



Taking Care of Your Tobacco Habit

A GUIDE TO HELP YOU STOP SMOKING, VAPING, OR CHEWING TOBACCO

SETTING A QUIT DATE | COPING METHODS | GETTING AND STAYING HEALTHY

This book belongs to:

Phone:

Whether you've been using tobacco for many years or only for a short time, we hope this book will help you stop smoking cigarettes, vaping, or using smokeless tobacco.

In this guide, we'll cover topics such as:

- > Setting a quit date.
- > Proven ways to quit.
- > Drugs that can help curb tobacco use.
- > Coping methods to beat cravings.
- > Staying tobacco free for life.

Our program's goal is to help you quit tobacco. We want to give you the tools and know-how to get and stay healthy.

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Why Do I Smoke?



Congratulations! You've decided to stop using tobacco. Choosing to stop smoking or using smokeless tobacco can be one of the hardest choices of your life. We want you to know that we understand and we're here to help, whether this is your first time trying to quit or if you've tried before in the past.

NEED TO KNOW

- > The most common form of tobacco use is cigarettes. 
- > There is also smokeless tobacco, known as “snuff,” “dip,” or “chew.”
- > A newer form of smoking is electronic cigarettes (also known as e-cigarettes or vaping).
- > There are also cigars and cigarillos, hand-rolled cigarettes, hookahs, and pipes.

NEED TO KNOW

Quitting is hard! We know that and we're here to help you however we can. Maybe you've tried to quit before. Maybe you've switched to e-cigarettes. No matter where you are in your quitting journey, we want to help you reach your goals!

In this book, you're going to follow two people on their journey to stop using tobacco. Through interviews and personal reflections, you're going to learn a lot about them: who they are, why they decided to quit, their quit method, and their struggles and successes along the way. They're sharing their stories so other people can see that quitting isn't impossible — but it is hard and takes work. Let's meet them now.

EDWIN

*Hey, my name's **Edwin**. I'm 40 years old. My wife and I have been married for 13 years. We have two kids, ages 8 and 4.*

I started smoking when I was 15. A few of my uncles smoked when I was growing up. I saw them doing it when our families got together for Christmas or birthdays or whenever. I was always curious about it. So one year I stole a few cigarettes out of their packs. I'll never forget how nervous I was. I waited until after midnight to try them — after everyone had gone to bed.

It didn't seem like a big deal at the time. Smoking was something I started doing every now and then. About a year later, I started training to become a stonemason, and cigarettes became a great way to talk to the older guys on the crew. By the time I was doing jobs on my own, I was smoking a pack a day.

My real wakeup call came several months ago when my wife wanted to have a big 40th birthday party for me. We started going through some pictures to make a collage. I noticed I was smoking in a lot of them. Our honeymoon — me smoking on the beach. My son's first birthday — there's a cigarette in my mouth while he's opening presents. I thought, “Geez, is this me?”

My wife has been on me to quit for years, but I think she got tired of hearing her own voice. It's like the old saying: You can lead a horse to water, but you can't make him drink. But I just thought about what pictures we'd see for my 50th birthday. Or my 60th. Or even my funeral. I don't want to be remembered that way.

I decided to quit for my family and my health. I don't want my kids to see me smoke anymore. And I don't want them to steal my cigarettes when they're teenagers.

MARIA

Hi, everyone, my name's **Maria**. I'm 33. I'm a single mom raising a 14-year-old daughter.

I had my first cigarette when I was 12. I was in eighth grade. Some of my girlfriends got a pack from somewhere with, like, three cigarettes left in it. So we passed them around because we thought it was dangerous and cool. When we went to high school, we would smoke whenever we found a cashier who didn't card us.

I didn't think of myself as a smoker or even a smoking addict until I was about 16. I had just started my first job at a restaurant. I noticed that all the servers who smoked got more breaks than everyone else. One of the weekend managers also smoked, and all the

servers who went on break with her got the shifts they wanted. So I started joining them.

Since then, I've smoked about half a pack a day, buying packs every other day to keep up. But if I'm stressed with my daughter or having a hard time paying bills, I always smoke more.

I know there's better things I can spend money on, and I don't always have enough cash to get the brand I like. That got me thinking about how much I spend on cigarettes. Where I live packs are at least \$10. I did the math — I could be saving up to \$2,000 a year!

I talked to my daughter about it, and we decided to start a college fund for her if I quit. If she could go to school in a few years without loans because I quit smoking, that would be incredible!

Your Past and Future

After hearing from Edwin and Maria, you might be asking, "When is the best time for me to quit?" The truth is that *any* time is a good time to stop using tobacco. While it's better to quit sooner rather than later, there are health benefits for people of any age. *You're never too old to quit.*

But let's start from the beginning. There are many reasons why people start using tobacco in the first place. Edwin started because there were other smokers in his family. Maria started because her friends and co-workers were doing it. The fact is tobacco use affects people of all ages, from kids and teens to adults and seniors. Think about when and why you started smoking and write your answers below.

I started using tobacco: _____

I started using tobacco because: _____

Once you start using tobacco, there are many reasons why you keep doing so, even if you've been told by friends, family members, or a doctor that it's bad for you. The main reason may be nicotine addiction.

Over time, your body becomes reliant on nicotine. This can make quitting that much harder. Symptoms of nicotine withdrawal can appear within two to three hours after you last use tobacco. These symptoms peak about two to three days later. Normal symptoms involve strong cravings, emotional swings, trouble sleeping, headaches, greater appetite, and problems focusing.

NEED TO KNOW

Nicotine is a drug that is found naturally in tobacco. It has a lot of effects on the body and brain. It can boost your mood, make you more alert, or stimulate your memory. It can also raise your heart rate, blood pressure, and digestion.





Notes:

Closely linked to nicotine addiction is the mental dependence that comes with tobacco use. Some people use tobacco to relax, handle stress, or feel comfortable around others. Tobacco becomes a trusted “friend.”

Other reasons that people give for smoking or using tobacco are:

- > “Smoking perks me up.”
- > “I feel more comfortable with a cigarette in my hand.”
- > “I enjoy vaping.”
- > “Tobacco relaxes me when I’m stressed or picks me up when I’m feeling down.”
- > “I don’t even know that I’m smoking.”

Lastly, there’s the habit of using tobacco. For many people, smoking becomes part of their daily routine. If your morning alarm goes off, that means you can have your first cigarette of the day. Done with breakfast? Time for a cigarette. Morning break? Head outside to have a cigarette. Breaking these habits means finding your *triggers*.

Triggers

When you’re trying to stop using tobacco, it’s a good idea to think about what causes you to pick up a cigarette or a can of dip. Triggers happen because your body craves nicotine. They also happen because of how you’re feeling (stressed, anxious), because of routine things you do every day (drinking coffee, taking a break), and because of social situations (going to a bar, celebrating).

When you ignore a craving, you can get withdrawal symptoms like those listed on Page 5. That’s why you should find your triggers and build coping methods to beat cravings. **Some common triggers are:**

- > Waking up in the morning.
- > Drinking coffee or tea.
- > Eating meals.
- > Driving or riding in a car.
- > Watching TV.
- > Going to a bar or drinking alcohol.
- > Being around friends or family members who use tobacco.
- > Taking a break.
- > Talking on the phone.
- > Checking email or social media.
- > Feeling stressed or emotional.
- > Having sex.

Think about these and other triggers you might have when filling out the tobacco log on Page 30.

NEED TO KNOW



- > *Triggers* are places, events, or situations that cause you to use tobacco. Triggers happen because your body craves nicotine.
- > *Withdrawal symptoms* happen when you stop using tobacco. These involve strong cravings, emotional swings, trouble sleeping, headaches, greater appetite, and problems focusing.
- > *Coping methods* are ways to beat your cravings. There are lots of ways to cope with cravings.
- > Withdrawal symptoms and cravings *will become weaker and go away*.

Coping Methods

When you learn what makes you want to use tobacco, you can come up with ways to beat your cravings. It may not seem like it in the heat of the moment, but most cravings only last a few minutes. Some will last longer, but it's important to remember that *cravings will go away and become weaker with time*.

So what can you do to beat your cravings? Here are some ideas.

- > **Keep your hands busy.** Whether it's doodling, typing, or playing a game on your phone, find something else to do with your hands.
- > **Stay distracted.** Keep your mind busy by reading a book, listening to music, or starting a hobby.
- > **Put something else in your mouth.** Eat a hard candy or chew on a stick of gum or a cinnamon-flavored toothpick. If you want a healthy boost, try eating a stick of celery or a carrot.
- > **Brush your teeth after eating.** Cleaning your teeth or using mouthwash may dissuade you from getting bad breath again from tobacco use.
- > **Drink water.** Instead of coffee, try drinking other things like water or flavored seltzer. If alcohol is a trigger, skip wine, beer, and cocktails for a while.
- > **Go places where tobacco use isn't allowed.** Go to the library or a movie theater. Ask to sit in the non-smoking areas at restaurants and bars. If you're traveling, ask for a non-smoking hotel room.
- > **Hang out with people who don't use tobacco.** Tell your friends and family that you're trying to quit. If you have friends or family members who use tobacco, ask them to stop when they're around you or go somewhere else to smoke.
- > **Relax.** Take a deep breath. Count to ten. Hum a song. Learn about breathing techniques. Consider meditation or prayer.

To learn more about *your* tobacco use, triggers, and possible coping methods, use the log on Page 30.

EDWIN

When I started my local quit program, I was asked to keep a log of when, where, and why I was smoking. I was surprised to find that most of my smoking happens during the workday. If I'm on a job, I don't even bother taking a break. I just light a cigarette when I can and keep on working. As a matter of fact, I never noticed how many butts I leave on the ground until I was doing my log. I'm sure my customers don't like it.

To cope, I'm going to try chewing a piece of sugar-free gum whenever I want a cigarette. I also bought a new radio to help distract me from cravings when I'm on a job.

MARIA

I used an app on my phone to keep track of my smoking habits. Just like when I was a teenager, a lot of my smoking happens at work with my co-workers. I told them last week I was going to quit. I was really scared. I thought they'd be angry, but they were all really supportive. I think we all know deep down that it's a bad habit. One of my friends is even going to try to quit with me!

Instead of going to the smoking area on break, I'm going to read a book instead. My friend and I are going to start a book club so we can keep each other company while we try to quit. I asked my daughter to help me cope when we're home together.



Notes:



Why Quit?

You've likely been told before that tobacco is bad for you. You've probably even seen warnings on packages and advertisements. But what do those warnings mean? Let's take a closer look.

To start, tobacco smoke has thousands of chemicals. Many are harmful, and about 70 are known *carcinogens*. That means they can cause cancer. Smoking is also linked to lung and heart disease, stroke, infertility, and other serious health issues.

Likewise, smokeless tobacco can cause cancers of the mouth and throat. Dip is also linked to gum and tooth problems, and can cause sores on the mouth and tongue. For people who think that smokeless tobacco is less harmful than cigarettes, consider that holding a normal-size dip in your mouth for 30 minutes gives you as much nicotine as smoking three cigarettes.

NEED TO KNOW

Carcinogens are chemicals that can cause cancer. Tobacco smoke has about 70 carcinogens.



Health

About 40 million adults in the United States smoke cigarettes, and millions more use smokeless tobacco. According to the World Health Organization, cigarette smoking is the leading cause of preventable disease and death in the United States. More than 480,000 people die from smoking each year. About 16 million Americans also live with health problems because they smoke.

The health benefits of quitting range from immediate to long term.

20 minutes after quitting:

Your heart rate and blood pressure, which can be high when you use tobacco, start to drop.

12 hours after quitting:

Your blood oxygen levels (often low) start to increase. Carbon monoxide levels in your blood (often high) start going back to normal.

24 hours after quitting:

Your chance of having a heart attack starts to decrease.

48 hours after quitting:

Your senses of taste and smell start to improve.

2 weeks to 3 months after quitting:

Blood flow through your body starts to improve. That makes things like walking and climbing stairs easier.

1 to 9 months after quitting:

Your lungs are cleaner. That means you're less likely to cough, have sinus problems, or get infections.



Notes:

1 year after quitting:

Your risk of heart disease from smoking is less than half of what it would be if you were still smoking.

2-5 years after quitting:

Your risk of having a stroke is now the same as someone who didn't smoke.

5 years after quitting:

You have half the risk for getting cancer in your mouth, throat, esophagus, or bladder as when you were smoking. If you're a woman, your risk for cervical cancer is now the same as someone who didn't smoke.

10 years after quitting:

Your risk of dying from lung cancer is now half of what it would be if you were still smoking.

15 years after quitting:

Your risk for heart disease is the same as a nonsmoker.

As well as these health benefits, people who stop using tobacco say they have more energy and better skin color. Quitting tobacco can also reduce stains on your teeth and fingers.

Setting a Good Example

Quitting tobacco sets a good example for others in your family, especially kids. Edwin hopes that by stopping now, he'll make sure his kids don't use tobacco in the future.

Giving up smoking also protects friends and family members from the dangers of *secondhand smoke*. Secondhand smoke is the smoke that is made by burning tobacco or the smoke breathed out by a person using tobacco that can be inhaled by others. In 1964, the U.S. surgeon general released a report that was the first of its kind to link smoking and poor health. In the more than 50 years since that report was written, 2.5 million adults who were nonsmokers died because they breathed secondhand smoke. Secondhand smoke also causes many health problems in kids, such as asthma and infections. Finally, secondhand smoke can harm your pets.

Saving Money

As Maria came to realize, tobacco use is an expensive habit. The average price of a pack of cigarettes is about \$6.28, but it can be more than \$12 in some areas. If you smoke a pack a day, you could save more than \$2,200 per year by quitting. Some people use this money to take a trip, pay their bills, or buy a new car. Some companies also offer better health plan rates for people who don't use tobacco.



Notes:

How Much Money Can You Save?

There are lots of websites that can tell you how much money you could save by quitting (such as **smokefree.gov/how-much-will-you-save**).

If you'd like to find out now, use this simple chart:

A = Number of packs you smoke each week: _____

B = Price per pack: _____

A _____ **x** **B** _____ **x 52** = _____ *

*(YOUR TOTAL YEARLY SAVINGS)

Smoking and Pregnancy

In addition to the health benefits listed on Pages 9 and 10, it's worth calling special attention to tobacco use and pregnancy. If you're trying to get pregnant, quitting tobacco can raise your chances of having a child. If you're pregnant now, the best thing you can do for yourself and your child is to quit.

Tobacco use during pregnancy increases the chances of having a baby who is born early or with a low birth weight. This can lead to serious health problems that can affect your child's health as a newborn, a toddler, or even as an adult.

Quitting tobacco will not put extra stress on your unborn baby. Nor is it ever too late in a pregnancy to stop using tobacco. Remember to talk to your doctor before trying any kind of drug to help you quit.

Ready to Quit?

After reading some of these reasons to quit using tobacco, you may be more energized than ever. Or you may be worried that you're not ready to quit yet. In either case, you can use the chart on the next page to think about how ready you are to quit. Don't worry too much about your choices.

Which best describes where you are now?	What it means	What you can do next
I started making changes already.	You are making changes to carry out your plan to quit.	<i>Avoid places where smoking is allowed. Set a goal to smoke fewer cigarettes each day.</i>
I plan to change within the month.	You are getting ready to change. You are making plans to quit. You may have started to make small changes.	<i>Ask your doctor if medications may be right for you. Make a list of your smoking triggers.</i>
I plan to change in the next six months.	You are thinking about changing. You see the potential benefits of quitting, but you're not sure if you're ready to make changes yet.	<i>Write down your reasons for wanting to quit and anything that may keep you from reaching this goal.</i>
I have no plans to change.	You are not thinking about changing. You may not know the benefits of quitting or you do not want to make any changes now.	<i>Make a list of the pros and cons of smoking.</i>

There are no “right” or “wrong” answers.

So, how did you do? No matter where you are in your readiness to quit, you can use this book to set up a quit plan now or get ideas for when you want to quit in the future. If you are ready to try, your next question might be ...

So, How Do I Quit?

There are a lot of ways to stop using tobacco, from nicotine replacement therapy (also called NRT) to working with a health coach. We'll look at all of these methods later in this book (see Page 15).

For now, use the space below to write down up to five reasons for quitting tobacco.

I'd like to stop using tobacco because ...

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____



Proven Ways to Quit

Quitting tobacco means changing your habits and behavior. Your log (see Page 30) will give you useful data about when, where, and why you're using tobacco. With this knowledge, you'll be able to figure out what changes need to be made and how. Your log will also give you ideas about coping methods — things to do instead of using tobacco during your normal routine. Armed with this information, you're ready to take the next steps.

See Your Doctor

There will likely be no one person happier to hear that you're quitting than your doctor. They can be a great support system. Your doctor can also help you decide which medications may be right to help you quit. If you take any drugs now, your doctor will also tell you if you need to change anything during or after you quit.

QUICK TIP

My Quit Date Is:



Setting a Quit Date

Your “quit date” is the day that you're going to stop using tobacco. Pick a date that gives you enough time to prepare, but one that isn't so far away that you'll lose your resolve. Two to four weeks is best. Choose a day that you know won't be busy or stressful. Write your quit date. Then make copies to put on your fridge, your office calendar, and any place else you'll see it. Set a reminder on your cellphone if you have one.

Tell Your Family and Friends

Apart from actually kicking tobacco out of your life, telling your friends and family that you're going to stop can be one of the scariest parts of quitting. Will they support you or be upset if you fail? Will your friends who still smoke stop hanging out with you?

These are all valid feelings. We know it can be stressful to tell your loved ones that you're about to make a major life change. But you may be surprised by the support you get. After all, quitting tobacco is a life change for the better.

To help make your announcement, take a deep breath and think about what you're going to say. Tell them your reasons for quitting (health, setting a good example, etc.). **Then tell them how they can help you quit:**

- > Ask friends and family members to check in and see how things are going.
- > Ask them to help you deal with smoking triggers. You'll be tempted to smoke, so ask them to not let you have any tobacco — no matter what.
- > Ask them to do smoke-free activities with you, like hiking or going to a show.

- > If you have friends and family members who still use tobacco, ask them not to do it around you. See if any of them are willing to quit with you.
- > Ask them to be patient when you're dealing with cravings or in a bad mood.

Clean Tobacco From Your Life

In the days leading up to your quit date, be sure to clean your home. Throw out cigarettes, lighters, snuff cans, ash trays, vape pens and cartridges, and even tobacco advertisements. Get rid of everything. Even keeping some around "just in case" is a bad idea.

Take time to clean your curtains, bedding, and clothing. All of these items can smell if you use tobacco. If you smoke in your car, clean out the ashtray. If you really want to reward yourself, think about having your car interior detailed so it doesn't smell.

✓	Cleaning Checklist
	Get rid of cigarettes, ashtrays, matches, and lighters.
	Get rid of the smoke smell in your car. <ul style="list-style-type: none"> > Soak two towels in white vinegar. > Place each towel in a bowl. > Set bowls near the ashtray and in the back seat. > Leave overnight.
	Clear out the smoke smell in your house. <ul style="list-style-type: none"> > Fill a shallow bowl $\frac{3}{4}$ of the way full with white or apple cider vinegar. > Place the bowl in the room(s) where the smoke smell is strongest. > Close the window and doors and let the liquid evaporate.
	Get the smoke smell out of carpets and furniture. <ul style="list-style-type: none"> > Sprinkle baking soda. > Let it sit for a few hours. > Then vacuum.
	Other tips for clearing the air at home: <ul style="list-style-type: none"> > Open up the windows. > Paint rooms that are especially smoky for a great fresh start. Be sure to use special paint and primer to keep nicotine stains from bleeding through the new paint.
	Clean clothes. <ul style="list-style-type: none"> > Put clothes in the washing machine. > Allow the machine to fill with water, enough to cover the clothes. > Add 1 cup of baking soda and 1 cup of white vinegar to the water. > Soak for an hour. > Add a normal amount of detergent to the water and wash as usual.

NEED TO KNOW

Quitting *cold turkey* means stopping tobacco use on your quit date with no other help. *Tapering off* means trying to slowly cut the amount of tobacco you're using in the days leading up to your quit date. These can be some of the hardest ways to quit. Only a small number of people are successful, often those with low nicotine dependence. Instead, talk to your doctor about other options to increase your chance of success.



Expect Challenges

Planning for hard times will make it easier for you to succeed. Think of what else will make it harder to stick to your new tobacco-free lifestyle. It might be social gatherings with other smokers, boredom, or stress. Look at your tobacco log and think about ways to get away from temptation. Don't forget to use your coping methods. By planning ahead, you can avoid giving in.

Ways to Quit

There are many proven ways to stop using tobacco. Each has its own pros and cons. Think about what method might work best for you and talk to your doctor about it.

Nicotine replacement therapy (NRT). This has become one of the most common quit methods. NRT are special drugs that cut withdrawal by giving you a little bit of nicotine without the unsafe chemicals found in cigarettes or smokeless tobacco. NRT can satisfy your nicotine cravings and lessen your urge to smoke. As you quit, you will use NRT with less and less nicotine. This lets your body get used to being without nicotine. NRT is available over the counter as nicotine patches, gum, or lozenges. There are also prescription inhalers and nose sprays. Talk to your doctor, especially if you're pregnant, to see if NRT is right for you based on your tobacco habits.

Other medicines. There are two other drugs that you can ask your doctor about. The first is varenicline, also known by its brand name Chantix®. It helps cut the urge to smoke by blocking the process in the body that causes good feelings when a person smokes. The other medicine is bupropion, also known by its brand names Zyban or Wellbutrin. This drug is prescribed for a number of reasons. One is treating depression. But it has also been shown to help people quit smoking. Bupropion can help lower your nicotine withdrawal symptoms and your urge to smoke. Unlike varenicline, bupropion can be used with other NRT drugs, like gum or lozenges.

Health coaching, group sessions, or therapy. Some states and health plans offer personal coaching to help people quit using tobacco. Having help can make your quit attempt successful because your coach will be there for you every step of the way. The same is true of therapists and smoking support groups.

Phone apps and texting: Phone apps can be very useful in helping you quit. They are there for you 24 hours a day, seven days a week. With an app, you can track and manage cravings, stay motivated, and measure your success. Text message campaigns also give extra support when you need it most.

QUICK TIP

The first kind of nicotine replacement therapy (NRT) was Nicorette® nicotine gum. It was developed by Dr. Ove Fernö and a team of researchers in the 1960s and 70s. Nicotine gum was approved for use in Switzerland in 1978, Canada in 1979, the United Kingdom in 1980, and the United States in 1984. Dr. Fernö was himself a smoker who used nicotine gum to quit!



Online chat groups: There are many online chat groups where you can talk to people just like you. Get support from others who are quitting or who have already kicked the habit. Like apps and texting, these groups are there to offer support when you need them.

A combination. You may want to combine several approaches to come up with your best quit plan. In fact, research shows that a blend of medicines, NRT, and strong support work best for many people.

A Special Note About E-cigarettes and Vaping

Over the past few years, you may have seen people smoking e-cigarettes. You may have even tried them yourself or heard that they can help you stop smoking. Let's take a closer look.

E-cigarettes, short for *electronic cigarettes*, go by many names. They are sometimes called *vaping pens* or *vape pens*. They are also known by their brand names, such as Juul, Vuse, or Blu. Using e-cigarettes is called *vaping*.

E-cigarettes are not made from tobacco, but they still have nicotine in them like regular tobacco. Instead of a flame, e-cigarettes use a small battery to turn nicotine into vapor. The vapor is what people inhale.

It is true that e-cigarettes do not have *some* of the harmful chemicals found in regular cigarettes. But that doesn't mean they're safe to use.

For one thing, e-cigarettes still have nicotine, which is what can make it hard to stop smoking cigarettes or chewing tobacco. And there are other dangers too.

The nicotine liquid in e-cigarettes can be poisonous or deadly. It is very dangerous to drink or even get on your skin. Certain flavors may even be dangerous to breathe.

Some e-cigarette vapor has also been found to carry tiny metal *particles*. These small pieces of nickel, tin, or aluminum can get into your lungs and cause damage.

You still may be wondering, though, if e-cigarettes can help you quit other kinds of tobacco.

Unfortunately, there is *no proof* that e-cigarettes can help you quit. In fact, some studies have shown that vaping actually leads to greater cigarette use, especially among young people.

The Food and Drug Administration (FDA) has not approved any e-cigarettes to help people quit smoking. In fact, all e-cigarettes must now have a nicotine addiction warning. E-cigarettes cannot be sold to people under the age of 21.

If you'd like to cut down on your nicotine dependence, talk to your doctor about the NRT drugs listed in the previous section. These are safe, proven, and approved ways to help you quit.

EDWIN

After telling my wife and kids that I was going to stop smoking, I talked to my doctor about my options. I had tried to quit cold turkey without telling anyone about six years ago. I think I lasted two days. That's part of why I was so reluctant to quit. I knew how hard it had been last time.

This time I decided to try nicotine gum. I think it'll help me break my habit of smoking while working, and I can get into the habit of chewing gum. I know my customers will appreciate me not leaving my cigarette butts all over their lawns!

MARIA

When I went for my yearly exam, I told my doctor I wanted to quit smoking. She was so excited.

Before my appointment, I looked up all the drugs I could use to quit. I knew I didn't want to use the nicotine patches because I have sensitive skin and they can sometimes cause rashes. Instead, my doctor and I decided that varenicline was best for me to try. She wrote me a prescription that day and explained how it works.

NEED TO KNOW

If you're using NRT, be on the lookout for side effects. Although side effects are rare, they do happen. Talk to your doctor or pharmacist about possible reactions to varenicline or bupropion. If you think you're having a bad reaction or if you suddenly feel depressed or suicidal, call your doctor or 911 at once!



What to Expect After Your Quit Date

One of the hardest part of quitting tobacco is withdrawal. This can start within the first day or even the first hours after your last cigarette. The worst feelings often happen about two or three days after your quit date. Symptoms of nicotine withdrawal include strong cravings, emotional swings, trouble sleeping, headaches, greater appetite, and problems focusing.

To deal with withdrawal, think about the coping strategies you wrote down on Page 30. If you're working with a health coach, talk to them about the challenges you'll face in the first few days after your quit date. NRT drugs can also help with withdrawal symptoms.

During the first week after your quit date, it may help to ask those closest to you for patience and understanding. You may also need to stay away from friends and family members who smoke. This can be hard on everyone. Let them know that you still care for them but that you need to avoid smoke in order to reach your goal. Instead, talk to them on the phone or get together at a place where smoking isn't allowed, like a restaurant or mall.

One thing that people worry about when they quit is gaining weight. It is true that quitting can lead to weight gain and here's why:

- 1 Nicotine can cause your body to burn the calories in food faster. After quitting, your body will return to burning calories more slowly.
- 2 Tobacco dulls your sense of smell and taste. Once you quit, those senses come back. Food smells and tastes better, tempting you to eat more.
- 3 Some people turn to food when they have a craving to smoke and end up eating more than usual.

With this in mind, here are some helpful ways to fight weight gain in the days and weeks after your quit date.



Notes:

Eat Healthy

- 1 Drink fluids:** Choose water and seltzer for calorie-free options. Use lemons or limes for added flavor. Cut back on caffeinated drinks like coffee, which can be a smoking trigger, as well as tea and soda.
- 2 Eat more fiber:** Foods high in fiber help curb your hunger and make you feel full. Fiber is found in vegetables; fruits; and whole grains like brown rice, oats, and whole-wheat bread.
- 3 Snack smart:** Here are some good choices for snacks between meals: popcorn (skip the butter); peanuts in the shell; fresh fruit; and crunchy veggies like baby carrots, celery, and pepper slices.
- 4 Be mindful:** Do not eat food out of the bag. Instead, put a serving on a plate or bowl. Chew slowly and enjoy your food. Avoid eating while watching TV, using a computer, or playing on your phone.
- 5 Track it:** Keep a food diary or use an app to see how much you're eating. This will help track your eating habits.

Be Active

- 1 Move more:** Walk, bike, or do work around the house — anything to keep your body moving and burning calories. This will make you feel better and help you avoid the urge to smoke.
- 2 Build muscle:** Building muscle will help your body burn more calories every day. You can use weights or do exercises like pushups.

Manage Stress

- 1 Stress less:** Stress can trigger eating that is not healthy. Learn to tame stress by taking a yoga class, listening to music, or doing an activity you love.
- 2 Keep cool:** Avoid taking on new tasks that may add to your stress.

To read more about managing stress and healthy eating, turn to the section that begins on Page 22.



Setting and Reaching Health Goals

What is a goal, really? It's not just something that happens. A goal is something you have to work to achieve. But you don't want your goal to be impossible to reach either.

*So how do you set a goal? It helps if your goal is a "SMART" one. Those letters stand for **S**pecific, **M**easurable, **A**chievable, **R**ealistic, and **T**imed. (You can go even further and make a "SMARTER" goal if you add **E**valuation and **R**eward.)*

Specific

Spell out exactly what your goal will be. If it's too general, you won't know when you've reached it!

Measurable

Your goal should be something that can be measured over time. Measuring your goal makes it easier to see your progress toward reaching the goal.

Achievable

A good goal is one that you can actively work to achieve, rather than something that you won't have much control over.

Realistic

Here is where the "work" part comes in. Don't make your goal too hard to achieve that you might give up before you reach it. But don't make it so easy that you reach your goal too easily, without making any desired changes.

Timed

A time frame is what makes your goal real. You may find it helpful to set several small steps toward your goal within a set time frame. Once you finish the first step, you can concentrate on the next one.

Evaluation

Check in with yourself regularly to see how you're doing. Reaching the goals you set, no matter how small, can help you feel confident about your progress.

Reward

Don't forget to celebrate once you reach your goal! Pat yourself on the back for a job well done.

Making a SMART Goal

As you prepare to stop using tobacco, think about what you can do to fill in the blanks — and make your health goal a reality!

SMART	My Goal	Description
Specific	My health goal is:	_____
Measurable	It is important to me because:	_____
Achievable	This is what I can do to work toward it:	_____
Realistic	I know I can do it because:	_____
Timed	I think I can reach my goal by this date:	_____ Date

SMARTER	My Goal	Description
Evaluation	I will check in with myself every:	_____ Week(s)
Reward	When I reach my goal, I will:	_____

Here are some examples of **SMART** goals that other people have found to be helpful.

“With the help of my friends and family, I will be smoke free by my 50th birthday.”

“I will quit using dip by setting my quit date two weeks from now and using nicotine lozenges to beat my cravings.”



Help Along the Path to Quitting

Stress Management

Like any major life decision, the choice to stop using tobacco can be stressful. Adding to how hard it is to quit is the stress that comes from nicotine withdrawal and cravings.

As part of your quit plan, think about ways to battle the stress of quitting. Here are some relaxation techniques for the time you have:

*If you have **five minutes** ...*

- › Make a paper airplane. Fly it across the room!
- › Read a poem.
- › Listen to a favorite song.
- › Sit somewhere quiet and close your eyes for five minutes.
- › Stand up and stretch.

*If you have **15 minutes** ...*

- › Re-read a favorite inspirational essay, religious text, or old letter from a loved one.
- › Send a quick email to a friend or loved one just to say hello. Better yet, give them a call.
- › Visit with a pet. It doesn't need to be yours!
- › Think about a favorite vacation spot.
- › Watch a funny video on your phone or computer.

*If you have a **half hour** ...*

- › Take a power nap.
- › Go for a walk.
- › Watch fish swimming.
- › Watch one episode of a funny TV show you enjoy.
- › Try a “body scan meditation” or “guided imagery” technique. Learn about them ahead of time and have one ready whenever you have a half hour.

*If you have an **hour** ...*

- › Plant some flowers or herbs in a container or garden.
- › Take a yoga class.
- › Volunteer in your community.
- › Take a shower, take a bath, or get into a pool of water to relax and refresh.
- › Have lunch — or just a snack — outside. Bring a book and call it a picnic!

NEED TO KNOW

Here's why people sometimes gain weight after quitting tobacco:



- > Nicotine can cause your body to burn calories faster. After quitting, your body will return to burning calories more slowly.
- > Tobacco dulls your sense of smell and taste. Once you quit, those senses come back. Food smells and tastes better, tempting you to eat more.
- > Some people turn to food when they have a craving to smoke and end up eating more than usual.

Exercise

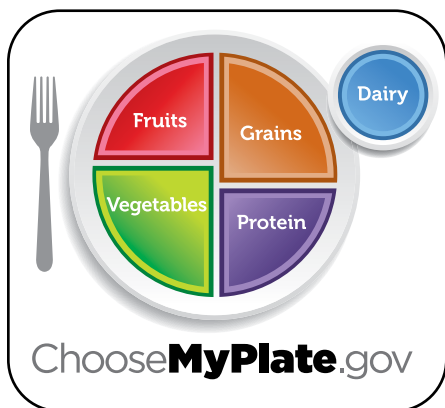
One great way to beat stress and stay healthy at the same time is to exercise. A lot of people worry about gaining weight once they stop using tobacco. While quitting can result in increased appetite and weight gain for some people, you can balance this through exercise and healthy eating (see Page 24).

Staying active is one of the most effective — and enjoyable — ways to make healthy lifestyle changes. For best health, adults should get around 150 minutes of exercise a week. Choose how to break that time up, but try to exercise three to five days each week. If you are not active now or have a health issue, talk to your doctor before starting any kind of new exercise.

If you already have an exercise plan, that's great. If you're just starting out, there are many activities you can choose from. In fact, some things that count as exercise, such as housework or yard work, might surprise you. The most important thing is to find types of exercise that you enjoy doing. It is also good to have a mix of activities to do on different days. There are four main types of exercise, and each helps your body in different ways.

- > **Cardiorespiratory exercise.** This is what most people think of when they think of "exercise." *Cardio* means heart. *Respiratory* means breathing. This exercise gets your heart beating faster and your lungs breathing heavier. You might also know it as aerobic exercise. Examples are fast walking, running, bicycling, swimming, and many sports.
- > **Resistance exercise.** This kind of exercise uses weights, special elastic bands, or your body weight to help you get strong. This type of exercise isn't just for weightlifters; it's for everyone! It can help build muscles and improve your heart health. Resistance exercise can even help build stronger bones.
- > **Flexibility exercises.** These usually involve stretching. Flexibility exercises don't take very long to do, but they can help with your balance and movement. They can also help prevent injury.
- > **Functional fitness.** This kind of exercise mixes different kinds of exercise. It helps with motor skills such as balance. It can also help people get better at everyday activities. This type of exercise is especially helpful for older adults. Examples of functional fitness exercise are yoga, lunges, using the exercise ball, sit-to-stand, and tai chi.

If you cannot exercise enough all the time, that's OK. Stick with it and try again! After all, the best exercise is the exercise you are able to do.



QUICK TIP

Want a quick and easy way to keep track of what you're eating?



Buy a magnetic dry-erase board and put it on your fridge. You can also use it to plan meals for the week. This can reduce stress and help you eat better!

Eating Right

As you probably know, a healthy diet is good for everyone. That goes double for people trying to quit tobacco. Talk with your doctor about how you can eat right, especially before starting any new diet or eating plan.

The “My Plate” Method

My Plate is a great way to help you eat right. In your mind, divide your plate into four sections. Imagine that one is for fruits, one is for vegetables, one is for grains, and one is for protein. Then choose foods that fit into each of the four sections. This can help you eat more balanced meals.

Fruits and Vegetables

Half of your plate should be fruits and vegetables. Vegetables come in five basic types. Dark green vegetables include broccoli, greens, and kale. Starchy vegetables include corn, potatoes, and peas. Red and orange vegetables include tomatoes, carrots, sweet potatoes, and squash. The beans and peas category includes limas, pintos, and black-eyed peas. Other vegetables include asparagus, beets, cabbage, and onions.

Try to eat four servings of fruits and four servings of vegetables a day. They can be fresh, frozen, or canned. Any fruit or 100 percent fruit juice counts as part of the fruit group. Whole fruits and dried fruits are also good sources of fiber. Try to “eat the rainbow.” That means eat different color fruits to get a variety of nutrients and flavors.

Grains

There are two types of grains, called *refined grains* and *whole grains*. Refined grains are processed, or made into food products, usually in a factory. An example is white bread and flour. Fiber and other nutrients are removed during processing. Some nutrients are added back in but the fiber is not.

Whole grains are not processed. They have all the parts of the grain. That includes the parts that contain fiber, which helps with digestion and makes us feel full. Choose whole grains instead of refined grains for better health.

Protein

Protein is found in many foods. It's also found in our bodies. Protein is sometimes called the building block of our bodies. Meat, poultry, seafood, beans and peas, eggs, soy, nuts, seeds, and foods made from those ingredients are protein foods. Aim for about two servings of lean meats, poultry, or seafood a day. When it comes to nuts, seeds, and legumes, try to eat four servings a week.



Notes:

Dairy

Think of dairy as a glass on the side of your plate. But you don't have to drink your dairy. There are other types of dairy like yogurt and cheese. Just be sure to choose low-fat or fat-free dairy products. Try for two to three dairy servings daily. If you can't or don't eat dairy, but would like a tall, cool glass of something creamy, look for soy milk, rice milk, or almond milk that has added calcium and vitamin D. These drinks taste like milk but don't replace other foods in the dairy group.

MARIA

I was really worried about gaining weight after I quit smoking. So I made a plan. I set my quit date a full four weeks away. I wanted to give myself enough time to prepare, clean, and get my prescription filled.

I also started to track what I was eating. I bought a magnetic dry-erase board that I put on the fridge. I wrote down everything I was eating and planned meals for the week. This made life so much easier because I didn't have to worry about what my daughter and I were going to make for dinner each night. This has helped with stress at home for sure!

I also bought a few workout videos. I'm not ready to join a gym yet, but I think I'll be able to do yoga in my living room to start.



Notes:

What Happens if You Slip

A slip happens when you use tobacco after your quit date. If you slip, don't be upset or discouraged. Remember — quitting tobacco is hard. A lot of people have to try several times before they quit for good.

Each quit attempt is a learning experience. If you've tried to quit before, think about what made you give in to using tobacco again. Realize that this may be a trigger you didn't notice before. Think about coping methods to beat this trigger next time.

If you slip, don't be too hard on yourself. Set a new quit date. Talk to people in your support network. Visit with your doctor. If you used an NRT drug that didn't seem to work, ask to try a different one. For example, some people don't like to chew nicotine gum. If you tried to use gum or lozenges and didn't like them, ask your doctor if bupropion or varenicline might be right for you.

Above all, stay positive. Keep your guard up, especially during the first few weeks and months after you quit. *You can stop using tobacco.*

EDWIN

Things were going great for the first week after my quit date — until I got into a fight with a guy on my crew. Everything seemed to be going wrong that day. I was late getting out of the house. Traffic was bad. And the job we were on was way behind schedule. I really chewed out the guy when I saw how slow he was working.

I just couldn't take it anymore. I drove to the nearest gas station and bought a pack of cigarettes.

After I smoked that first cigarette again, I felt terrible. Instead of making me feel better about the day, I felt worse. I knew I had let my family down. I had let myself down. There was this sense of shame that just settled in my chest. I didn't even want to go home that night.

After telling my wife, I set a new quit date that was only a week away. We talked about how I could deal with stress at work that doesn't involve me reaching for a smoke. Counting the time I tried a few years ago, this will be my third quit attempt. This time I'm going to do it.



Do It for You!

Keeping Track of My Health

Some numbers tell a story. The numbers you get from medical tests such as blood pressure or cholesterol, and other numbers like your height and weight help tell the story of your health.

Find out the story behind *your* numbers. Ask for your numbers at each doctor visit and write them in the chart below. Ask your healthcare providers to tell you what each number means for your health. Learn what your goals should be and how to get there.

Name of Test	Goal	Date	Date	Date	Date
Blood Pressure	Less than 130/80. Ask your doctor what your goal should be. My goal: _____				
Height and weight	Used to get body mass index (BMI). Ask your doctor for your BMI. My goal: _____				
Total cholesterol	Less than 200.* Ask your doctor what your goal should be. My goal: _____				
LDL cholesterol LDL stands for <i>low-density lipoprotein</i> . It is also known as <i>bad cholesterol</i> .	Ask your doctor what your goal should be. My goal: _____				
HDL cholesterol HDL stands for <i>high-density lipoprotein</i> . It is also known as <i>good cholesterol</i> .	Men: 40 or higher* Women: 50 or higher* An even better goal is 60 or higher for everyone. Ask your doctor what your goal should be. My goal: _____				
Triglycerides Triglycerides are another type of cholesterol.	Less than 150.* Ask your doctor what your goal should be. My goal: _____				

*Blood pressure is measured in millimeters of mercury, or “mmHg” for short. And cholesterol numbers are measured in milligrams per deciliter, or “mg/dL.” But for both of these measurements, you can just write the numbers here.

My Health Questions

*Write down the questions you would like to ask your doctor.
Many people find it helpful to have three questions about your
health to ask at each visit. You can write the answers here too.*



My doctors are:

Name:

Office phone:

I visit this doctor for:

Name:

Office phone:

I visit this doctor for:

Name:

Office phone:

I visit this doctor for:

Date:

1 Question

Answer

2 Question

Answer

3 Question

Answer

Date:

1 Question

Answer

2 Question

Answer

3 Question

Answer

Date:

1 Question

Answer

2 Question

Answer

3 Question

Answer



Here are some ideas for questions you can ask.

How will quitting tobacco affect any health conditions I have?

How is my health in general? Are there any other problems or issues I should be worried about?

What nicotine replacement therapy (NRT) drugs can I try? Which one(s) might work best for me?

What are the side effects of NRT drugs?

What types of exercise are OK for me? What types are not? Why?

How much exercise should I get and how often?

Are there foods I need to eat more of? Are there any I should eat less of? Why?

What can I do to help with cravings as I try to quit?

What should I do if I slip?

Tobacco Log

To learn more about your tobacco use, triggers, and possible coping methods, use this log.

Your Tobacco Log – Week 1

Sunday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Monday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Tuesday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Wednesday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Thursday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Friday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Saturday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	

Your Tobacco Log – Week 2

Sunday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Monday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Tuesday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Wednesday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Thursday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Friday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	
Saturday – Date:	
Time:	
Where I was:	
What I was doing:	
Possible coping method:	

QUICK TIP

One Drink

- = **12 ounces** of beer
- = **8 or 9 ounces** of malt liquor
- = **5 ounces** of table wine
- = **3 ounces** of fortified wine, cordial, or liqueur
- = **1.5 ounces** of 80-proof “hard liquor”

NOTE: A single serving of a mixed drink may contain more than one drink’s worth of alcohol.



Alcohol and Quitting

For many people, smoking and drinking go hand in hand. Drinking alcohol can trigger your craving to smoke. It can also lower your resolve not to smoke. Depending on how often you drink, staying away from alcohol during the first few weeks of quitting tobacco can help you succeed.

Think about how much you want to smoke when you drink. Then ask yourself these questions to see if drinking could derail your quit plan:

- 1 How many days a week do I drink?
- 2 How many drinks do I usually have when I drink?
- 3 Do I usually smoke when I drink?
- 4 On the days I drink, do I smoke more?

When thinking about your drinking, it is helpful to know what counts as one drink. It’s similar to a serving size, but in the case of alcohol, a single “drink” is usually one with about 14 grams or 0.6 ounces of pure alcohol. That’s why the size of a drink can vary, from a shot glass of high-proof liquor to a tall bottle of a low-alcohol beer.

Drinking less (or not at all) can help you quit smoking, lose weight, and have other health benefits. Some tips to manage alcohol while you’re quitting tobacco are:

- > Limit yourself to one drink on the days you do drink.
- > Limit the number of days you choose to drink.
- > Drink non-alcoholic drinks before you drink alcohol so you aren’t thirsty.
- > Try non-alcoholic beers or wine.
- > Add more mixer to your drink than usual so your drink lasts longer.
- > If you’re out with friends or family members who are drinking, plan for it by bringing non-alcoholic beverages.

Risky Drinking

People who drink too much alcohol or drink too often may be at risk for health issues. How do you know if you are drinking too much? Health experts believe that the number of drinks a person has in a single day or over a week can mean the person does what is called “risky drinking.”

Men: If you’re having five (5) or more drinks in a single day or more than 14 drinks a week ...

Women: If you’re having four (4) or more drinks in a single day or more than 7 drinks a week ...

... this is considered “risky drinking.”

For some people, *any* amount of alcohol is risky. **People who should avoid alcohol completely include:**

- > Those taking nicotine replacement therapy (NRT) medication or other medicines that have negative side effects when mixed with alcohol. If you are taking NRT to quit tobacco, check with your doctor about side effects.
- > Those under the legal drinking age.
- > People who need to drive a car, boat, or heavy machinery.
- > Pregnant women or those trying to get pregnant.
- > People with a medical condition that alcohol may interfere with.

But even for other people, heavy drinking can cause health and wellness problems.

First, having too much to drink on just one occasion can affect a person's decision-making skills. That can lead to injuries or cause a person to make risky choices when it comes to sex, driving, the law, or being with dangerous people. Some people may become depressed, anxious, or even violent when they drink too much, causing harm to others.

Heavy drinking over many years can put some people at risk for certain diseases. Alcohol use has been linked to liver disease, heart disease, certain cancers, and even sleep disorders and depression. If you think you may have a problem, you can call 1-800-662-HELP (4357) for information or help anytime, day or night.

Dealing With Depression

We can all feel sad or blue from time to time. This can certainly happen when you're making a major life change, like quitting tobacco. But when these feelings get worse or won't go away, it's more than just "the blues." You may have *depression*.

Depression is a serious health issue, and it can be hard to know what someone else is feeling. Everyone is different, but here are a few signs that someone may be depressed:

- > Suddenly gaining or losing a lot of weight.
- > Having little or no interest in favorite hobbies or activities.
- > Feeling hopeless or helpless.
- > Trouble sleeping or being tired all the time.
- > Aches and pains that have no cause.
- > Thoughts of death or suicide.



Notes:



If you know what's causing your depression, ask for help in solving the problem. For example, if you owe a lot of money on your credit cards, meet with a credit counselor to work on getting yourself out of debt.

Of course, if you or a loved one are thinking about suicide, get help right away. The National Suicide Prevention Lifeline (at 1-800-273-8255) is a private way to reach help anytime, day or night.

Likewise, if you're using varenicline or bupropion while trying to quit tobacco, call your doctor or 911 if you feel depressed or suicidal. This could be the sign of a serious side effect.



Celebrate Your Victories

No matter if you succeed in quitting the first time or if it takes a few tries, be sure to celebrate your victories large and small. Remember that quitting is hard. Give yourself a pat on the back or think about what small rewards you can give yourself as you reach certain marker points. Maybe a week without tobacco is cause for a pedicure or a trip to the movies. A month without cigarettes may call for dinner at a special restaurant.

Tobacco is an expensive habit. Think about what you can do with the money you save. Maybe that cash can be used to take a trip or make a special purchase after you've been tobacco free for six months, a year, or more.

It's been five months since my latest quit date, and I'm proud to say that I'm smoke free. After I slipped the first time, I realized that I never told the guys at work that I was trying to quit. I swallowed my pride and apologized to the guy I got into a fight with. I also told him I was on edge from trying to quit and asked him to be patient with me.

During our talk, he told me how much he valued learning from me at work. That's something I would have never found out if I hadn't tried to quit smoking. Knowing that others look up to me really added to my resolve. Whenever I had a bad day after my second quit date, I thought about that. It really helped me cope.

In a few months, I'll be celebrating my 41st birthday. This'll be the first time since I was 15 that I won't be smoking on my birthday. That means a lot to me.

My advice to people trying to quit is to take a good, hard look at your triggers. You may have to try to quit a few times before you find them all, but you will. Beating each one is a step that's going to bring you closer to your goal of being smoke free.

MARIA

I haven't had a cigarette in six months. Let me say that again. I haven't had a cigarette in six months! Woo-hoo!

I started using varenicline the week before my quit date. I was a little worried about the side effects, but the only problem I had was trouble sleeping for the first few nights. I might have also been nervous about quitting. After that I was amazed at how little I wanted to smoke. The medicine gave me the chance to change my routine without terrible cravings. After that I just watched the days go by!

My advice to people trying to quit, especially ladies, is to not focus on the weight gain. I did gain a few pounds after I quit, but I also know that I'm eating better than ever. I even got up the nerve to join a gym. Plus, the trade-offs are worth it. People tell me that my skin looks clearer. I even splurged and bought some teeth-whitening gel.

I guess the point I'm try to make is that quitting is beautiful. It's one of the best things you can do for your body — inside and out.

STAY IN TOUCH

Now that you've heard Edwin and Maria's stories, we want to hear *yours*. Tell us about your quitting journey. Were you successful? How many tries did it take? What advice would you give others? Share your story at **healthliteracy@envolvehealth.com**. *Who knows — your journey may help someone else!*



Glossary

Bupropion: A drug, also known by its brand names Zyban or Wellbutrin, that can help people quit smoking. Bupropion can help lower your <i>withdrawal</i> symptoms and your urge to smoke.
Carcinogens: Chemicals that are known to cause cancer. There are about 70 carcinogens in tobacco smoke.
Cigarettes: The most common form of tobacco use. Usually sold in packs.
Cold turkey: Stopping a habit, such as using tobacco, on a certain date without any other help.
Coping: Ways to beat your tobacco cravings. There are lots of different ways to cope with cravings.
Electronic cigarettes: Also known as <i>e-cigarettes</i> or <i>vapes</i> . E-cigarettes are not made from tobacco but still have nicotine. E-cigarettes work by using a small battery to turn nicotine into vapor. Using e-cigarettes is called <i>vaping</i> .
Nicotine: A drug that is found naturally in tobacco that has a lot of effects on the body and brain. It can boost your mood, make you more alert, or stimulate your memory. It can also raise your heart rate, blood pressure, and digestion.
Nicotine replacement therapy (NRT): Special drugs that cut symptoms by giving you a little bit of <i>nicotine</i> without the unsafe chemicals found in <i>cigarettes</i> or <i>smokeless tobacco</i> .
Quit date: The day that you're going to stop using tobacco.
Secondhand smoke: The smoke that is made by burning tobacco or the smoke breathed out by a person using tobacco that can be breathed in by other people.
Smokeless tobacco: Tobacco that is held in the mouth instead of smoked in a <i>cigarette</i> or pipe. Also called "snuff," "dip," or "chew."
Tapering off: Trying to slowly cut the amount of tobacco you're using in the days leading up to your <i>quit date</i> .
Tobacco cessation: Another way to say that you're going to quit smoking or using <i>smokeless tobacco</i> .
Triggers: Places, events, or situations that cause you to use tobacco. Triggers happen because your body craves <i>nicotine</i> .
Varenicline: A drug, also known by its brand name Chantix®, that helps cut the urge to smoke by blocking the process in the body that causes good feelings when a person smokes.
Vape/Vaping: <i>Vape</i> is a common word for <i>e-cigarettes</i> . <i>Vaping</i> is the act of smoking an e-cigarette.
Withdrawal: What happen when you stop using tobacco. Symptoms of withdrawal involve strong cravings, emotional swings, trouble sleeping, headaches, greater appetite, and problems focusing.

Additional Resources

Don't go it alone. There are a lot of ways you can get the support you need to quit. Studies show that successful quitters used one or more support methods.

Coaching: Tobacco cessation coaches have special training and provide one-on-one support to help you make a quit plan, follow through, and avoid slips. For coaching, check with your state, employer, or health plan.

Group Classes: Group classes with a trained leader can give you a step-by-step plan to help you quit. Having the support of others that join together can be very helpful in helping you quit.

Phone Apps: Apps that help you kick the habit offer support 24 hours a day, seven days a week. For more information, visit smokefree.gov/tools-tips/apps.

Text Messages: Texting is another way to get extra support. Most programs are free to join, and you can stop at any time. Just be sure to check your phone's data plan. For more information, visit smokefree.gov/tools-tips/text-programs.

Online Chat Groups: Get — and give — support to others who are working toward a smoke-free life. Chat rooms give you an instant support network when you need it.

Websites:

- > American Cancer Society (cancer.org)
- > American Lung Association (lung.org)
- > Become An EX Smoker (BecomeAnEX.org)
- > National Cancer Institute (cancer.gov)
- > Centers for Disease Control and Prevention (cdc.gov/tobacco)
- > National Heart, Lung, and Blood Institute (nhlbi.nih.gov)
- > SmokeFree.gov

Sources

American Cancer Society
American College of Sports Medicine
American Council on Exercise
American Lung Association
Centers for Disease Control and Prevention
Cleveland Clinic
Medline Plus, U.S. National Library of Medicine
Medscape
National Cancer Institute
National Center for Biotechnology Information
National Heart, Lung, and Blood Institute
National Institute on Alcohol Abuse and Alcoholism
National Institute of Dental and Craniofacial Research
SmokeFree.gov
Society for Research on Nicotine and Tobacco
U.S. Food and Drug Administration
World Health Organization

A detailed list of references is available by request.

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