



Journey to **Freedom**

A GUIDE TO QUITTING SMOKING



If you've tried to quit smoking
before without success,
try again.

Most smokers make at least 5
attempts before they're able to
quit smoking
for good.

Introduction

Cigarettes. What power do they hold over you? Why does lighting up bring you so much enjoyment and pleasure? A cigarette, after all, is just an inanimate object. It holds no power. It has no control over you. Or does it? If you're one of the millions of smokers in this country, you know the answer to that question all too well. If cigarettes didn't hold some sort of power over you, you probably would have quit a long time ago.

Quitting smoking can be extremely difficult. If you're a smoker of 5, 10, 15, or 20 plus years, you might even think that it's impossible to stop smoking. Or maybe you've been unsuccessful in previous attempts and think it's not worth trying again. Yet at least 46 million Americans have quit smoking, and so can you! It probably won't be easy, but with some determination and a workable plan, YOU CAN DO IT.

In the pages ahead, you'll find a systematic, step-by-step approach to quitting that will help you focus your efforts and become smoke-free for life!

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Why quit smoking?

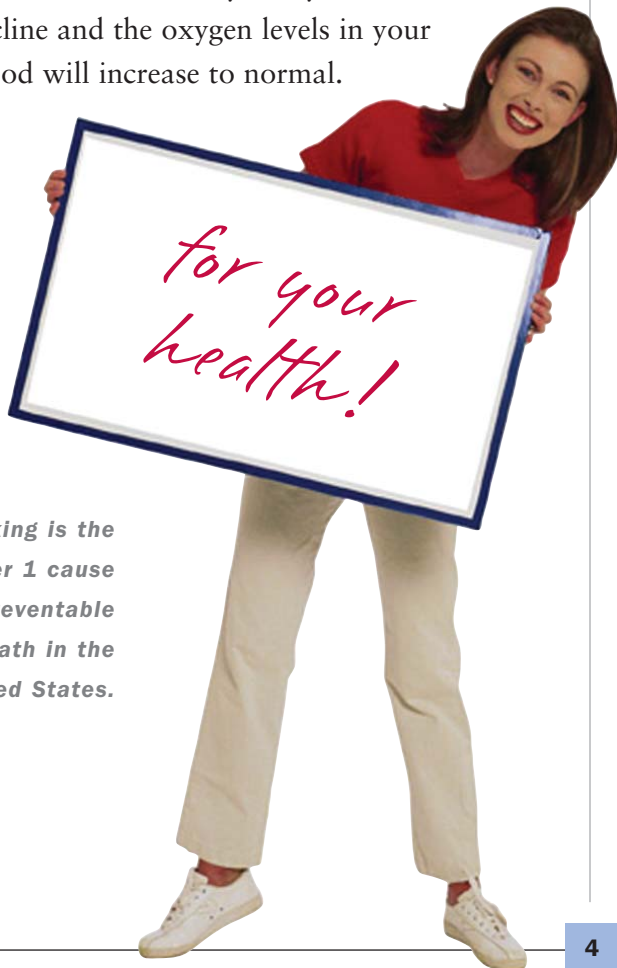
For your health

The most important reason to quit smoking is that, bottom line, it's bad for your health. The tobacco in cigarettes contains over 4,000 chemicals, more than 100 of which are known toxins (poisons). As you inhale cigarette smoke, these toxins pass from your lungs into your bloodstream. From there, they are transported throughout your body, slowly destroying your health.

If you're thinking that it's too late to stop smoking, consider this: soon after you put out your last cigarette, your body will start to recover.

- Within **minutes**, your blood pressure and heart rate will drop.
- Within **hours**, the levels of nicotine and carbon monoxide in your system will decline and the oxygen levels in your blood will increase to normal.

Smoking is the number 1 cause of preventable death in the United States.



- Within a few **days**, your ability to smell and taste will improve, and you'll notice the yellow stains on your hands and teeth begin to disappear.
- Within several **weeks to months**, you'll start to breathe easier. Your smoker's cough will disappear, and you'll find that you're more clear-headed and full of energy.
- Within a **year** or two, your risk for cardiovascular disease, emphysema, and lung cancer will decrease by up to 50%. Eventually, your risk for these diseases will be nearly the same as if you had never smoked at all.

So you see, it's **never** too late to quit!

For the health of others

Consider what your smoking is doing to those around you. Whether you realize it or not, if the people near you are breathing in your exhaled smoke—called **second-hand smoke**—in effect, they are smoking too. They are breathing in the same harmful toxins as you, and these toxins can produce the same negative effects on their health as they do on yours.

Children are at particular risk for problems caused by second-hand smoke. Studies show that children of smokers have a greater chance of getting middle ear infections, chest colds, and pneumonia than children of non-smokers. They're also more likely to need hospital treatment for asthma.

The smoke from the tip of a burning cigarette is 20 times more deadly than the smoke inhaled by the smoker.

For a healthy pregnancy

If you're thinking about having a baby—or if you're pregnant right now—you have even more good reasons to quit smoking:

- **Improve your chances of becoming pregnant.** Women who smoke have a harder time getting pregnant than non-smoking women. And recent studies show that men who smoke are also less fertile.
- **Lower your chances of having a miscarriage or serious problems with your pregnancy.** If you smoke, you're breathing carbon monoxide—the same gas that comes out of your car's exhaust pipe. Along with nicotine, this poison is associated with many different problems in pregnancy, including serious problems with the placenta. Smoking also increases your chance of having a miscarriage.
- **Increase the chance that your baby will be born healthy.** Quitting smoking now is a wonderful early birthday gift for your baby. Here's what quitting can do:
 - Lower the risk that your baby will be born too early
 - Improve the chance that your baby's lungs will work well
 - Increase the chance that your baby will be a normal weight at birth—and will be able to leave the hospital with you
 - Help protect your baby from the risk of dying at birth

Quitting smoking is one of the most important things you can do to ensure the health of your baby. The earlier you quit, the lower the risk of health problems. Yet even later in a pregnancy, you can reduce the risk to your baby by stopping smoking. Keep in mind that after just one day of not smoking, your baby receives more oxygen—and each day you don't smoke, you're helping your baby grow.



*For many women, pregnancy provides the motivation to make a break at last. In fact, research shows that **women are more likely to quit smoking during pregnancy** than at other times in their lives.*



FOR A HEALTHY BABY

If you managed to quit smoking during your pregnancy, it's a great time to stay quit. And if you didn't, it's not too late to stop. It's better for you and your baby. Studies show that when a woman smokes during pregnancy and exposes her baby to secondhand smoke after birth, her baby is 3 times more likely to die of SIDS (sudden infant death syndrome). Babies and children who inhale secondhand smoke are also much more likely to suffer from ear infections, asthma, pneumonia, bronchitis, and other lung diseases.



To save money

Have you ever stopped to think about how much money you spend on cigarettes in a month, in a week, in a year? Examine the extent of your smoking habit, then consult the chart below and determine just how much of an impact smoking is having on your wallet!

	1 Month	1 Year	5 Years	10 Years	20 Years	30 Years
1 pack per day	\$120	\$1,460	\$7,300	\$14,600	\$29,200	\$43,800
2 packs per day	\$240	\$2,920	\$14,600	\$29,200	\$58,400	\$87,600

Based on \$4.00 per pack



To save time

Not only would quitting smoking save you money, it would also save you time. It is estimated that a smoker takes, on average, 7 to 10 minutes to smoke 1 cigarette. Use the chart below to find out how much time you spend smoking. Wouldn't you rather spend your time in more productive ways?

	1 Day	1 Week	1 Month	1 Year
1 pack per day	2 hours, 20 min.	16 hours, 20 min.	70 hours (almost 3 days)	840 hours (35 days)
2 packs per day	4 hours, 40 min.	32 hours, 40 min.	140 hours (almost 6 days)	1680 hours (70 days or almost 2½ months)

Based on 7 minutes to smoke one cigarette

Reasons I want to quit smoking:

- _____
- _____
- _____
- _____
- _____
- _____
- _____
- _____



Your reasons

Your primary motivation for quitting may be your health and well-being. Maybe you just want to be able to walk up a flight of stairs without getting winded, or keep up with your grandchildren in the park. Maybe you want to quit for financial reasons—to have money to buy a new outfit or put a down payment on a new car. Or maybe you are simply tired of your breath, clothes, fingers, and hair smelling of stale smoke.

Preparing to quit

Learn about your smoking behaviors

Think about the situations, people, places, and feelings that are most likely to make you reach for a cigarette. These are your **triggers**, the factors in your environment that cause you to want to smoke. You may be surprised at what you find. Your smoking urge may be triggered by something as simple as a morning cup of coffee. Or it could be boredom, a bad day at work, finishing a meal, talking on the phone, or an argument with a friend. Triggers are everywhere and many are hard to avoid. They can come day or night or when you're feeling good or bad. The key is to take control of your triggers before they take control of you.

Sometimes it's just a matter of needing to have something in your mouth or your hand. To substitute for the oral pleasures of smoking, try chewing sugar-free gum, chewing or sucking on a coffee straw, or munching on low-calorie snacks (for example, pretzels, raisins, or carrot sticks). To keep your hands busy, fiddle with a paper clip or a marble, or squeeze a rubber ball.

Some common triggers include:

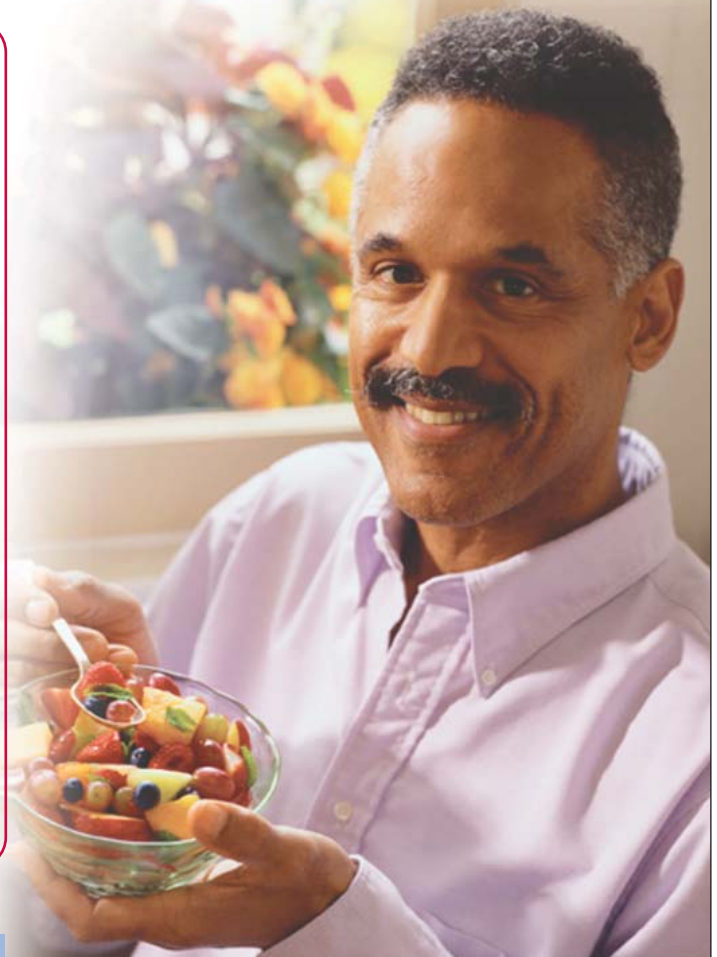
- Finishing a meal
- Being around friends who smoke
- Riding in the car
- Feeling stressed out

WHAT ABOUT SMOKELESS TOBACCO?

Whether you call it chewing tobacco, chew, dip, plug, or snuff, it's all the same thing—smokeless tobacco. And you may think it's "better" for you than cigarettes. After all, there's no smoke involved, so you're avoiding those health risks, right? But this type of tobacco may put even more nicotine into your bloodstream than smoking. And in addition to bad breath, stained teeth, and mouth sores, chewing increases your risk of:

- Oral, esophageal, stomach, and bladder cancer
- Receding gums, including loss of teeth
- Heart attack
- Stroke

Quitting smokeless tobacco is similar to quitting smoking—the strategies in this booklet will help you quit.



Choose HOW you'll quit

Now it's time to choose how you'll quit smoking. There are no right or wrong ways to quit smoking, and no one way is right for everyone. What may seem odd or ridiculous to others may be just what you need to quit. To help you decide which method may work best for you, let's take a look at some of the most popular methods used to help people quit smoking:

- **Quitting “cold turkey.”** Some people find it best to just make up their minds to quit and do it. This is called quitting “cold turkey.” The major drawback to this strategy is that the withdrawal symptoms from the physical addiction to nicotine are much more intense.
- **Quitting gradually (tapering off).** If you don't think quitting cold turkey is for you, you may want to try tapering off until you're able to quit completely. While this method helps to reduce the intensity of withdrawal symptoms, keep in mind that it also lengthens the amount of time you must deal with them.
- **Nicotine replacement therapy (NRT).** Ask your doctor if you're a candidate for nicotine replacement therapy (NRT). Nicotine replacement therapy provides your body with a steady supply of nicotine in gradually decreasing doses. This therapy can help you overcome the physical addiction to nicotine by reducing withdrawal symptoms. There are several forms of nicotine replacement therapy available, for example, skin patches, chewing gums, inhalers, lozenges, and nasal sprays. Some of these products are available over-the-counter, while others must be prescribed by your doctor.
- **Smoking cessation programs.** Regardless of which method you choose to help you quit smoking, you may want to consider participating in a smoking cessation program. Being part of a structured program can be very encouraging. Refer to the “Resources for helping you quit” section at the end of this booklet, or contact your health care provider for a list of smoking cessation programs near you.
- **Smoking cessation medication.** Your doctor may advise you to take a prescription drug to help you quit smoking. Chantix (varenicline) and Zyban (bupropion) help block the effect of nicotine on the brain and can reduce cravings.



If you use a form of nicotine replacement therapy, it's important that you **DO NOT SMOKE** or use any form of tobacco at the same time. An NRT is designed to replace the nicotine you get from tobacco. If you use both, you risk creating an overdose of nicotine in your bloodstream. The result can be deadly.

Set a quit date

You are now ready to set a “quit date.” This is the date you’ll become a non-smoker—the day after which you will never smoke another cigarette. Some people give themselves a week to prepare, while others need a little longer. The actual date doesn’t really matter, but once it’s set, that’s it. Stick with it, and don’t let yourself turn back.



Some people give themselves a week to prepare for their quit date, while others need a little longer.

The day before your quit date, destroy all of your cigarettes and any other items related to your smoking (for example, ashtrays and lighters). Search through your pockets, your car glove box, your kitchen cupboards, your desk—anywhere you have cigarettes stashed. Get rid of them all. Don’t just throw them in the garbage where you may be tempted to retrieve them. Destroy them so they cannot be used.

Replace the cigarettes you throw away with “cigarette substitutes”—chewing gum, hard candy, coffee straws, a rubber ball, etc. That way, when you go to reach for a cigarette, your substitutes will be there waiting to help you.

Plan your quit day with things to do. Keep busy.

- Make plans to go to dinner and a movie with your non-smoking friends.
- Take a long walk and review all of your reasons for wanting to quit smoking.
- Visit your dentist and get your teeth cleaned.
- Do something special to celebrate your commitment and the new life ahead of you.

My quit date: _____

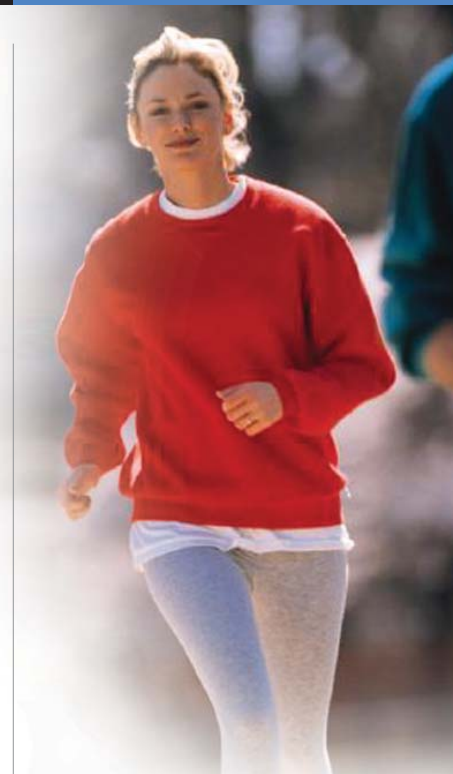
Staying quit

Dealing with withdrawal symptoms

Quitting smoking is only half the battle. To be truly successful you must stay quit! Most relapses occur during the first week after quitting, when withdrawal symptoms are strongest and your body is still dependent on nicotine. But this is where all of your preparation will pay off. You're ready for this and you can do it!

During your first few days as a non-smoker, while your body is clearing itself of the nicotine and other toxins that it has become accustomed to, you can expect to go through some difficult times. And while it may not seem like it at first, the symptoms you experience, called **withdrawal symptoms**, are temporary. Here's what you can expect:

- **Intense cravings.** During the first few days off of cigarettes, you'll feel intense cravings to smoke. These cravings may be less intense if you are using a form of nicotine replacement therapy. Refer back to your coping strategies to help you get through these urges.
- **Irritability.** You may feel more irritable and cranky. A few slow, deep breaths may be all you need to get through the rough moments. Ask your family, friends, and coworkers to be patient with you if you are short-tempered.
- **Difficulty sleeping.** If you find that you're restless and unable to sleep, try taking a warm bath before going to bed. Or, use this time to catch up on your reading.
- **Fatigue.** Because you no longer have nicotine for stimulation, you may feel more tired and listless, and you may find that you have trouble concentrating. As with the other symptoms of withdrawal, these symptoms will pass.
- **Coughing.** You might be surprised to find that you're coughing more—not less—in the first few days after you quit smoking. This is actually a good sign! It means that your lungs are working hard to clean themselves. (When you were still smoking, your lungs couldn't do this well.)



Exercise is a great way to elevate your mood and help you feel better during the quitting process.

SMOKELESS TOBACCO WITHDRAWAL

If you're quitting smokeless tobacco:

- You may experience salt cravings in addition to nicotine cravings because of the large amount of sodium in smokeless tobacco. Don't confuse the salt craving with nicotine craving. Try chewing some sunflower seeds or jerky.
- You may miss having something in your mouth. Have a few different "substitutes" on hand. Try gum, hard candy, sunflower seeds, or even mint-leaf or herbal snuff.

Increased appetite

The nicotine in cigarettes tends to suppress your appetite. Without it, you may be tempted to eat more. To satisfy your increased desire to eat, keep sugarless chewing gum and low-fat snacks (for example, pretzels, raisins, carrot sticks) available. If you do gain a little extra weight, remember that the risks of smoking far outweigh the risks of carrying a few extra pounds. Most people who gain weight after quitting smoking only gain 5-10 pounds. They are usually able to lose it within 2-3 months by eating a healthy diet and participating in a regular exercise program.



Support from friends and family can help you remain motivated and determined to stay quit.

Staying on track

In addition to coping with your withdrawal symptoms, you'll also need to stay on track in other ways:

- **Remember the reasons you want to quit.** During moments when you think you won't make it, take out your list of reasons for wanting to quit. Study it carefully and remember how important these things are to you.
- **Avoid temptation.** Refer back to the list of things that triggered your urges to smoke. Avoid these triggers when you can and use your coping strategies to help overcome them.
- **Continue to use your support system.** Remind friends and family that you still need their support and patience. Continued support from the people closest to you can help you stay motivated.
- **Avoid ALL tobacco products.** Once you free yourself from the habit, it's important that you stay away from all forms of tobacco. Any one of them can cause you to become hooked on nicotine.
- **Create a new "script" for yourself.** Be careful not to let old ways of thinking overtake the new patterns you're trying to establish. Most importantly, don't rationalize your way into letting yourself smoke another cigarette. Use the space below to make a list of responses you can give when someone offers you a cigarette.



- *No thanks, I'm okay.*
- *I'm trying to make a change and I'd like your help.*
- _____
- _____
- _____

- **Take it one day at a time.** Place an “X” on the chart below for each day you make it through without a cigarette. Once you’ve made it 30 days without a cigarette, plan a special activity or treat yourself to a gift with the money you’ve saved.

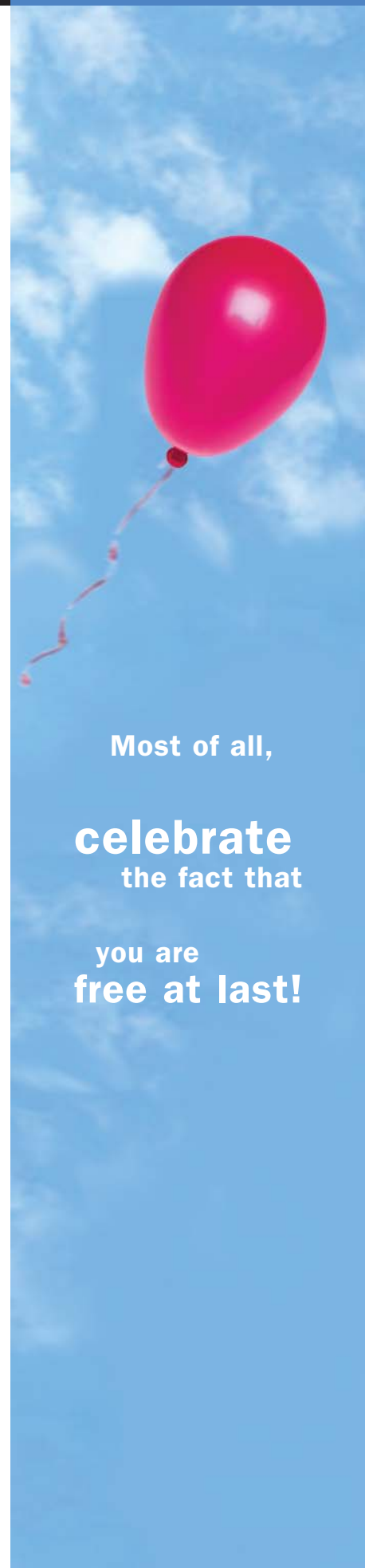
1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

- **Celebrate your success.** Celebrate the fact that you are now a non-smoker. Enjoy the confidence that comes from successfully kicking a difficult habit.



Your first 30 days as a non-smoker will be the toughest. Stay focused and strong...

YOU CAN DO IT!



Most of all,

celebrate
the fact that

you are
free at last!

Resources for helping you quit

Smoking cessation programs

Smoke Breakers (801) 442-5599

Smoke Breakers is a class-based smoking cessation program available at the following Intermountain Healthcare Hospitals:

- Cottonwood or LDS Hospital (801) 314-2702
- Logan Regional Hospital (435) 716-5310
- McKay-Dee Hospital (801) 387-3075
- Utah Valley Regional Medical Center (801) 357-7162
- Dixie Regional Medical Center (435) 251-1653

For all other Intermountain Healthcare locations call (801) 442-5599.

This program is available to SelectHealth members for a deposit, which is refundable after completion of the program. Non-SelectHealth members may participate for a non-refundable fee.

Free & Clear 1-800-292-2336

www.freeclear.com

The Free & Clear program is a 12-month, confidential, phone-based smoking cessation program. You will receive one-on-one telephone support from a smoking cessation specialist, a quit guide and workbook, and a stress management tape and workbook. This program is available at no charge to all SelectHealth members.

Utah Tobacco Quit Line

www.tobaccofreeutah.org

In English: 1-888-567-TRUTH (1-888-567-8788)

En Español: 1-877-2NO-FUME (1-877-266-3863)

The Utah Tobacco Quit Line is a free, phone-based service available to all teens, uninsured adults, or adults on Medicare and/or Medicaid in the state of Utah. In addition to other services, the Quit Line provides support and information for pregnant women trying to quit smoking.

Freedom From Smoking 1-800-586-4872

www.ffsonline.org

Freedom From Smoking is an 8-week, class-based smoking cessation program offered by the American Lung Association.



ESPECIALLY FOR PREGNANT WOMEN

■ Utah Tobacco Quit Line www.tobaccofreeutah.org

In English:
1-888-567-8788
(1-888-567-TRUTH)

En Español:
1-877-266-3863
(1-877-2NO-FUME)

■ Great Start program, American Legacy Foundation

[www.americanlegacy.org/
greatstart](http://www.americanlegacy.org/greatstart)

1-866-66-START
(1-866-667-8278)

■ Smoke-Free Families

English/Español resources
and support
www.smokefreefamilies.org

Organizations

American Lung Association (ALA)

1-800-586-4872

www.lungusa.org/tobacco

American Cancer Society (ACS)

1-800-227-2345

www.cancer.org

American Heart Association (AHA)

1-800-242-8721

www.americanheart.org

Utah Tobacco Prevention and Control Program:

1-877-220-3466

www.tobaccofreeutah.org

Websites

- www.utah.quitnet.com
- www.tobaccofreeutah.org
- www.cdc.gov/tobacco
- www.nicotine-anonymous.org
- www.smokefree.gov
- www.whyquit.com



*Although the information in this guide aims to help you in your efforts to quit smoking, no program or information guide can do the work for you. It's your commitment and effort that will make you successful. **IF YOU DO RELAPSE, GET RIGHT BACK ON TRACK.** It takes most smokers several tries before they're able to quit for good.*

*So if you don't make it on your first attempt, try again, and again, and again. It's all part of the process. **EACH TIME YOU TRY TO QUIT, YOUR CHANCES OF STAYING QUIT WILL BE GREATER.** Rededicate yourself to being healthy and remember all of the reasons you wanted to quit smoking in the first place.*

