



Breathe Easy

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Five Steps to Take for Tobacco Cessation

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Many studies have shown that these five steps will help you quit using tobacco. Using all of them together will give you the best chance of quitting.

1. Get Prepared

- Set a STOP date or a quit date.
- Convert your environment to a tobacco free environment.
- Get rid of **ALL** cigarettes and tobacco products.
- Remove all the ashtrays and “spit cups” in your home, car, and place of work.
- Don't let people smoke or use tobacco in your home.
- Think about your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke—**NOT EVEN A PUFF!**

2. Support

- Studies have shown that you have a better chance of being successful if you have support and encouragement. You will need help, so don't be too proud to ask.
- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask

them not to smoke or use tobacco around you. Ask them not to leave cigarettes or tobacco products out where you can see them.

- Get your doctor involved. Telling them makes you accountable for your health.
- Counseling. Whether you choose to get individual, group, or telephone counseling this will increase your chances of success.
- The more help you have, the better your chances are of quitting. There are many free programs available at local hospitals and health centers. Check your local paper or search the web for support in your area.

3. Shake it up!

- When you first try to quit, change your routine. It is amazing that even the smallest changes can be distraction enough to make a difference. Drive a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- When you have the urge to smoke, try to engage yourself by talking to someone, going for a walk, taking a shower or get busy on that to do list you've been putting off.

- Reduce your stress. Take an exercise class, learn to dance, or get involved in the community you live in.
- Try to plan something enjoyable to do every day.
- Stay Hydrated. Drink plenty of water and other fluids.

4. Medication

- Medications can help lessen the urge to smoke and better your chances to stop.
- Ask your doctor or health care provider for their recommendations.
- Read all the information on the drugs.
- Using a medication will double your chances of quitting and quitting for good.
- For information on FDA-approved medications, call **1-800-QUIT-NOW**. To find out more about prescriptions, contact your doctor or health care provider.

5. Have a Plan

- Don't be discouraged if you start smoking again. Most people have to try several times before they finally quit.
- Difficult situations you may encounter:

Alcohol:

Avoid drinking alcohol. Drinking lowers your chances of success.

Other smokers:

Being around smoking can make you want to smoke.

Weight gain:

Many smokers will gain some weight when they quit, usually less than 10 pounds. Know that this is a common factor when you are quitting, prepare to start eating a healthy diet and consciously stay active. Don't let weight gain distract you from your main goal—quitting smoking.

Mood changes or depression:

It is going to be difficult but you can do it. Mood changes are common while going through withdrawals. Some smoking cessation medications can help with mood swings and lessen depression.

This is something you can address with your doctor or other health care provider.

For information, call **1-800-QUIT-NOW.**

