

STRATEGIES FOR QUITTING TOBACCO



There is no
“RIGHT WAY”
to quit smoking.

It can take **MULTIPLE ATTEMPTS**
to quit completely.
Every attempt
counts.



**SMOKING
CESSATION
COUNSELING**



improves the chance of
quitting.



START WITH SMALL STEPS

- ✓ **SET A QUIT DATE.** It can be any day of the month. Choosing a date a couple weeks away will give you time to prepare.
- ✓ **DO NOT BUY LARGE QUANTITIES** of cigarettes or other tobacco products. Instead, buy one pack at a time so you run out on your quit date.
- ✓ **PREPARE YOUR SPACES** by throwing away ash trays and lighters and cleaning your car's interior.
- ✓ **IDENTIFY WHAT TRIGGERS YOUR URGE TO SMOKE** so that you can avoid those triggers while trying to quit.
- ✓ **THINK OF HEALTHY WAYS TO DISTRACT YOURSELF** from tobacco cravings. Consider chewing bubble gum, going for a walk, meditating or anything else that takes your mind off smoking.
- ✓ **TELL SOMEONE YOU'RE GOING TO STOP SMOKING** and what day you're going to quit so they can help you stay accountable.



THREE CESSATION STRATEGIES

- 1 “COLD TURKEY”**
 - Completely quitting all tobacco and nicotine-containing products at the same time
 - While some people succeed using this method, many do not, which is why prescription medications and nicotine replacement therapy were developed
- 2 NICOTINE REPLACEMENT THERAPY (NRT)**
 - A pharmaceutical product that delivers measured doses of nicotine
 - Comes in five forms: gum, patch, lozenge, nasal spray or inhaler
 - Can increase chance of success by about 50%
 - Most successful when a longer-acting form of NRT (like the patch) is combined with a shorter-acting form (like gum)
- 3 PRESCRIPTION MEDICATIONS**
 - Two prescription medications are FDA approved for smoking cessation treatment: varenicline (Chantix®) and bupropion (Zyban® and Wellbutrin®)
 - Varenicline and bupropion are safe to use for people with mental illness

TALKING TO YOUR DOCTOR ABOUT CESSATION



- ✓ Tell your doctor, “I want to quit smoking and I want your help.”
- ✓ Explain your quit history.
- ✓ Ask questions about quitting and how your doctor can help.
- ✓ Speak honestly about your experience and desire to quit.
- ✓ Schedule a follow-up appointment to help you stay accountable.
- ✓ Discuss how your medications may change when you quit.
- ✓ Remember, this is a two-way conversation.

NO-COST RESOURCES



QUIT LINES

- 1-800-QUIT-NOW
- 1-877-44U-QUIT

WEBSITES

- Betobaccofree.gov
- Smokefree.gov

