine Tob Res. 2006 Dec;8 Suppl 1:S21-5. Integrated online services for smokers and drinkers? Use of the check your drinking assessment screener by participants of the Stop Smoking Center. Cunningham JA
- 8 Clinical Practice Guideline *Treating tobacco use and dependence. 2008.*

Sources

American Lung Association: February 2014. lung.org. Available online.

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COPD Disease Global Initiative for Chronic Obstructive Disease. COPD Diagnosis and Management At-A-Glance Desk Reference: goldcopd.org/guidelines-pocket-guide-to-copd-diagnosis.html Pulmonary," 2009. Available online.

"At a Glance Outpatient Management Reference for COPD Disease National Jewish Medical Heart, Lung, and Research Center," Chronic Obstructive Pulmonary Disease, 2009. Available online.

"COPD: Lifestyle Management," National Jewish Medical and Research Center, 2009. Available online.



Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

If you would like more information or have any questions about this guide please contact us:

Oregon Tobacco Quit Line

1-800-QUIT-NOW (1-800-784-8669)

TTY: 1-877-777-6534

Spanish: 1-855-DEJELO-YA

www.smokefreeoregon.com

www.quitnow.net/oregon

Spanish: www.quitnow.net/oregonsp



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