



You Can Quit Tobacco Use

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Health Benefits of Quitting Tobacco Use

After 20 minutes

- Blood pressure and pulse rate drop
- Temperature in hands and feet rises to normal

After 8 hours

- Oxygen level in blood improves

After 24 to 48 hours

- Chance of heart attack decreases
- Nerve endings start re-growing
- Improved ability to smell and taste

After 2 weeks to 3 months

- Circulation improves
- Lung function increases up to 30%
- Walking becomes easier

After 1 to 9 months

- Coughing, sinus congestion, fatigue, and shortness of breath decrease
- Lung cells improve their ability to clean the lungs and reduce infection

After 1 year

- Excess risk of coronary heart disease is half that of a smoker

After 5 years

- Lung cancer death rate for average former smoker decreases by almost half
- Stroke risk is reduced to that of a non-smoker 5-15 years after quitting

After 10 years

- Lung cancer death rate similar to that of non-smokers
- Pre-cancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases by half

After 15 years

- Risk of coronary heart disease is that of a non-smoker

Phase Two: Getting Ready to Quit

1. Develop a plan:

A. Choose a quit date: My quit date is:

B. Choose a strategy. Some options* are:

- Cold turkey - stop immediately without easing out of the habit
- Over the counter nicotine replacement products: gum, lozenge, or patch
- Prescription nicotine replacement products
- Medications

C. My strategy is: _____

2. Keep track of tobacco use.

3. Decrease amount of tobacco use.

4. Wait 5 minutes before using any tobacco product.

5. Identify triggers: people, places, and/or things that may create an urge to use tobacco products.

Some of my triggers are:

***Discuss with your doctor about which option is right for you.**

Phase Two: Getting Ready to Quit...continued

For a 24 hour time period, keep a record of every time you use tobacco products. Write down the trigger and your thoughts or feelings.

Time	Trigger	Thoughts or Feelings
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

6. Make plans to deal with your triggers.

Trigger	Plan to Overcome
_____	_____
_____	_____
_____	_____
_____	_____

- 7. Pack a "Survival Kit." Fill it with low-calorie snacks, sugarless gum or mints, a paper clip to keep your fingers occupied, straws cut in half, flavored toothpicks, and a bottle of water.
- 8. Identify a support system of friends, family or a stop-tobacco use group who will be there when the going gets tough. My support will be:

- 9. Journaling is a helpful tool to write down your goals and keep of track of your progress.
- 10. Counseling- Tobacco Recovery Specialists can help you develop your smoking cessation goals.

My personal quit plan: I will quit on (date) _____

Reasons:

Action plan to stay quit:

Phase Three: Staying Quit

First Week of Being Tobacco-Free

1. Get rid of all tobacco use paraphernalia.
2. Identify recovery symptoms and coping skills.
 - Irritability – Soak in a hot bath, practice relaxation, get a massage, exercise.
 - Food cravings – Chew sugarless gum, snack on vegetables and fruits.
 - Coughing – Suck on cough drops or sugarless candy; drink warm herbal tea.
 - Headaches – Take a warm bath or shower.
 - Constipation – Drink more water or fruit juice. Add fiber to your diet.
 - Sleep problems – Deep breathing, relaxation techniques, and physical activity. Avoid caffeine six hours before bedtime.
 - Dry mouth, sore gums, tongue, or throat – Use warm saltwater rinse, mouthwash and brush teeth & tongue often. Sip ice water.
 - Cravings – Deep breathing, drink water, take a walk, or focus on something else.

What will you use to cope with your symptoms?

Phase Three: Staying Quit...continued

3. Start a money jar –Put the money you would have spent on tobacco in your money jar. Use it to treat yourself.
4. HALT –Avoid getting too **H**ungry, **A**ngry, **L**onely, or **T**ired.
5. Avoid any tobacco use. Remember “One Will Hurt!” you are always one puff away from a pack a day.
6. Stop an urge as quickly as possible, find a new activity.
7. Use positive self-talk to remind yourself that you are now tobacco-free. “I like my freedom.” “I have more energy.”
8. Accept recovery symptoms as signs of progress.
9. Plan “me time.”
10. Reward yourself. Hit the snooze button. Pat yourself on the back. Jam to music. Learn a new activity.

What will you use to cope with your symptoms?

First Month: Being Tobacco-Free

1. Remind yourself why you quit. Carry your list with you.
2. Plan alternative activities:
 - Avoid places where you can use tobacco.
 - Increase your physical activity.
 - Take up a hobby.
3. Continue to reduce or eliminate alcoholic drinks and those with caffeine.
4. Eat healthy snacks and meals.
5. Drink a lot of water.
6. Deal with cravings:
 - Call a friend.
 - Change your surroundings.
 - Use items in your “Survival Kit.”
 - Breathe deeply and slowly.
 - Learn to relax.
 - Take a shower or bath.
7. Develop new habits.
 - Swim, jog, garden, or take a hike.
8. Learn a new skill.
 - Take a class like crafts or scrap booking.
9. Change old habits.
 - Take a different route to work.
 - Sit in a different chair to watch TV.
10. Get plenty of rest.
11. Treat yourself for being tobacco-free.
 - Go to a movie.
 - Buy some flowers.
 - Have dinner at a favorite restaurant.
 - Have your car professionally detailed.
 - Buy a new outfit.
12. Avoid gaining weight:
 - Eat healthy snacks and meals.
 - Cut back on fat.
 - Get some kind of daily physical activity.
 - Drink plenty of water.

Slips and Relapses

Slips are more likely in the first few weeks, when recovery symptoms are strongest. It is important to restate your commitment to be tobacco free. Treat a “slip” as a Temporary set-back and get back on track.

- Recognize that you have had a slip. One slip doesn’t mean you have failed. It took time to become a regular tobacco user, and it will take some effort to remain tobacco-free.
- Renew your commitment to being tobacco-free. Stop all tobacco use immediately.
- Identify the trigger that prompted the slip. Review your list of how to overcome the trigger. Begin practicing the skills you learned in “Staying Quit.”
- Sign another contract with yourself.
- Stay in close contact with your support network.

A “relapse” is when you go back to smoking on a daily basis. Set another quit date and make a new start.



Alternative Tobacco Products

Smokeless is Not Safer

Smokeless tobacco is tobacco that is not burned. It is also known as chewing tobacco, spit tobacco, dip, chew, snuff, or snus.

Smokeless tobacco contains nicotine just like cigarettes.

- The amount of nicotine in smokeless is higher than what is found in tobacco that is smoked.
- One can of snuff contains nicotine equal to about 80 cigarettes or 4 packs.
- A person who takes 8-10 dips or chews a day is exposed to the same amount of nicotine as a heavy smoker who smokes 30-40 cigarettes a day.

This tobacco contains 28 cancer-causing chemicals. Scientists have found that the nitrosamine, the most harmful chemical in smokeless tobacco, is directly related to the risk of cancer. It increases your risk for cancers of the lip, cheek, tongue, throat, and mouth. The toxic chemicals can damage your mouth and gums. Watch for white, wrinkled patches in your mouth; this could be the start of cancer. See your doctor right away!!

Stopping the use of smokeless tobacco causes the same withdrawal effects as stopping heavy cigarette use. Here are some tips to help you quit.

- Think of reasons you want to quit.
- Pick a quit date.
- Get rid of all your smokeless tobacco products.
- Get friends and family to help support you.
- Consider using nicotine patches or gum to help with urges.
- Use substitutes like sunflower seeds, sugar-free chewing gum, or toothpicks.
- Drink lots of water.

Get help. Talk with your doctor, or find a tobacco recovery program in your area. Help is just a phone call away!

E- Cigarettes

What are electronic cigarettes?

Electronic cigarettes (e-cigarettes):

- Are battery-powered and deliver nicotine in a vapor form.
- Are often designed to look and feel like regular cigarettes, cigars, pipes, or pens.
- Use cartridges filled with a liquid that contains nicotine, flavorings, and other chemicals.
- Change liquid into a vapor which the person inhales. That's why using e-cigs is known as "vaping."

E-cigarettes look high tech, so it's easy to believe the hype that they're a safe substitute to smoking. While e-cigs expose users and people around them to fewer toxins than tobacco cigarettes, that doesn't mean they are risk free. People who "vape" are still getting chemicals from the liquid juice found in the cartridge. E-cigarettes are just another way of putting nicotine into your body.

Electronic cigarettes started out as a way to help smokers quit. Now that e-cigarettes have become more popular, they are being studied more closely. We still do not know all the health effects of e-cigarettes.

Are they safe?

When you use e-cigarettes, you're still putting nicotine absorbed through your lungs into your body. Nicotine is toxic in high doses. The flavorings in the liquid of e-cigarettes added for taste are appealing to children, resulting in considerably higher calls at the Poison Control Center. Only a small dose is dangerous for children.

Maintaining a Tobacco-Free Lifestyle

- Stay focused on why you quit. Carry your list with you. Refer to it often, especially when the urge hits.
- Reinforce your commitment to staying tobacco-free.
- Recognize that just one puff or pinch will hurt!
- Review your trigger list and coping skills.
- Practice relaxation techniques.
- Use your support network.
- Reward yourself for staying tobacco-free.
- Treat yourself frequently and well.
- Record your progress. Plan celebrations on special dates: 1 month, 3 months, 6 months, and 12 months.
- Continue using your money jar.
- Make a list of all the good things that have happened since you stopped. Review it often.
- Let your supporters know how much you appreciate their help.
- Appreciate your own accomplishment. This is a major step in choosing a healthier lifestyle.

Congratulations!





Journaling/Notes

When journaling, it is important to remember it is okay to have good and bad days. Take it one day at a time, and sometimes, one moment at a time. If you “fall off the wagon,” it is okay! Take the time to think and recognize your feelings, then get back on track.

Once you reach this goal, take the time to read your journal and reflect on the journey.



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