

QUIT Smoking GUIDE



AMERICAN ACADEMY OF
FAMILY PHYSICIANS
STRONG MEDICINE FOR AMERICA

Congratulations on your decision to quit smoking!

Quitting smoking is a great way to improve your health and the health of those around you.

Deciding to quit smoking is the first step toward being a nonsmoker. The information and resources in this guide will help you reach your goal. You will have the best chance of success if you use the guide as a step-by-step workbook.

Five key steps to quit smoking:

- 1. Get ready.**
- 2. Get support and encouragement.**
- 3. Learn new skills and behaviors.**
- 4. Get medicine and use it correctly.**
- 5. Be prepared for relapse or difficult situations.**

Whether you smoke cigarettes or use other types of tobacco or nicotine products, following these 5 steps will put you on a path to better health. Quitting smoking is hard work. This guide will show you how to quit, but success requires your energy, your determination, and your time. As you begin working toward your goal, keep in mind that half of all people who ever smoked have quit. You can do it, too!

Table of Contents

Getting Ready to Quit

Key Step 1: Get Ready	2
Why Do I Smoke?	2
The Why Test	2
The Why Test Scorecard	3
The Cost of Smoking	4
Your Smoking Diary	4
Make Plans to Control Trigger Situations	5

Quitting

Make a Commitment to Quit	6
Your Quit Date	6
Key Step 2: Get Support and Encouragement	7
Help From Your Doctor	7
Help From Family and Friends	7
Counseling and Quit-Smoking Programs	7

Learning to Live Tobacco Free

Key Step 3: Learn New Skills and Behaviors	8
Manage Stress and Emotions	8
Change Routines and Distract Yourself	8
Be Physically Active	8
Try Relaxation Breathing	8
Reward Yourself	8
Rewards for Not Smoking	8

Using Medicine to Help You Quit

Key Step 4: Get Medicine and Use it Correctly	9
Medicines to Help You Quit	9
Frequently Asked Questions	9

Staying Tobacco Free

Key Step 5: Be Prepared for Relapse or Difficult Situations	10
Plan Ahead for Potential Problems	10
Weight Gain	10
What If You Slip?	10
Renew Your Dedication	10
Reminders and Tips	11
Just Before Your Quit Date	11
On Your Quit Date	11
Right After You Quit	11
Additional Resources	12

GETTING READY TO QUIT

Key Step 1: Get Ready

There are many things you can do ahead of time that will make it easier to quit smoking and increase your chances of remaining a nonsmoker. Some are as simple as getting rid of all cigarettes, ashtrays, and other objects that trigger your urges to smoke. Others are more complex, such as learning relaxation techniques to control the physical effects of quitting. First, you need to understand why you smoke.

Why Do I Smoke?

Most people smoke for different reasons at different times. Reasons for smoking include psychological issues, habits, social pressures, and physical dependence on nicotine. The test that follows will help you determine why you smoke.

The Why Test – Understanding Why You Smoke

Next to the following statements, mark the number that best describes your own experience.

5 = Always 4 = Most of the time 3 = Once in a while 2 = Rarely 1 = Never

- A. I smoke to keep myself from slowing down.
- B. Handling a cigarette is part of the enjoyment of smoking it.
- C. Smoking is pleasant and relaxing.
- D. I light up a cigarette when I feel angry about something.
- E. When I'm out of cigarettes, it's near-torture until I can get more.
- F. I smoke automatically, without even being aware of it.
- G. I smoke when people around me are smoking.
- H. I smoke to perk myself up.
- I. Part of my enjoyment of smoking is preparing to light up.
- J. I get pleasure from smoking.
- K. When I feel uncomfortable or upset, I light up a cigarette.
- L. When I'm not smoking a cigarette, I'm very much aware of the fact.
- M. I often light up a cigarette while one is still burning in the ashtray.
- N. I smoke cigarettes with friends when I'm having a good time.
- O. When I smoke, part of my enjoyment is watching the smoke as I exhale.
- P. I want a cigarette most often when I am comfortable and relaxed.
- Q. I smoke when I'm "blue" and want to take my mind off what's bothering me.
- R. I get a real hunger for a cigarette when I haven't had one in a while.
- S. I've found a cigarette in my mouth that I'd forgotten was there.
- T. I always smoke when I'm out with friends at a party, bar, etc.
- U. I smoke cigarettes to get a lift.

Score Yourself

Step 1: Transfer the numbers from the test to the scorecard that follows by matching up the letters. For example, take the number you wrote for statement A on the test and enter that number on line A of the scorecard.

Step 2: Add each set of 3 scores on the scorecard to get the totals for each different category. For example, to find your score in the "Stimulation" category, add together the scores for statements A, H, and U.

The score for each category can range from a low of 3 to a high of 15. A score of 11 or above in any category is high. A high score means that your smoking is probably influenced by that category. A score of 7 or below is low. A low score means that the category is not a primary source of satisfaction to you when you smoke.

The Why Test Scorecard

Review your score for each of the following categories, and pay attention to the categories in which you have a high score (11 or above). Think about alternatives to smoking that might work for you.

<p>“It stimulates me.” You feel that smoking gives you energy and keeps you going. Think about alternative ways to boost your energy, such as brisk walking or jogging.</p>	<p>_____ A _____ H _____ U _____ “Stimulation” Total</p>
<p>“I want something in my hand.” There are a lot of things you can do with your hands without lighting up a cigarette. Try doodling with a pencil or playing with putty or a straw.</p>	<p>_____ B _____ I _____ O _____ “Handling” Total</p>
<p>“It feels good.” You get a lot of physical pleasure from smoking. Various forms of exercise or other activities that you enjoy can be effective alternatives.</p>	<p>_____ C _____ J _____ P _____ “Pleasure/Relaxation” Total</p>
<p>“It’s a crutch.” It can be tough to stop smoking if you find cigarettes comforting in moments of stress, but there are many better ways to deal with stress (see page 8).</p>	<p>_____ D _____ K _____ Q _____ “Crutch/Tension” Total</p>
<p>“I’m hooked.” In addition to having a psychological dependency on smoking, you may also be physically addicted to nicotine. It is a hard addiction to break, but it can be done. Talk with your doctor about using medication to control your withdrawal symptoms (see page 9).</p>	<p>_____ E _____ L _____ R _____ “Craving/Addiction” Total</p>
<p>“It’s part of my routine.” If cigarettes are merely part of your routine, quitting should be relatively easy. One key to success is being aware of every cigarette you smoke. Keeping a smoking diary is a good way to do this (see page 4).</p>	<p>_____ F _____ M _____ S _____ “Habit” Total</p>
<p>“I’m a social smoker.” You smoke when people around you are smoking and when you are offered a cigarette. It is important for you to avoid these situations until you are confident about being a nonsmoker. If you cannot avoid a situation in which others are smoking, remind them that you are a nonsmoker.</p>	<p>_____ G _____ N _____ T _____ “Social Smoker” Total</p>

Now take a moment to personalize your reason even more. In your own words, write down the single most important reason why you want to quit smoking. Be specific. Do not write “Because of my health” if you really mean “Because I don’t want to get cancer like my dad did.”

Once you have identified your own reason for wanting to quit, save it as a note that you will have with you wherever you go (for example, on your smartphone or in a small notebook).

The Cost of Smoking

Financial savings can be an important reason to quit. You may be surprised to see how much smoking really costs you. On the chart that follows, find the number of packs you smoke each day. Then, check your average cost for a year.

<i>Packs per Day</i>	<i>Average Cost</i>
1/2	\$ 1,128
1	\$ 2,256
1-1/2	\$ 3,384
2	\$ 4,511
3	\$ 6,767

Average cost is based on a national average retail price per pack of \$6.18 (which includes statewide sales tax but not local cigarette or sales taxes). Source: Campaign for Tobacco-Free Kids

The average costs listed above do not show your full financial savings from quitting. They do not include possible savings from lower insurance premiums, fewer visits to the doctor, fewer missed days at work, and lower expenses for cleaning or replacing burned clothes and furniture.

If you quit smoking, you should be able to buy yourself a very nice reward with the money you save. What will you do with the money you save by quitting? Write your answer here.

Your Smoking Diary

A smoking diary is a valuable tool when you are getting ready to quit smoking because it makes you think more about your tobacco use. It helps you identify situations that trigger your urges to smoke. It warns you of the times and places you might have problems after you quit smoking. It gives you information so you can be prepared to deal with these problems.

Free apps that help you track your daily smoking habits on a smartphone are available (<http://smokefree.gov/apps-quitstart>). You can also use a notebook or journal to keep a smoking diary. Carry your diary with you wherever you go and make an entry every time you smoke a cigarette.

- In the first column, record the time at which you smoke each cigarette.
- In the second column, describe what you are doing at the time.
- In the third column, rate your need for the cigarette from 1 to 3 (1 is a cigarette that you feel you need desperately, 3 is a cigarette that you smoke by habit, without really thinking about it, and 2 is somewhere between).

A sample smoking diary entry is shown below. It is important to record each cigarette in your diary before you smoke it. If you wait until the end of the day to fill out your diary, you won't remember all the cigarettes you smoked and your reasons for smoking each one.

Date: March 16		1-3
Time	Activity	
7:00	Waking up	1
7:25	After breakfast	1
7:45	Driving to work	2
9:45	Morning break	3
1:00	After lunch	3
2:25	Afternoon break	1
5:15	Driving home	2
6:45	After dinner	3
8:15	Drinking with friends	3
11:30	Driving home	2

Cigarette needed desperately

Cigarette wanted but not desperately

Cigarette smoked by habit

Make Plans to Control Trigger Situations

Nicotine withdrawal symptoms include anxiety, irritability, restlessness, and difficulty concentrating. These symptoms occur soon after you quit smoking. Typically, the worst symptoms happen within 1 to 3 weeks after you quit. A craving for nicotine may last for months or longer.

Your “Why Test” scorecard and your smoking diary should give you some clues about what situations trigger your urge to smoke. Use the following list to write down your triggers and how you plan to control them. If you have made previous attempts to quit smoking, take time to think about which plans worked and which did not. Some examples are provided to get you started. Making a plan to control trigger situations is one of the most important things you can do to ensure that your effort to quit smoking is a success.

1. Driving

- a. Turn up the radio and sing.
- b.
- c.

2. Parties

- a. Ask a nonsmoking friend to stay with you.
- b.
- c.

3. Workplace

- a. Take a water break or walk around.
- b.
- c.

4. _____

- a.
- b.
- c.

5. _____

- a.
- b.
- c.

WHAT
are your
TRIGGERS?

QUITTING

This section of the guide will help you set a quit date, get support and encouragement, develop new skills and behaviors, and learn how to use medicine correctly.

Make a Commitment to Quit

Research shows that people who make a clean break with smoking are more successful at quitting than those who try to quit by gradually cutting back on the number of cigarettes they smoke each day. If you just try to cut back, you are likely to inhale more deeply and more often when you smoke to get as much nicotine as before. For this reason, once you reach your quit date, it is very important not to take even a single puff on a cigarette.

Remember that other tobacco products (for example, smokeless tobacco, snus, orbs, strips, sticks, hookahs, cigars, and pipes) are not safe alternatives to smoking cigarettes. All of these are associated with serious health problems, including cancer. Electronic cigarettes (also called e-cigarettes or e-cigs) are a newer product that is not regulated or approved by the U.S. Food and Drug Administration (FDA) and should not be used.

Your Quit Date

You could quit smoking today, but that would not give you time to get ready. Research shows that proper preparation will improve your chances of staying tobacco free. Most people need at least 1 week to make all of their preparations.

Ideally, your quit date should be free of major stress. Pick a day within the next 2 weeks when you will have the least exposure to the things that trigger your urge to smoke. For example, pick a day off from work as your quit date. Then make a firm commitment to quit smoking on that date. Show the seriousness of your commitment by signing the contract below.

My Quit Date

On _____
(day and month)

at _____
(time)

I will completely quit smoking.

(your signature)

MAKE A clean break.

Key Step 2: Get Support and Encouragement

Help From Your Doctor

Your doctor wants to help you develop a plan for quitting that meets your needs. Don't hesitate to ask for that support. Your doctor's help can be especially important if:

- You have tried to quit on your own and been unsuccessful.
- You have had serious problems coping with nicotine withdrawal symptoms.

Help From Family and Friends

Research shows that help from family and friends makes it easier to quit smoking. It is a good idea to ask for this support before you actually quit.

Don't be afraid to talk to others about how you feel. Let people know why you want to quit smoking and how important it is for you to succeed. Tell them what they can do to help you. Even your friends who continue to smoke can help by not smoking in your presence and not offering you cigarettes.

If you get the urge for a cigarette, call someone who can talk you out of it, such as an ex-smoker or 1-800-QUIT-NOW (1-800-784-8669).

Counseling and Quit-Smoking Programs

Counseling and support can help you learn how to live a tobacco-free life. Counseling advice from your doctor will help, but you may also want to join a group quit-smoking program. Studies show that the more counseling you get, the greater your chances of successfully quitting smoking.

Local hospitals, health centers, and a variety of health organizations offer quit-smoking programs. Ask your doctor to recommend a program for you. Your local health department may also have information on programs in your area.

Telephone quitlines can be very helpful to people who are trying to quit smoking. You can get free counseling over the phone by calling 1-800-QUIT-NOW (1-800-784-8669). Another easy way to get encouragement, advice, and quit-smoking tips is to subscribe to SmokefreeTXT (<http://smokefree.gov/smokefreetxt-about>). It is a mobile text messaging service that was designed to support people who are trying to quit smoking.

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

Key Step 3: Learn New Skills and Behaviors

Manage Stress and Emotions

Any time you change your routine, you add a little stress to your life. Quitting smoking is no exception, even though it's a healthy change. You may feel added stress if you have a habit of using cigarettes to relax during stressful times. Smoking tricks you into feeling relaxed when you feed your body nicotine. However, nicotine is a stimulant. Instead of relaxing your body, it actually raises your heart rate, blood pressure, and adrenaline level. There are good ways to manage stress without using nicotine.

Change Routines and Distract Yourself

When you first quit smoking, change your daily routines. For example, try taking a different route to work or drinking tea instead of coffee. Distract yourself from urges to smoke by talking to a friend or getting busy with a task.

Be Physically Active

Physical activity is an excellent way to release tension, overcome smoking urges, and relieve nicotine withdrawal symptoms. It also improves your physical fitness. If you exercise on a regular basis, you will look and feel better. This can give you more confidence about your decision to quit smoking.

Physical activity does not have to be strenuous to be helpful. In fact, starting a strenuous exercise program may not be safe if you have been a heavy smoker or if you have any medical condition for which you are receiving medical care. Ask your doctor about the right level of activity for you. Walking is one of the best exercises you can do. Start walking short distances at a slow pace and gradually increase your speed and distance.

Try Relaxation Breathing

Whenever you feel yourself getting tense, focus your attention on your breathing. Slow down each breath. As you breathe in through your nose, silently say, "I am." As you breathe out slowly through your mouth, silently say the word "relaxed." You will become more relaxed as you do this.

Reward Yourself

Quitting smoking has its own rewards. For example:

- It makes you healthier.
- It improves your ability to taste and smell food.

But these rewards don't come right away when you first quit smoking. It's a good idea to motivate yourself by setting up a system of immediate rewards for quitting tobacco use. For example:

- Buy yourself something you need or something you just want.
- Eat dinner out.
- Go to a movie with a friend.

Take time now to write your list of rewards for the first 2 weeks of your quit-smoking program.

Rewards for Not Smoking

<i>DAY</i>	<i>REWARD</i>
1	_____
2	_____
3	_____
4	_____
5	_____
6	_____
7	_____
8	_____
9	_____
10	_____
11	_____
12	_____
13	_____
14	_____

Bonus for Week 1:

Bonus for Week 2:

USING MEDICINE TO HELP YOU

Key Step 4: Get Medicine and Use it Correctly

Medicines to Help You Quit

Using a nicotine replacement product or another medicine approved by the U.S. Food and Drug Administration (FDA) to treat nicotine withdrawal nearly doubles your chances of successfully quitting smoking.

Medicine	Over-the-counter (OTC) or Prescription	Common Side Effects
Nicotine gum	OTC	<ul style="list-style-type: none">• Irritation in the mouth• Sore jaw• Hiccups• Stomach discomfort
Nicotine inhaler	Prescription	<ul style="list-style-type: none">• Irritation in the mouth and throat• Mild coughing• Stomach discomfort
Nicotine lozenge	OTC	<ul style="list-style-type: none">• Irritation in the mouth and throat• Sore throat• Stomach discomfort
Nicotine nasal spray	Prescription	<ul style="list-style-type: none">• Irritation in the nasal passages and throat• Runny nose
Nicotine patch	OTC and prescription	<ul style="list-style-type: none">• Rash where the patch is placed• Trouble sleeping (take off patch when you go to bed to avoid sleep problems)
Bupropion SR (sustained-release pill)	Prescription	<ul style="list-style-type: none">• Dry mouth• Trouble sleeping (take in early morning or early afternoon to avoid sleep problems)• If you have a history of seizures or eating disorders, talk with your doctor before taking this drug
Varenicline (pill)	Prescription	<ul style="list-style-type: none">• Trouble sleeping• Nausea• If you have a history of psychiatric problems, talk with your doctor before taking this drug

The nicotine gum, inhaler, nasal spray, lozenge, and patch are different types of nicotine replacement therapy. These medicines work by reducing your craving for nicotine and decreasing withdrawal symptoms. You start using nicotine replacement on your quit date.

Bupropion SR (brand name: Zyban) is a pill you take. The pill does not contain nicotine. It helps you resist the urge to smoke and reduces nicotine withdrawal symptoms.

Varenicline (brand name: Chantix) is also a pill. It lessens your cravings for cigarettes and makes smoking less enjoyable.

Your doctor will talk with you about the advantages and side effects of each medicine. He or she will help you determine which medicine to use and will explain how to use it.

Frequently Asked Questions

Which type of medicine should I use to help me quit smoking?

Any of these medicines can be helpful once you are ready to quit smoking. Your doctor will help you consider the options and decide which medicine gives you the best chance of success and is best suited for you.

What strength is right for me?

For a medicine that you get with a prescription, your doctor will tell you how much to use and how often to use it. For over-the-counter (OTC) products that do not require a prescription, you should carefully read and follow the instructions on the package. It's also very important that you don't smoke while using a nicotine replacement product.

Will my insurance pay for my medicine?

Insurance policies vary widely. You will need to check with yours to see if it offers this benefit. If not, you can also check with health care savings accounts, employee wellness programs, your state quitline, or pharmaceutical company patient assistance programs.

Special Cautions

- Keep nicotine replacement products and other medicines away from children and pets.
- Talk to your doctor before using these medicines if you:
 - Are pregnant or trying to become pregnant
 - Are breastfeeding
 - Are younger than age 18
 - Smoke fewer than 10 cigarettes per day
 - Have a medical condition

Key Step 5: Be Prepared for Relapse or Difficult Situations

The majority of people who successfully avoid all tobacco use for 6 months stay tobacco free for good. Now that you have quit smoking, you are entering a critical period. Most relapses occur within the first 3 months. Rather than growing too comfortable with what you have accomplished, continue to take active steps to maintain your progress. And remember—even a single puff on a cigarette can cause a relapse. Don't risk it! Typically, the urge for a cigarette will pass within 5 minutes.

Focus your efforts on dealing with your urges to smoke. Your goal is to reduce and eliminate those urges so you can live life without cigarettes.

Plan Ahead for Potential Problems

If you become overconfident about not smoking, you could become careless. You might even test yourself by trying "just one cigarette." Don't make this mistake. Staying healthy is too important an issue in your life.

The greatest causes of relapse or "slipping" are stress, overconfidence, and alcohol use in a social setting. The more you plan ahead for these potential problems, the less likely they are to cause you to start smoking again.

Weight Gain

Most people who quit smoking gain some weight. It is usually less than 10 pounds. Being physically active on a regular basis can help. Eat a healthy diet that includes fresh fruits and vegetables, protein, and whole grain cereals and pastas. Try to avoid foods that are high in fat and sugar.

While you are trying to quit smoking, don't also try strict dieting to control your weight. The added stress of a strict diet could make it harder for you to remain a nonsmoker. If you're concerned about gaining weight, talk with your doctor.

What If You Slip?

What should you do if you "slip" and smoke a few cigarettes? You have 2 choices:

1. Start smoking again.
2. Learn from your experience and renew your commitment to quitting.

Obviously, the choice that is best for your health is to learn from the slip and keep trying to live tobacco free. Here are some things you can do to keep yourself from slipping again:

- Admit that you slipped, but don't treat yourself as a failure. Instead, use this as a learning experience. Almost every ex-smoker learned from setbacks and went on to succeed.
- Immediately identify the trigger that caused you to slip. Prepare a new plan to handle this situation the next time it happens.
- Talk positively to yourself. Tell yourself that you have learned something from the experience that will make it easier to stay strong the next time you face this situation.
- Promise yourself that you won't slip again.
- Ask your family, friends, and co-workers to support you even more. If you have not joined a support group, consider finding one to join.

Studies show that even if you aren't able to succeed on your first try, you will be stronger and better prepared the next time you try to quit smoking. You will know more about what helps you and what causes problems.

Renew Your Dedication

- Reward yourself for resisting the urge to smoke.
- Frequently review your reasons for quitting.
- Remind yourself often how well you are doing.

Reminders and Tips

Just Before Your Quit Date

- Write down your personal reasons for quitting. Look at your list often.
- Keep a diary of when and why you smoke.
- Get rid of all your cigarettes, matches, lighters, and ashtrays.
- Tell friends and family that you're going to quit and what your quit date is.
- Talk with your doctor about the medicine you plan to use.
- Subscribe to SmokefreeTXT (<http://smokefree.gov/smokefreetxt>).
- Practice going without cigarettes in places where you spend a lot of time, such as your home, car, or workplace.
- Call **1-800-QUIT-NOW** (1-800-784-8669) for free materials and counseling.

On Your Quit Date

- Quit smoking!
- Take your medicine as directed.
- Ask your friends, co-workers, and family for support.
- Change your daily routine.
- Avoid situations in which you would typically smoke.
- Drink plenty of water.
- Stay busy.
- Do something special to celebrate.

Right After You Quit

- Develop a clean, fresh, tobacco-free environment around yourself, at work, and at home.
- Try to avoid drinking alcohol, coffee, or other beverages you associate with smoking.
- If you miss the sensation of having a cigarette in your mouth, try carrot or celery sticks, flavored toothpicks, or a straw.
- Chew sugarless gum or mints to help with cravings.
- Stay away from people who use tobacco.
- Reward yourself for successes—1 hour, 1 day, or 1 week without using tobacco.
- Increase your physical activity.

Additional Resources

More Information About Quitting Tobacco Use:

National Network of Tobacco Cessation Quitlines
1-800-QUIT-NOW (1-800-784-8669)

American Academy of Family Physicians (FamilyDoctor.org)
Tobacco Addiction
<http://familydoctor.org/familydoctor/en/diseases-conditions/tobacco-addiction.html>

Centers for Disease Control and Prevention
Quit Smoking
www.cdc.gov/tobacco/quit_smoking/

How to Quit
www.cdc.gov/tobacco/quit_smoking/how_to_quit/

Tips From Former Smokers
www.cdc.gov/tobacco/campaign/tips/

U.S. Department of Health and Human Services
<http://smokefree.gov/>

(800) QUIT NOW

ASK AND ACT
A TOBACCO CESSATION PROGRAM