



# You Can Quit Smoking

## If you smoke, think about these facts . . .

- More than a million people successfully quit smoking every year in the U.S.
- There are many ways to stop smoking. Please refer to “Additional Resources” on page two of this flier.
- Even if you have tried quitting before, keep trying. Many people try a number of times before they stop for good.
- Most people who try to stop smoking will succeed in the end.

## Quitting helps you right away – and in the future

*After 24 hours:* The chance of heart attack goes down.

*After 1 to 9 months:* Circulation, smell, and taste improve. Your lungs work better. You have more energy and fewer colds.

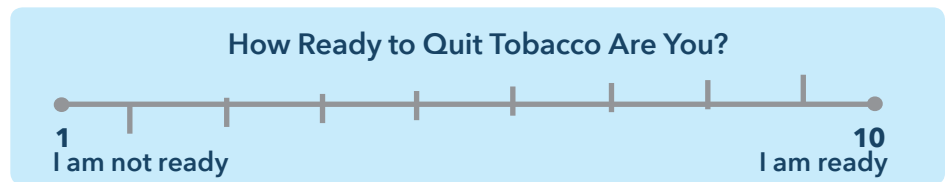
*After 1 year:* Your risk of heart disease is cut in half compared to what it was when you smoked.

*After 5 years:* Your risk of stroke drops significantly.

*After 10 years:* The risk of lung cancer drops to half that of what it was when you smoked.

## Choosing your next steps

On a scale of 1-10 (where 1 is “I am not ready” and 10 is “I am definitely ready”), where are you?



- **If you're not ready** (1-3 on the scale):
  - Make a list: the things you like about tobacco on one side and the reasons you might be ready to quit on the other.
  - What would need to be different for you to quit tobacco? Think about changing some of these things so you are more ready to quit.
  - Seek out friends who have quit. Ask them to describe how they did it.
  - When you feel an urge for a cigarette, wait one minute before lighting up. Feel the urge fully and think of other ways you might respond to it.
- **If you have mixed feelings** (4-6 on the scale):
  - Reflect on your personal reasons for continuing to smoke. Do they outweigh your reasons for wanting to quit?
  - Take small steps to make tobacco a less automatic part of your life. For example, buy a kind of cigarette you like less.
  - Choose regular times during your day and night to practice being tobacco-free.
- Adopt a healthy new activity that is incompatible with smoking, such as swimming, running, or joining a singing group.
- Keep a “pack track” log for a day or two. Record the times you smoke; how you feel before, during and after; who you're with; and how much you needed the cigarette. Understand the role smoking plays in your daily life and think about other ways you could meet those needs.
- **If you're feeling ready** (7-10 on the scale):
  - What are the main reasons you want to quit? Make a list of those reasons and keep it in your wallet as a constant reminder.
  - Talk about quitting with someone who can support you. The amount of support you get can be a key factor in helping you successfully quit.
  - See back of page for resources that can help.

## Getting ready to quit

- Set a quit date. Mark it on your calendar and begin to get ready for that day.

- Look for others to support you. They might include your doctor, a friend, or a family member.
- Medications can be a powerful tool in helping you quit. Studies show they can double your chances of success. Talk to your doctor about your options.
- Encourage family members and friends who smoke to refrain from doing so around you.
- Plan healthy things to do for those times when you would usually have a cigarette. Instead of your usual cigarette break, take a walk or do an errand with a friend.
- Try going without a cigarette for a certain amount of time each day. Cravings pass whether you smoke or not.
- Practice saying “No, thanks, I don’t smoke” when someone offers you a cigarette.
- Get rid of all tobacco products. Throw away your cigarettes and remove ashtrays. Clean areas where you often smoke, like your car or kitchen.
- If you crave a cigarette, you can try:
  - Taking a walk or doing some other activity you enjoy.
  - Drinking some water or juice.
  - Calling someone to get support.
  - Practicing deep breathing to reduce stress.
- Avoid having “just one” cigarette. It is easy to start smoking again after just one.
- Be patient with yourself. You may feel irritable or tired from the withdrawal symptoms.
- Take it one day at a time. Do what you can to get through the day without smoking.
- Know your smoking triggers. If coffee, alcohol, or stress makes you want to smoke, be ready to handle those times without a cigarette.
- If you are worried about gaining weight, choose healthy foods and stay active. The amount of weight gain from quitting is less than people think. You can lessen it by planning ahead.
- If you do slip and smoke, go easy on yourself. Lots of people slip and still go on to quit. Pick yourself up and try again.

## After you quit

- Know what to expect. The worst will be over in a few days. Some physical withdrawal symptoms can last up to 3 weeks.
- Make special plans for the first few days. Keep busy with smoke-free activities, like going to a movie.

## Medications can help you quit smoking

Visit [kpdoc.org/tobaccomedications](http://kpdoc.org/tobaccomedications) or talk to your doctor to learn more about which medical options might be right for you.

## Additional resources

- **Kaiser Permanente Wellness Coaching:** Our personal coaches can help you create – and stick with – a plan to help you quit tobacco with counseling, support and medical therapy. Make the first move by calling 1-866-251-4514 (toll free), 6 a.m. to midnight daily, to schedule your free coaching appointment.
- **My Doctor Online:** Visit the “Staying Healthy” section on your doctor’s homepage at [kp.org/mydoctor](http://kp.org/mydoctor) and find planning and support tools to help you quit tobacco.
- Visit [kp.org/healthylifestyles](http://kp.org/healthylifestyles) to access our “Breathe” Healthy Lifestyles program, an online plan to quit smoking, tailored especially for you.
- Contact your **Kaiser Permanente Health Education Center** to learn more about Kaiser Permanente’s quit smoking programs: **The Quit Tobacco Workshop** and **Freedom from Tobacco Series**.
- Visit [kpdoc.org/quittingtobacco](http://kpdoc.org/quittingtobacco) to learn more about medications to help you quit.
- **California Smokers’ Helpline** at 1-800- NO BUTTS provides free counseling in multiple languages.
- If you are hit, hurt, or threatened by a partner or spouse, this can seriously affect your health. There is help. Call the **National Domestic Violence Hotline** at 1-800-799- 7233 or visit [ndvh.org](http://ndvh.org).

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult with your doctor.