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Some Chilling Facts About Smoking

seem like a scare tactic. But take another hard look at the factsadvertisements for over a quarter century. To continue dwelling on the dangers may The good news first, or the bad news? It's not really news at all that smoking is bad be scared into quitting for you. The Surgeon General's warning has appeared on all cigarette packaging and -maybe you *sbould*

The had news

- In plain and simple terms: smoking will take an average of seven years off your life well as cancers of the bladder, kidney, pancreas, stomach and uterine cervix United States is related to smoking-Your risk of heart disease is doubled if you smoke. One out of every six deaths in the That includes cancer of all kinds: lung cancer, mouth and throat cancer, as -and almost one out of every three deaths from
- Chronic bronchitis is also common: it's an irritation and inflammation of the breathing tubes that can be treated most effectively after you quit smoking.
- symptoms of COPD can be treated with bronchodilator maintenance therapy such as Emphysema is a more serious condition that makes breathing difficult. It is often a diseases known as COPD (chronic obstructive pulmonary disease). Fortunately, the consequence of chronic bronchitis. Chronic bronchitis and emphysema are among the ATROVENT* (ipratropium bromide).*
- Here's what you inhale in cigarette smoke:
- · cyanide (a deadly poison)
- acetylene (a fuel used in torches)
- ammonia (a common ingredient in cleaning products)
- acetone (a chemical in fingernail polish remover)
- a total of more than 4,000 chemicals--43 of which are known to cause cancer
- smoke. (Fortunately, women who have quit can expect a natural menopause.) Menopause occurs about one to two years earlier than normal for women who
- More and more public space is becoming off-limits to smokers. Thirty-three states have restricted smoking in the workplace and smoking is prohibited on all domestic airline flights.

"I've Smoked All My Life--What Good is Quitting Now?"

The good news

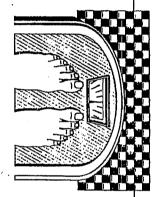
- IT'S NEVER TOO LATE. When you quit smoking for good, you dramatically reduce quitting, your risk of lung cancer is only slightly higher than that of a nonsmoker. chance of heart disease is no more than that of a nonsmoker. Fifteen years after your risk of death from lung cancer and heart disease. Ten years after quitting, your
- discounts to nonsmokers. Doctor bills and sick days can add up. What's more, many insurance companies offer YOU'LL SAVE A BUNDLE. A pack a day costs from \$600 to more than \$700 a year.
- YOU'LL LOOK AND FEEL MUCH BETTER. No more vellow teeth, clothes that smell or persistent coughs.

"Smoking is the single most important preventable cause of death in the U.S."

take them to heart. Nearly half of America's smokers have quit. is yours people who are living longer, healthier lives. You could be one of them. The choice You've probably heard the Surgeon General's words many times-now is the time to That's about 40 million

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"I'd Quit...But I Don't Want to Gain Weight."

pounds. Only 3.5% of those who quit gain more than 20 pounds Though most people do-gain some weight, the average weight gain is only about five Contrary to popular belief, weight gain does not necessarily follow smoking cessation.

quitting. Which are most appropriate for you? The following are some suggestions to help keep your weight gain minimal after

"I started snacking and I couldn't stop."

decide to quit, be sure to have some low-calorie snack foods on hand; unbuttered remember. popcorn, fresh fruit, vegetables or even sugarless candy are some good options to Increased cravings are a typical but temporary stage of nicotine withdrawal. When you

"I was doing so well I started to reward myself with food."

smoking. Or do something you've always wanted to do like taking a dance class or food. Instead, buy yourself something frivolous with the money you've saved by not It's fine to reward yourself. In fact, you should do it regularly. -but not exclusively with

"I've developed an intense sweet tooth."

If you develop a taste for sweets, satisfy it with fresh fruit. An orange or tangerine might for something sweet. hit the spot. Or conversely, eat something sour. Sour foods can often fulfill the craving

"Simple foods tasted so good. I found it hard to stop eating."

these simple pleasures as long as you go easy for a while on the richer, spicier dishes After you quit, your palate may regain some of the sensitivity it lost while you were smoking. Simple foodseven bread—can taste better. It's fine to inclulge a bit with

"I have a much bigger appetite now."

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weight. But if you do, try exercising more often or for longer periods. your appetite with healthy, low-calorie foods, you shouldn't have any trouble with your Quitting eigarettes improves your health as well as your appetite. As long as you satisfy

"Eating seems to be the only way to relieve my jitters."

to cigarettes. Instead, sip on water throughout the day and eat a lot of raw vegetables. If withdrawal jitters continue for more than a few days, don't give in to food or go back

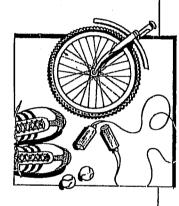
"I'm eating no differently than when I smoked and I'm still gaining."

No one is sure why this happens, but it does to a very small group of people. Drastic in check. dieting is not required. Small cutbacks or increased exercise should keep your weight

Adapted from: Burton D. The American Cancer Society's "Freshstart: 21 Days to Stop Smoking," New York. Simon & Schuster. 1986.

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should definitely be starting another: regular exercise You may be kicking one habit, but to stay healthy and improve your breathing, you Take a Deep Breath--Hints for Exercise and Better Breathing

of breath may be that you don't exercise! because you get tired and short of breath. But part of the reason you get tired and short If you're like most people, exercise can be a Catch-22—you don't exercise much

add something enjoyable to your exercise: music, a pleasant view, or maybe a treat a date with yourself than with someone else.) So it doesn't seem like a chore, plan to to find a partner or a couple of friends to exercise with. (You're more likely to break slowly. First, afterwards Then plan a regular time each day when you're least likely to cancel or be tired. Try It's really not hard to break this vicious circle. The trick is to be patient and start consult your doctor to develop an exercise routine that's right for you.

Start with a rule of thumb:

your lips. Try to double the time it takes you to breathe out versus in. sturdy. Relax your upper body, letting your head and arms hang down. Then purse take your pulse. Stay calm. Sit down if you can; otherwise, lean or hold onto something minute faster than it is at rest. If you start to feel short of breath, stop exercising and Whatever exercise you do, your pulse rate should climb no higher than 20 beats per



To take your pulse, place the first two fingers of your right hand on your left wrist, as shown. Count the beats for a 15-second period and multiply that number by 4.

Take a little test

or diaphragm, is much lowerbut your belly. Too many people breathe from up in their chest. The breathing muscle. adults!) To be sure you're doing it right, what you need to think about is not your lungs You'd be surprised at how many of us don't breathe properly. (About a third of all about level with your belly button.

upright in a chair and hold one hand on your chest and the other on your stomach. you will build the strength of your diaphragm and breathe more efficiently. Concentrate on breathing so that your stomach is doing most of the work. Over time A good way to warm up for exercise is to practice breathing from your belly. Sit

Take a walk

areas and get to know your neighborhood. Or you might plan some of your errands or a comfortable pair of shoes and loose clothes—and head out. You could explore new You don't need a high-tech exercise plan to enjoy yourself and get tremendous benefits visits around a daily walk Walking is one of the healthiest, easiest and most enjoyable ways to get exercise. . Put on

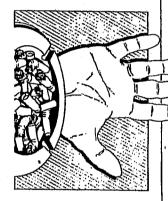
pursed-lip breathing as described above While you re walking, relax your upper body and keep a comfortable, easy pace. Be careful not to overexert yourself. If you feel short of breath, stop, relax and practice

Lise your imagination

before starting out. gardening, dancing, swimming, bike riding, just be sure to consult with your doctor going and your heart pumping that don't need to be overly strenuous. More frequent walking is just a start. There are many activities to get your lungs

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Smeking:

How to Call it Quits

your risk of serious illness like lung cancer, heart disease and emphysema. What are you more easily, you'll save money and you'll have fresh breath. Most important, you'll cut waiting for? And then it gets better and better. You'll stop coughing, have fewer colds and breathe psychologically and physically. You'll start feeling the benefits even in the first week. first couple of days. Once you get past that initial challenge, it gets much easier—both it before you, and each year another 4 million break the habit. The toughest part is the Smoking is a hard habit to quit, but you can do it. Forty million Americans have done

Here are a few straightforward suggestions to help you out:

"I like the way smoking tastes and feels."

in your favor. Most people gain no more than five pounds after they quit that are healthful and low in calories. If you're worried about your weight, the odds are Whatever you try, be careful with substitutes. Be sure you replace cigarettes with foods carrots, celery and other healthful snacks to replace the oral satisfaction of smoking First of all, try switching to a brand you don't enjoy. Then try chewing gum or eating

"It relieves my stress."

with when the desire to smoke becomes strong. When you feel that urge, take a walk, cold, when a cigarette doesn't taste as good. Buy yourself a stress-relieving toy to fidget during a break in your routine-Most smokers feel they need to smoke when they're under pressure. So try quitting call a friend or start a new exercise on vacation when you can relax, or even during a

"Loften don't even notice Em smoking."

Stash your cigarettes in a locked drawer or out-of-the-way place-Spend as much time as you can in no-smoking areas and create some in your home. ashtray for a while. Remove all the ashtrays from the rooms where you usually smoke about changing your behavior. So make smoking an inconvenience. Don't empty your rubber bands, paper or tape. you out of your chair to find them. And make the pack hard to open: bind it with Smoking becomes an ingrained habit that's hard to break unless you consciously think -somewhere that gets

through them. And look for support from your family, friends and co-workers. Most likely, they'll be very glad to be helpful. Remember that the hardest time is always the first two days. Reward yourself for getting Nicotine is a tough opponent, but you can be tougher. Your life may depend on it.

programs and techniques to help you quit: Here are a few organizations you can contact for more specific information on

American Cancer Society 1599 Clifton Road, N.E. Atlanta, Georgia 30329 1-800-ACS-2345

National Cancer Institute 9000 Rockville Pike Building 31, Room 4A-18 Bethesda. Maryland 20892 1-800-4-CANCER

American Heart Association
National Center
7320 Greenville Avenue
Dallas, Texas 75231
(214) 373-6300

Office on Smoking and Health Centers for Disease Control 1600 Clifton Road Mailstop K-50 Atlanta, Georgia 30333 (404) 488-5708

American Lung Association 1740 Broadway New York, New York 10019-4374 (212) 315-8700

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RESPONSES 10 PATIENTS' COMMON QUESTIONS BND CONCERNS

H Won't н gain weight ۲. H Н gtop smoking?

Not every person who stops smoking gains

Average weight gains are smallfor people who ф gain

(5-10 lbs.)

Don't diet : now--there non-smoker will ф time after you are 9

withdrawal Exercise Ľ. and an T ςţ effective avoid weight technique gain. ព cope with

Avoid sticks high-calorie and fruits are snacks. good snacks. Vegetables such 26 carrot

The the risks risks ಕ 8 health health from smoking are far a small weight (r greater gain. than

wrinkled teeth, appearance. smallbad increase skin. breath, Smoking ij stale weight may ĘS unattractive, ca clothing odors, not hurt causing rs, and p Your possibly yellow

2 don't have the willpower გ ე stop smoking

More than ω million Americans doas smoking every year

are Not successful everyone succeeds after several the first attempts time, tud many people

materials HD variety will giv give of tips you. ţ help you Ë the written

[will give you all the support I can.

ω I smol smoke need only ç low-tar/low-nicotine stop. cigarettes, 0

There ŗ. og such thing S ρ safe cigarette

Many smokers compensate for inhale low nicotine more often levels R more ä these deeply cigarettes

4. НS period μ. ct better 0f ter to stop "cold turkey" 유 over ø

There is no "best way."

Most successful former smokers quit "cold turkey.

5. What about insomnia?

dots nicotine dependence, weeks. smokers smoking. report having problems. If these symptoms are they should disappear are sleeping related within ф after 2-3

9 Why do Н cough more now that I've stopped?

represents in the lungs' temporary response About coughing 20 percent recovery after ability Of f they stop thought of the former ព remove phlegm, ne lungs' defen smokers to be smoking. caused by defense mechanisms. report This S an ۲r S an increase actually increase

7. Now occasionally? that I've stopped, can H smoke ρ cigarette

No. in most Nicotine former addiction smokers. seems ដ 96 retriggered quickly

Don't risk getting hooked again

(C) Will 型 body recover from the effects O H smoking?

lung Some O H tissue the ä damage may be emphysema. permanent, such S loss g H

Other functions ability to remove are phlegm. recovered, such 25 the lung's

The disappears increased in less risk than of heart 10 years disease after due stopping. ç smoking

The years increased risk Of fi lung cancer disappears within

9 I'd like cessation program? stop Ħ droup setting. Where can н find

Association, the American Cancer OH, local hospitals. Society, the American

about stop-smoking programs counselors Service the people toll free National about are also doas stopping without at 1-800-4-CANCER Cancer available at the and the help of Institute's in your ç provide written this area. for suggestions Cancer Information number format Trained ф

10. Should Н tell other people H trying _ნ stop?

Yes. friends, Patients and co-workers should enlist the groddns О Н family,

11. What should Н ф when Н get 9 urge ç Ç smoke?

Some a cinnamon people stick relieve S H cravings eating ρ by chewing gum, carrot stick. sucking

withdrawal. Cravings for cigarettes are ω normal part Of.

Most subside cravings last for only Ω few minutes and

Cravings become rare after a few weeks.

Use nicotine gum, if prescribed.

12. When concentrate. Н don't smoke, Н feel restless, and Н can't

These are normal symptoms of nicotine withdrawal.

stopping. symptoms are most acute in the first ω days after

These symptoms will disappear after ω few weeks

13. What other withdrawal symptoms will Н have?

Some smokers have few g no withdrawal symptoms.

mild constipation. Other headache, Common symptoms and gastrointestinal include anxiety, irrications irritability, such as

Few smokers experience all these symptoms.

Like other symptoms, they are only temporary

14. I'd like to afraid I'll become use the addicted nicotine e gum you to it. recommend, but I'm

longer small percentage than the rerecommended of. people 3-6 do use months. nicotine gum

gum t they use ney use gradually without the amount discomfort, OH H of nicotine until they

1 10

pamphlet. waiting Air 1-800-4-CANCER. For out section of this Good Kit. Each kit to NCI or plus and as TOOM. additional materials calling the Cancer other Clearing the Air (apprendiction) quit Forms guide for contains the Air (appendix C).
nandouts can be ordered tips are also included in the tearfor are 50 Information Service at for ordering NCI's contained the physician and in the Clearing by writing Free copies Quit NCI For the

Tips for preparing to stop.

negative Decide positively thoughts that you want about Mod difficult ф ф stop. ult it might Try to avoid be.

before List all going the reasons to bed, you want to repeat one ф of the reasons Every night 10 times

rushing out health Develop all the and strong personal read obligations to time to buy you waste a pack, reasons others. taking cigarette breaks, , hunting for a light. et hunting in addition to your For example, think etc

rest; exercise Begin and ģ condition program; drink l avoid fatigue. drink more yourself physically: fluids; get plenty Start ρι Of. modest

Know what to expect:

Americans it's Have realistic not impossible dots smoking every expectations--stopping either. More Year oing isn't easy, than 3 million but

are appear Understand that withdrawal from healthy signs that its long exposure Sp smoking cessation, as the body begins ţ the zts nicotine. withdrawal symptoms body is repairing itself nicotine. Within 24 hours of symptoms healing process are temporary may

after stopping, when withdrawal and your body is still dependent period successfully. sdra personal that Know that most relapses occur that this resources -- will power, work will be your for you--to hardest dependent get in the you through time, and family, symptoms on nicotine. first week or friends, use are strongest Be aware and critical any

Involve someone else:

strengthen you smoke. Your ρ cigarette mo friend your (But money aside if you do, resolve and on your don't every ŽŢŢ again). give day, target ,ďn and date. Pud forfeit Ardurs 14 řf

Ask Your spouse OH, р friend о ф dots with you.

before when. Tell your and They family a... after and you an stop. friends important that you're source of stopping support and both

2. Tips for just before stopping.

Practice going without cigarettes.

Don't ä n't think terms of H Off f never smoking a time again. Think Of. stopping

Stop Make carrying cigarettes them difficult to go get with ტ • you at home and at work.

and Aurem Don't smel1 cigarettes empty О Н) your stale butts will be very u ashtrays. This will unpleasant remind and the noĀ sight С Н

represents container as Collect all Your ρ visual cigarette reminder butts С Н in one large the Hess smoking glass

Tips for the day you stop.

lighters Throw away all and ashtrays. your cigarettes and matches Hide your

Clean which your linger clothes ω long ö rid them time. Of the cigarette smell

now. you may yourself--at Develop 90 ω clean, fresh, nonsmoking -at work and at home. Bu a surprised how much you fresh, nonsmoking Buy Buy yourself environment their flowers-around scent

rid resolve Visit O H the tobacco ឲ dentist keep stains. them that and have Notice l way. how teeth cleaned nice they look, to get

cigarettes someone Make list else. and О Н put things Estimate the you'd money the cost like aside ф О ä g terms buy for Ang or yourself these packs 8

Keep exercise, very busy take long walks, on the big day. 유 go bike ဝ ф the riding. movies,

Buy yourself celebrate ρ treat or do something special

Stay resolve Yewe (this from other need only smokers ф Ø if they temporary could weaken measure). your

attempt. Remember that one cigarette could ruin a successful

Remember that alcohol will weaken willpower

Refuse ដ allow anything ф change your mind.

- 4 rips ģ help you cope with the urge ಕ smoke.
- o. you're urge First, o to þ remind yourself that smoke nonsmoker. and ask If that you've stopped Then, look closely at yourself: your and

Where was I when I got the urge?

What was I doing at the time?

Who was I with?

What was I thinking?

b. Thank about why you've stopped:

Repeat three main to yourself reasons for (aloud if stopping. you are alone) your

then Write three down your thr three main for smoking. reasons for stopping,

Ö Anticipate triggers and prepare ថ avoid them:

Keep your hands busy--doodle, knit, type ρ letter.

nonsmoking friends. Avoid people who smoke; spend more time with

shower). Find (gardening, exercise, activities that make washing smoking the difficult car, taking Ø

drinking st inhale air. sunflower mouth. sugarless something Keep straw into cigarette-sized pieces gum instead seeds, oral Use other than a apples, stead of ω substitutes mouthwash. a cigarette. celery, cigarette handy--try raisins, in your Cut carrots, 6 H and

Change and your move surroundings when about ႘ ф something an urge hits; else. get

the nonsmoking section in restaurants, Avoid places where smoking r. permitted. trains, **118** ä and

minutes you. Look at your You'll find watch whenever the urge will an urge to vill only l last smoke hits ρ

sign. times While rubber really and you do band a few times and ou do this, picture in your mind a red You might try this at home aloud a few and then do it silently when in public. feel-like you want rubber band picture in your mind around your a cigarette, in your mind gnap When say few red STOP. stop

you will get Car first prepared ride, Will vacation, through be-in a first for "first t period of high-risk situation, it without smoking time times" boredom. home as alone, om. If a nonsmoker plan how you you first know long your

è Change habits your daily routine and patterns. in order ដូ break your

After teeth g meals, take get Ω walk. ďn from the you do things table; brush your

Don't sit ij your favorite chair.

particularly

Your

morning

routine

Change

the

order

in which

Eat your lunch Ħ מ different location.

Use positive thoughts:

you remind reasons ind yourself don't want t self-defeating thoughts aind yourself again that ф smoke, and you're start that 8 you have a nonsmoker, creep in, good that

in 4. 1

1 10

rips

planning a perfect vacation: work on when thoughts about cigarettes start trouble trouble. example, on that I to give plan start you

including children. Remind your feel normal and healthy without Look around at al1 the people yourself who cigarettes. don't smoke, that they

H Use relaxation techniques.

H

five, Breathe breathe in deeply out and slowly, slowly, counting while o t you count five again. ξ

match. Preten in an ashtray. Lighting Take 10 deep breaths Pretend it's a cigarette, and and hold the last and crush it blow out. one while the out

flows. able You о С can't when you concentrate, need ţo, don't when the worry. adrenaline You'll

5 Tips for coping with relapse.

doas smoking immediately

Get rid of Aue cigarettes you may have.

regular down smoker three again. reasons why you ought ដ become

smoker start had Your വ first cigarette or mall setback and smol again. ad a slip. setback doesn't make two didn't make cigarette A Slip means you've you a or two. you a smoker But

you're a it's impo track immediately. Don't re a failure or that you can't be important to get yourself back or be hard 9 yourself. One slip 9 doesn't mean a nonsmoker, the nonsmoking but

good Realize that most successful former smokers only after more than one attempt. doas for

again. prompted you to smoke? decide now how you'll o Identify the trigger: cope Exactly what was Be aware of the cope with it when trigger it comes 4 comes that and ďn

Sign contract with yourself ö remain ρι nonsmoker

1. Won't I gain weight if I stop smoking?

- Not every person who stops smoking gains weight
- · Werage weight gains are small for people who do gain is to ilsa
- · horr diet now there will be time after our are an established noismoker.
- Exercise is an effective technique to cope with withdrawal and to avoid weight gain.

Common Questions and Concorns

- Avoid high-calorie smacks. Vegetables (such as currot sucks) and fruits are good smacks.
- The risks to health from smoking are far greater than the risks to health from a small weight gain.
- A small increase in weight may not burt your appearance. Smoking is unautractive, causing yellow teeth, bad breath, state clothing odors, and, possibly, wrinkled skin.

2. I don't have the willpower to stop smoking.

- More than 3 million Americans stop smoking every year.
- Not everyone succeeds the first time, but many people are successful after several attempts.
- There are a variety of tips to help you in the written materials I will give you
- · I will give you all the support I can.

3. I smoke only low-tar/low-nicotine cigarettes, so I don't need to stop.

- There is no such thing as a safe cigarette.
- Many smokers inhale more often or more deeply to compensate for low nicotine levels in these cigarettes.

4. Is it better to stop "cold turkey" or over a long period of time?

- There is no "best way."
- · Must successful former smokers quit "cold turkey"

5. What about insomnia?

Many smokers report having problems sleeping after they stop smoking. It these symptoms are related to income dependence, they should disappear within 2-3 weeks.

6. Why do I cough more now that I've stopped?

About 20 percent of former smokers report an increase in coughing after they stop stroking. This is a temporary response thought to be caused by an increase in the lung's ability to remove phiegm, so it actually represents recovery of the lung's defense mechanisms.

7. Now that I've stopped, can I smoke a cigarette occasionally?

No. Nicotine addiction seems to be retriggered quickly in most former smokers bon't risk getting hooked again.

8. Will my body recover from the effects of smoking?

- Some of the damage may be permanent, such as loss of lung tissue in emphysema.
- Other functions are recovered, such as the lung's ability to remove phlegm
- The increased risk of heart disease thre to smoking disappears in less than 10 years after stopping.
- The increased risk of lung cancer disappears within 15 years

9. I'd like to stop in a group setting. Where can I find a cessation program?

- Call the American Cancer Society, the American Lung Association, or local hospitals.
- Most people stop without the help of a formal group. Call the National Cancer Institute's Cancer Information Service toll free at 1-800-4-(ANCER for suggestions about stop-smoking programs in your area. Trained counselors are also available at this number to answer questions about stopping and to provide written materials.

10. Should I tell other people I'm trying to stop?

Yes. Patients should enlist the support of family, friends, and co-workers

11. What should I do when I get an urge to smoke?

Some people relieve cravings by chewing gum, sucking on a cinnamon stick, or eating a currot stick.

- · Cravings for eighrettes are a normal part of withdrawal.
- · Must cravings last for only a few minutes and then subside
- Cravings become rare after a few weeks.
- Use nicotine gum, if prescribed.

12. When I don't smoke, I feel restless, and I can't concentrate.

- These are normal symptoms of nicotine withdrawal
- These symptoms are most acute in the first 3 days after stopping.
- These symptoms will disappear after a few weeks.

13. What other withdrawal symptoms will I have?

- Some smokers have few or no withdrawal symptoms.
- Other common symptoms include unxiety, irritability, mild headache, and gastrointestinal symptoms such as constipation
- · Few smokers experience all these symptoms.
- · Like other symptoms, they are only temporary.

14. I'd like to use the nicotine gum you recommend, but I'm afraid I'll become addicted to it.

- A small percentage of people do use nicotine gum for longer than the recommended 3-6 months.
- Most people are able to reduce the amount of nicotine gum they use gradually, without discomfort, until they stop completely.
- Nicotine gum does not damage the lungs, and nicotine itself is not known to cause cancer, so it is much less harmful than eigarettes.

These and other quit tips are contained in the NCI pamphlet, Clearing the Air (appendix C). Free copies for use as patient handouts can be ordered by writing to NCI or calling the Cancer Information Service at 1-800-4-CANCER. Forms are also included in the tear-out section of this guide for ordering NCI's Quil For Good Kit. Each kit contains 50 copies of Clearing the Air plus additional materials for the physician and waiting room.

1. Tips for preparing to stop

- Decide positively that you want to stop. Try to avoid negative thoughts about how difficult it might be.
- List all the reasons you want to stop. Every night before going to bed, repeat one of the reasons 10 times.
- Develop strong personal reasons in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks rushing out to buy a pack, hunting for a light, etc.
- Begin to condition yourself physically. Start a modest exercise program; drink more fluids; get plenty of rest; and avoid fatigue.

Know what to expect:

- Have realistic expectations stopping isn't easy, but it's not impossible either.
 More than 3 million Americans stop smoking every year.
- Understand that withdrawal symptoms are temporary and are healthy signs
 that the body is repairing itself from its long exposure to nicotine. Within
 24 hours of abrupt smoking cessation, withdrawal symptoms may appear as
 the body begins its healing process.
- Know that most relapses occur in the first week or two after stopping, when withdrawal symptoms are strongest and your body is still dependent on nicotine. Be aware that this will be your hardest time, and use all your personal resources—willpower, family, friends, and any tips that work for you—to get you through this critical period successfully.

Involve someone else:

- Bet a friend you can stop on your target date. Put your cigarette money aside every day, and forfeit it if you smoke. (But if you do, don't give up; simply strengthen your resolve and try again.)
- Ask your spouse or a friend to stop with you.
- Tell your family and friends that you're stopping and when. They can be an
 important source of support both before and after you stop.

2. Tips for just before stopping

- Practice going without eigarettes.
- Don't think of never smoking again. Think of stopping in terms of 1 day at a time.
- Stop carrying eigeneties with you at home and at work: Make them difficult to get to.
- Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day, and the sight and smell of state buts will be very implement.
- Collect all your cigarette butts in one large glass container as a visual reminder of the mess smoking represents.

3. Tips for the day you stop

- Throw away all your cigarettes and matches. Hide your lighters and ashrays.
- Clean your clothes to rid them of the eigerette smell, which z un linger a long time.
- Develop a clean, fresh, norismoking environment around yourself—at work and at home. Buy yourself flowers—you may be surprised how much you can enjoy their scent now.
- Visit the dentist and have your teeth cleaned to get rid of tobacco stains.
 Notice how nice they look, and resolve to keep them that way.
- Make a list of things you'd like to buy for yourself or someone else. Estimate
 the cost in terms of packs of eigerettes and put the money aside to buy these
 presents.
- keep very busy on the big day. Go to the movies, exercise, take long walks, or go lake riding.
- Buy yourself a treat or do something special to celebrate
- Stay away from other smokers if they could weaken your resolve (this need only be a temporary measure).
- · Remember that one cigarette could rum a successful attempt
- Remember that alcohol will weaken willpower.
- Refuse to allow anything to change your mind

4. Tips to help you cope with the urge to smoke

- a. First, remind yourself that you've stopped and you're a nonsmoker. Then, look closely at your urge to smoke and ask yourself:
- Where was I when I got the urge?
- · What was I doing at the time?
- Who was I with?
- What was I thinking

Use relaxation techniques:

- Breathe in deeply and slowly, while you count to five; breathe out slowly, counting to five again.
- Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette, and crush it out in an ashray.
- If you can't concentrate, don't worry. You'll be able to when you need to, when the adrenatine flows.

5. Tips for coping with relapse

- Stop smoking immediately.
- Get rid of any cigarettes you may have.
- Write down three reasons why you ought to become a regular smoker again.
- Recognize that you've had a slip. A slip means you've had a small setback and smoked a cigarette or two. But your first cigarette or two didn't make you a smoker to start with, and a small setback doesn't make you a smoker again.
- Don't be too hard on yourself. One slip doesn't mean you're a failure or that you can't be a nonsmoker, but it's important to get yourself back on the nonsmoking track *immediately*:
- Realize that most successful former smokers stop for good only after more than one attempt.
- Identify the trigger: Exactly what was it that prompted you to smoke? Be aware of the trigger and decide now how you'll cope with it when it comes up again.
- Sign a contract with yourself to remain a nonsmoker.

