



### Smoking Cessation: Ways of Quitting

#### Switch Brands

- Switch to a brand you find distasteful.
- Change to a brand that is low in tar and nicotine a couple of weeks before your target date. This will help change your smoking behavior. However, do not smoke more cigarettes, inhale them more often or more deeply, or place your fingertips over the holes in the filters. All of these will increase your nicotine intake, and the idea is to get your body use to functioning without nicotine.

#### Cut Down the Number of Cigarettes You Smoke

- Smoke only half of each cigarette.
- Each day, postpone the lighting of your first cigarette one hour.
- Decide you'll only smoke during odd or even hours of the day.
- Decide beforehand how many cigarettes you'll smoke during the day. For each additional cigarette, give a dollar to your favorite charity.
- Change your eating habits to help you cut down. For example, drink milk, which many people consider incompatible with smoking. End meals or snacks with something that won't lead to a cigarette.
- Reach for a glass of juice instead of a cigarette for a "pick-me-up."
- Remember: Cutting down can help you quit, but it's not a substitute for quitting. If you're down to about seven cigarettes a day, it's time to set your target quit date. Get ready and stick to it.
- **Don't Smoke "Automatically"**
  - Smoke only those cigarettes you really want. Catch yourself before you light up a cigarette out of pure habit.
  - Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day, and the sight and the smell of stale cigarettes butts will be very unpleasant.
  - Make yourself aware of each cigarette by using the opposite hand or putting cigarettes in an unfamiliar location or a different pocket to break the automatic reach.
  - If you light up many times during the day without even thinking about it, try to look in a mirror each time you put a match to your cigarette; you may decide you don't need it.

#### Make Smoking Inconvenient

- Stop buying cigarettes by the carton. Wait until one pack is empty before you buy another.
- Stop carrying cigarettes with you at home or at work. Make them difficult to get to.

## **Make Smoking Unpleasant**

- Smoke only under circumstances that aren't especially pleasurable for you. If you like to smoke with others, smoke alone. Turn your chair to an empty corner and focus only on the cigarette you are smoking and all its many negative effects.
- Collect all your cigarette butts in one large glass container as a visual reminder of the filth made by smoking.

## **Just Before Quitting**

- Practice going without cigarettes.
- Don't think of never smoking again. Think of quitting in terms of one day at a time.
- Tell yourself you won't smoke today, and then don't.
- Clean your clothes to rid them of the cigarette smell, which can linger a long time.

## **On the Day You Quit**

- Throw away all your cigarettes and matches. Hide your lighters and ashtrays.
- Visit the dentist and have your teeth cleaned to get rid of tobacco stains. Notice how nice they look and resolve to keep them that way.
- Make a list of things you'd like to buy for yourself or someone else. Estimate the cost in terms of packs of cigarettes, and put the money aside to buy these presents.
- Keep very busy on the big day. Go to the movies, exercise, take long walks, go bike riding.
- Remind your family and friends that this is your quit date, and ask them to help you over the rough spots of the first couple of days and weeks.
- Buy yourself a treat or do something special to celebrate.

## **Immediately After Quitting**

- Develop a clean, fresh, nonsmoking environment around yourself - at work and at home. Buy yourself flowers; you may be surprised how much you can enjoy their scent now.
- The first few days after you quit, spend as much free time as possible in places where smoking isn't allowed, such as libraries, museums, theaters, department stores and churches.
- Drink large quantities of water and fruit juice (but avoid sodas that contain caffeine).
- Try to avoid alcohol, coffee and other beverages that you associate with cigarette smoking.
- Strike up conversation instead of a match for a cigarette.
- If you miss the sensation of having a cigarette in your hand, play with something else - a pencil, a paper clip, a marble.
- If you miss having something in your mouth, try toothpicks or a fake cigarette.

## **Avoid temptation**

- Instead of smoking after meals, get up from the table and brush your teeth or go for a walk.
- If you always smoke while driving, listen to a particularly interesting radio program or your favorite music, or take public transportation for a while, if you can.

- For the first one to three weeks, avoid situations you strongly associate with the pleasurable aspects of smoking, such as watching your favorite TV program, sitting in your favorite chair, or having a cocktail before dinner.
- Until you are confident of your ability to stay off cigarettes, limit your socializing to healthful, outdoor activities or situations where smoking is not allowed.
- If you must be in a situation where you'll be tempted to smoke (such as a cocktail or dinner party), try to associate with the nonsmokers there.
- Try to analyze cigarette ads to understand how they attempt to "sell" you on individual brands.

### **When you get the crazies**

- Keep oral substitutes handy; try carrots, pickles, sunflower seeds, apples, celery, raisins or sugarless gum instead of a cigarette.
- Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette and crush it out in an ashtray.
- Take a shower or bath if possible.
- Learn to relax quickly and deeply. Make yourself limp, visualize a soothing, pleasing situation, and get away from it all for a moment. Concentrate on that peaceful image and nothing else.
- Light incense or a candle instead of a cigarette.
- Never allow yourself to think that "one won't hurt"; it will.

### **Find new habits**

- Change your habits to make smoking difficult, impossible or unnecessary. For example, it's hard to smoke while you're swimming, jogging, or playing tennis or handball. When your desire for a cigarette is intense, wash your hands or the dishes or try new recipes.
- Do things that require you to use your hands. Try crossword puzzles, needlework, gardening or household chores. Go bike riding or take the dog for a walk; give yourself a manicure; write letters.
- Enjoy having a clean mouth taste and maintain it by brushing your teeth frequently and using a mouthwash.
- Stretch a lot.
- Get plenty of rest.
- Pay attention to your appearance. Look and feel sharp.
- Try to find time for the activities that are the most meaningful, satisfying and important to you.

### **About gaining weight**

- Many people who are considering quitting are very concerned about gaining weight. If you are concerned about weight gain, keep these points in mind:
- Quitting doesn't mean you'll automatically gain weight. When people gain it's because they often eat more once they quit.
- The benefits of giving up cigarettes far outweigh the drawbacks of adding a few pounds. You'd have to gain a very large amount of weight to offset the many substantial health benefits that a normal smoker gains by quitting. Watch what you eat, and if you are concerned about gaining weight, consider the tips that follow:

- Make sure you have a well-balanced diet, with the proper amounts of protein, carbohydrates and fat.
- Don't set a target date for a holiday, when the temptation of high-calorie food and drinks may be too hard to resist.
- Drink a glass of water before your meals.
- Weigh yourself weekly.
- Chew sugarless gum when you want sweet foods.
- Plan menus carefully, and count calories. Don't try to lose weight; just try to maintain your pre-quitting weight.
- Have low-calorie foods on hand for nibbling. Use the Snack Calorie Chart to choose foods that are both nutritious and low in calories. Some good choices are fresh fruits and vegetables, fruit and vegetable juices, low-fat cottage cheese and air-popped popcorn without butter.
- Take time for daily exercise or join an organized exercise group.

### **For More Information**

The Cancer Information Service, a program of the National Cancer Institute, is a nationwide telephone service for cancer patients and their families and friends, the public, and health care professionals. The staff can answer questions (in English or Spanish) and can send free National Cancer Institute materials about cancer. They also know about support groups and other resources and services. One toll-free number, (800) 4-CANCER (800-422-6237), connects callers with the office that serves their area.

The following organizations also can help you. Contact them to learn more about quitting for keeps.

American Cancer Society\*  
 1599 Clifton Road, NE  
 Atlanta, GA 30329  
 (404) 320-3333

The American Cancer Society (ACS) is a voluntary organization composed of 58 divisions and 3,100 local units. Through "The Great American Smoke Out" in November, the annual Cancer Crusade in April, and the numerous educational materials, ACS helps people learn about the health hazards of smoking and become successful ex-smokers.

American Heart Association\*  
 7272 Greenville Avenue  
 Dallas, TX 75231  
 (214) 373-6300

The American Heart Association (AHA) is a voluntary organization with 130,000 members (physicians, scientists, and laypersons) in 55 state and regional groups. AHA produces a variety of publications and audiovisual materials about the effects of smoking on the heart. AHA also has developed a guidebook for incorporating a weight-control component into smoking cessation programs.

American Lung Association\*  
 1740 Broadway  
 New York, NY 10019-4374  
 (212) 315-8700

The oldest voluntary health agency with 57 state associations and 60 affiliates throughout the United States, the American Lung Association (ALA) provides help for smokers who wish to quit through their Freedom From Smoking(r) self-help smoking cessation program. The organization actively supports legislation and information campaigns for nonsmokers' rights and conducts public information programs about the health effects of smoking.

Office on Smoking and Health  
Centers for Disease Control  
Mail Stop K-50  
4770 Buford Highway, NE  
Atlanta, GA 30341-3724  
(404) 488-5705

The Office on Smoking and Health (OSH) is the Department of Health and Human Services' lead agency in smoking control. OSH sponsors distribution of publications on smoking-related topics, such as free flyers on relapse after initial quitting, helping a friend or family member quit smoking, the health hazards of smoking, and the effects of parental smoking on teenagers.

\*Consult your local telephone directory for listings of local chapters.

Source: National Cancer Institute, National Institutes of Health