



Alabama QUITNOW

alabamquitnow.com / 1.800.784.8669

QUIT KIT

Questions about stopping tobacco use

Tobacco is part of my life. What will I do without it?

The key is to learn new ways of dealing with the situations that make you want to use tobacco, such as stress or boredom. Find something fulfilling to do, like a hobby or other activity. It will help you adjust to your new lifestyle.

The last time I tried, I failed. How do I get past thinking that I can't quit?

Most people try to quit several times before they quit for good. Think of your previous attempts as "practice" for the real thing. Think of the things that helped and the things that didn't. Your experience actually gives you an edge. It makes you more likely to quit for good this time.

The last time I quit, I was not nice to be around. How do I keep from putting my family through that again?

It's true, quitting tobacco use can make you irritable. Many people get moody when they're making a big change like this. There are relaxation tips in this book, and be sure to ask your Quitline counselor or doctor about nicotine replacement therapy. With a good plan and an active routine, you'll be better prepared to handle bad moods. Ask your family to be patient. By the end of the first week or two, you should be feeling less and less irritable.

TOBACCO IS *NOT* PART OF YOUR PERSONALITY



What should I expect when I quit?

Everyone's experience with quitting is a little different. Here are some things you may notice:

- Difficulty being around other tobacco users
- Good days and bad days
- Withdrawal symptoms, such as irritability and headaches
- Breathing easier
- Situations that challenge your motivation to keep going
- Cravings that are strong at first, but weaker with time
- A growing sense of accomplishment
- Better sense of smell and food tasting better

Getting ready to quit

Finding out why you use tobacco and why you want to quit.

Why do you use tobacco?

- It makes me feel better when I'm stressed and worried.
- I'm addicted to the nicotine in tobacco.
- I use tobacco out of habit.
- Using tobacco helps me feel at ease in social situations.
- I use tobacco as a reward for getting through a tough situation.
- I use tobacco because I have cravings.

Why do you want to quit?

- I want to be a healthier person. If I quit smoking, I will lower my risk of heart disease, cancer, and many other smoking-related health problems.
- I want those around me to be healthier, and I want to set a good example for them.
- I am pregnant.
- I want to have more energy.
- I want to have more money to save or spend.
- My doctor recommended that I quit.

Other reasons: _____

Now ask yourself:

- Do my reasons for quitting matter more than my reasons for smoking?
- Do these reasons seem important enough to make me want to quit soon?
- When you quit using tobacco, it is important to see where, when and what triggers cause you to light up or dip.
- On the next page is an example of a smoking log. You can use it to see what time of day, where, who you are with, and why you chose to use tobacco at that time. By having this written out, you can see where changes need to be made and think of ways to change your routine.

Consider the health cost of tobacco use!

Cost to you. . .

Long-term risk:

- Developing Chronic Obstructive Pulmonary Disease - emphysema
- Developing chronic bronchitis
- Developing cancer - lung, throat, mouth, esophagus, pancreas, bladder, cervix and leukemia, heart attack, heart disease, stroke

Short-term risk:

- Shortness of breath
- Asthma becomes worse
- Impotence
- Infertility
- Increased carbon monoxide level in the blood
- Wrinkles at an early age
- Tooth and gum disease
- Yellowing of teeth and fingers
- Smelling like smoke

Cost to your family . . .

Each year, 280 children die from respiratory illnesses caused by secondhand smoke. 300 kids suffer from injuries caused by smoking fires. Secondhand smoke also leads to over 500,000 physician visits for asthma and 1.3 million visits for coughs and to more than 115,000 episodes of pneumonia.

Each year, there are thousands of reports of potentially toxic exposures to tobacco products among children, six years old or younger. This exposure is caused primarily by children ingesting cigarettes, cigarette butts, and other tobacco products that they find around the house, in ashtrays, or in the garbage.

**Every day, more than 15 million kids are exposed
to secondhand smoke at HOME**

Consider the monetary cost of tobacco use!

How much do you spend every day on tobacco? \$ _____

Multiply this by 365 days per year. _____ x 365

Total cost per year. \$ _____

List some of the things you could do with the money you would save if you stopped using tobacco. _____

My Tobacco Log

Date	Time	Location	People I was with	Mood/What was my trigger?
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

There are more than 7,000 chemicals in cigarettes. These include cancer-causing agents like nickel and benzopyrene, as well as acetone (nail polish remover), arsenic (poison), formaldehyde (embalming fluid), carbon monoxide (car exhaust), and nicotine(pesticide).

The Dangers of Dip and Chew

Sugar in spit tobacco may cause decay in exposed tooth roots. Dip and chew can cause your gums to pull away from the teeth in the place where tobacco is held. Your gums do not grow back!

Leathery white patches called leukoplakia and red sores common in dippers and chewers can turn into cancer.

Dip and chew contains more nicotine than cigarettes!

Did you know? Holding an average-size dip in your mouth for 30 minutes gives you as much nicotine as smoking three cigarettes. A 2 can-a-week snuff dipper gets as much nicotine as a 1 1/2 pack-a-day smoker.

I QUIT... I QUIT... I QUIT!



I'm ready to quit, now what?

Studies have shown that these steps will help you quit for good.
You have the best chance of quitting if you use them together:

1. GET READY! *Set a quit date.* My quit date: _____

Change your environment.

1. Get rid of ALL tobacco products and ashtrays in your home, car and work.
2. Don't let people smoke in your home or your car.

Review your past attempts to quit. Think about what worked and what did not.

From now until you quit, buy one pack at a time and change your brand every day. You will still be smoking, but your taste buds will not be happy. It will be a little easier to make the break on Quit Day.

2. GET SUPPORT! *List two people you can call.*

Name: _____ Number: _____

Name: _____ Number: _____

Studies have shown that you have a better chance of quitting tobacco if you have help. You can get support in many ways:

- Tell your family, friends and coworkers that you are going to quit and want their support. Ask them not to smoke around you and to move tobacco products out of sight.
- Talk to your healthcare provider (for example, doctor, dentist, nurse, pharmacist, psychologist, or smoking counselor).
- Get individual, group or telephone counseling. The more counseling you have, the better your chances are of quitting. Programs are given at local hospitals and health centers. 1-800-QUIT-NOW offers free professional counseling for those who want to quit using tobacco.
- Ask friends who use tobacco to quit with you. Have them call **1-800-QUIT-NOW** and be partners for each other in your quit attempt or register at **www.alabamaquitnow.com** for online support in quitting.



3. LEARN NEW SKILLS and BEHAVIOR

- Try to distract yourself from urges to use tobacco.
Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work.
Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

THE FOUR D's: *When you crave tobacco, try the Four D's to buy yourself time.*

Try **DEEP** breathing. Close your eyes, breathe in through your nose, and breathe out slowly through your mouth.

Get a **DRINK** of water. Drink it slowly, sip by sip.

DO something else. Some activities trigger cravings. Get up and move around.

DELAY for 10 minutes. Repeat if needed. Cravings only last about 20 minutes at most.

4. CHOOSE YOUR METHOD OF QUITTING

Method	How it works	Where to get it	Pros	Cons
Cold Turkey	<ul style="list-style-type: none">• Just doing it• Gets past the habit and the physical dependence at the same time• Works best with motivation and preparation	<ul style="list-style-type: none">• Determination• Inner drive• Motivation	<ul style="list-style-type: none">• Immediately free of smoke and nicotine• No cost• Save money, health benefits	<ul style="list-style-type: none">• Withdrawal symptoms• May run into problems if no planning or preparation is done
Nicotine Patch	<ul style="list-style-type: none">• Sticks to skin• Can help reduce withdrawal symptoms	<ul style="list-style-type: none">• Over the counter medication	<ul style="list-style-type: none">• Easy to use• Time to adjust to smoke-free lifestyle by getting off nicotine slowly• No tar, carbon monoxide, or other carcinogens	<ul style="list-style-type: none">• Possible side effects• Can be addictive• Still using nicotine• Cost• May have to wait for insurance approval

Method	How it works	Where to get it	Pros	Cons
Nicotine gum or Lozenge	<ul style="list-style-type: none"> • Chewed and “parked” between cheek and gum • Can help reduce withdrawal symptoms 	<ul style="list-style-type: none"> • Over the counter medication 	<ul style="list-style-type: none"> • Follows schedule but can use if craving occurs outside of schedule • Satisfies oral habit • Allows time to adjust to smoke-free lifestyle by getting off nicotine slowly 	<ul style="list-style-type: none"> • Possible side effects • Requires attention to regular schedule • Must be chewed correctly • May not taste good • Still using nicotine • Can be addictive • Cost • May have to wait for insurance approval
Nicotine Inhaler Nicotine Nasal Spray	<ul style="list-style-type: none"> • Inhaled into mouth or sprayed through nose • Can help reduce withdrawal symptoms 	<ul style="list-style-type: none"> • By doctor’s prescription 	<ul style="list-style-type: none"> • Follows schedule but can use if craving occurs outside of sched. • Satisfies oral habit • Allows time to adjust to smoke-free lifestyle by getting off nicotine slowly 	<ul style="list-style-type: none"> • Possible side effects • Requires attention to regular schedule • Still using nicotine • Mimics cigarette use • Requires effort to use
Medication	<ul style="list-style-type: none"> • Prescription pill (e.g. Zyban™, Chantix™) • Can help reduce withdrawal symptoms 	<ul style="list-style-type: none"> • By doctor’s prescription 	<ul style="list-style-type: none"> • Helps with mood • No tar, carbon monoxide, nicotine, or other carcinogens 	<ul style="list-style-type: none"> • Possible side effects • Some medications must be started up to 2 weeks <i>before</i> quitting smoking • Not a magic pill • Must remember to take each day as directed • May have to wait for insurance approval
Cutting Down	<ul style="list-style-type: none"> • Gradually reduce the number of cigarettes smoked 	<ul style="list-style-type: none"> • Determination • Inner drive • Motivation 	<ul style="list-style-type: none"> • Gradual adjustment to nonsmoker status • Get experience and confidence controlling smoking 	<ul style="list-style-type: none"> • Still using nicotine
Telephone or online counseling	<ul style="list-style-type: none"> • Supportive, one-on-one discussion about motivation and planning 	<ul style="list-style-type: none"> • Alabama Tobacco Quitline 1.800.QUIT.NOW (1.800.784.8669) • alabamاقuitnow.com 	<ul style="list-style-type: none"> • Individual, comprehensive, • Convenient and confidential • Free of charge 	<ul style="list-style-type: none"> • Requires access to a home or work phone or web access

Method	How it works	Where to get it	Pros	Cons
Therapy, Counseling, or Class	<ul style="list-style-type: none"> • Supportive face-to-face discussion • Helps you understand how smoking relates to other issues in your life • Education on health risks • Support and learning from others 	<ul style="list-style-type: none"> • Licensed therapist or counselor at hospital, clinic, phone book, through insurance, church etc. 	<ul style="list-style-type: none"> • Individual comprehensive, one-on-one attention 	<ul style="list-style-type: none"> • Transportation, scheduling • May be expensive unless covered by insurance
Buddy System	<ul style="list-style-type: none"> • Working together with a friend or relative who also wants to quit 	<ul style="list-style-type: none"> • Social circle: family, friends, work... 	<ul style="list-style-type: none"> • Shared problem-solving and someone to rely on • Someone to keep you in check • Can use in combination with other quitting methods 	<ul style="list-style-type: none"> • Possible conflict • Sabotage • Finding someone who is ready to quit too

Have you tried to quit before?

If you have been unsuccessful before, do not let these past attempts bring you down. It takes most people several attempts to quit using tobacco. You can use your past attempts to help you determine why it did not work last time and what you can do. Use the following questions to see how your past attempts can help you now. **What happened the last time you quit?**

What was good about quitting?

- ☐ I felt better.
- ☐ I saved money.
- ☐ Cigarettes didn't control me.
- ☐ I was proud of myself.
- ☐ My family and friends were proud of me.
- ☐ Other good things: _____

What was hard about quitting?

- ☐ Dealing with cravings for cigarettes.
- ☐ Not knowing what to do with my hands.
- ☐ Staying quit when others around me keep smoking.
- ☐ Giving up certain cigarettes (like the one after lunch, etc.).
- ☐ Not knowing what to do when I got angry, nervous, or upset.
- ☐ Other hard things: _____

Why did you go back to tobacco?

- ☐ Where were you? _____
- ☐ What were you doing? _____
- ☐ Who were you with? _____
- ☐ How were you feeling? _____

What if you use tobacco again?

If you slip, it's ok! Ask yourself, "Why am I using tobacco right now?"

- Is it withdrawal? *Look for a better way to handle the discomfort.*
- Is it stress or anger? *Remember the Four D's. Take a walk or call your support person.*
- Did someone offer you tobacco and you took it? *Try to stay away from people with tobacco for a while.*

Don't let this slip set you back, just pick up where you were and continue being tobacco-free!

Call 1-800-QUIT-NOW or 1-800-784-8669

to speak to a counselor to help you get back
on track and become tobacco-free!



You can also visit
www.alabamaquitnow.com



HOURS OF OPERATION

Monday - Friday - 8 a.m. - 8 p.m.

Saturday - 9 a.m. - 5:30 p.m.

Sunday and after hours - Voicemail is available

Access the website 24-7

(with counseling available during the hours listed above)

ADPH.ORG

Alabama Department of Public Health