



Power to Quit Smoking Kit

For yourself. Your family. Your legacy.

Learn To Live

Anne Arundel County Department of Health
www.LearnToLiveHealthy.org



Get Ready: Make the Break from Cigarettes

Join the growing number of African Americans who have kicked the habit. Quit for yourself, quit for your family, quit for your legacy.

Ready to quit? We're here to help. There are two keys to successful quitting:

■ You Need to Have the Desire to Quit—and a Plan.

Quitting can be tough, but be encouraged. Many people who have quit had to try several times. If you make the commitment, we'll help with your plan.

A good plan takes preparation and understanding. You need to know why you smoke, what to expect when you quit, how to get help, and to be prepared when you're tempted to light up. How will you quit: cold turkey or gradually cut down? This section will help you find out which method is right for you.

■ Understanding Why You Smoke.

This self-assessment quiz will help you understand the reasons why you smoke — and help you plan around them as you get ready to quit.

Check "yes" or "no" for each statement below.

	Yes	No
A. I smoke to keep from slowing down.		
B. Handling a cigarette is part of the enjoyment of smoking it.		
C. Smoking cigarettes is pleasant and relaxing.		
D. I light up when I feel angry about something.		
E. If I run out of cigarettes, I can't stand it until I get more.		
F. I light a cigarette without noticing I have one burning in the ashtray.		

Getting Ready to Quit

- Understanding Why You Smoke
- Seek Support
- Things to Do as You Get Ready to Quit
- Quit-Smoking Aids
- Setting a Quit Date

Gradual Withdrawal Method

- Countdown to Quitting
- The Day Before You Quit
- What to Watch For as You Quit
- What to Do If You Smoke Again

Cold Turkey Method

- The Week Before You Quit
- The Day Before You Quit
- What to Watch For as You Quit
- What to Do If You Smoke Again

More Reasons to Quit Now

- The Bad News about Smoking
- The Good News about Quitting
- Facts about Menthol and Nicotine
- Facts about Secondhand and Thirdhand Smoke

How to Stay Smoke-Free

- More Tips for the First Few Days
- Celebrate Your Success
- Worried about Gaining Weight?
- What to Do If You Smoke Again

Community Resources

- Help and Support Are Close By



■ Understanding Your Score.

For each statement that you answered “yes,” read below to see why you smoke.

If you answered “yes” to:

- A. You smoke for stimulation.
- B. You smoke to feel good.
- C. You smoke to relax.
- D. You smoke to handle stress.
- E. You smoke to satisfy a craving.
- F. You smoke out of habit.

If you answered “yes” to A, B or C, you are a **Group One** smoker.

If you answered “yes” to D, E or F, you are a **Group Two** smoker.

If you answered “yes” to statements from **both groups**, read both sections below, and decide which sounds right for you.

Group One: Smoking fills an important need for you. Your plan to quit will have to meet that need without smoking. Find other things to do to satisfy your need, such as walking or chewing sugarless gum. You may be more successful with the *Gradual Withdrawal* method.

Group Two: Most smokers fall into Group Two, and smoke to relieve their stress or because of a strong habit. Finding a substitute such as gum or exercise may not be enough. You will have to learn to handle stress without smoking. You may want to try the *Cold Turkey* method.



■ Seek Support.

You may be able to quit on your own, but it is always helpful to get support from a friend or a family member. Choose a “quit-smoking friend” who can be available to talk or meet if you need support. Tell your friend when you’re quitting, why you’re quitting, and what help you need to quit.

■ Things to Do as You Get Ready to Quit:

- Why do you want to quit? Write a list of reasons to quit and carry it with you.
- Think about your smoking habit. Keep track of where you smoke and when. Be aware of the things that cause you to want to smoke.
- Do other members of your family smoke at home? If so, your challenge may be a little tougher. Maybe you can quit together. Or ask family members to create a “smoke-free zone” in your house.
- Look over the quit plans in this kit, the countdown ideas and schedule, and choose the one that’s right for you.
- Get ready for nicotine withdrawal. You may feel tired, have headaches, sweat and cough more often. After the first few days, symptoms start to fade. A week to ten days after quitting, your physical craving for nicotine should disappear. It doesn’t take long. Beat the physical craving for nicotine and you’re halfway to success!

■ Quit-Smoking Aids.

Do you want quitting aids, such as nicotine patches or gum? They can help reduce the craving for nicotine as you stop smoking. Talk to your doctor or local pharmacist, and be sure to follow directions carefully when you use a patch or gum.

Some local programs also offer assistance to help you afford quit-smoking aids. See our *Community Resources* insert to find out more about them.



■ Setting a Quit Date.

Pick a day in the next two weeks. Don't wait any longer. Check with your quit-smoking friend to make sure this is a good date and ask for support. Write your quit date below:

I will quit on: _____

Congratulations, you're on your way!



Gradual Withdrawal: Break the Habit, One Step at a Time

It's tough to quit all at once. That's why most people prefer to withdraw gradually. Develop a "cut back" plan that reduces your smoking over a realistic period of time.

■ Countdown to Quitting

Here's a 7-day countdown to no smoking! Write in the maximum number of cigarettes you'll allow yourself to smoke each day, decreasing the number every day. Write your initials in the spaces to show you've reached your daily goal.

DAY 7	Date _____
	Maximum cigarettes allowed _____ Met goal (initial) _____

DAY 6	Date _____
	Maximum cigarettes allowed _____ Met goal (initial) _____

DAY 5	Date _____
	Maximum cigarettes allowed _____ Met goal (initial) _____

DAY 4	Date _____
	Maximum cigarettes allowed _____ Met goal (initial) _____

DAY 3	Date _____
	Maximum cigarettes allowed _____ Met goal (initial) _____

DAY 2	Date _____
	Maximum cigarettes allowed _____ Met goal (initial) _____

DAY 1	Date _____
	Maximum cigarettes allowed _____ Met goal (initial) _____

DAY 0	Your First Day of Quitting! No Smoking Allowed. You Can Do It!
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■ The Day Before You Quit

Throw away all cigarettes. Put ash trays, matches and lighters out of sight. Buy a pack of sugar-free gum or some hard candy (especially cinnamon, which may help reduce your cravings) as a smoking substitute. Make a list of reasons why you're quitting and carry it with you.

■ What to Watch for as You Quit

Remember, the nicotine in cigarettes is addictive. The first few days are the most difficult. Your body will go through nicotine withdrawal — and you may feel anxious, depressed or have trouble concentrating.

Keep in mind, your cigarette craving will not go away as fast as it would with the cold turkey method. That's because you're reducing the amount of cigarettes you smoke, but still continuing to take in nicotine.

- Stick with it! It will get easier.
- Your craving for cigarettes will start to fade in a few days.
- Check the *How to Stay Smoke-Free* section for tips to help you.

■ What to Do If You Smoke Again

Don't give up. It happens. Check your list of reasons to quit smoking and try again. It often takes several tries to be successful. Maybe you need to switch methods and try the Cold Turkey method.

Check the *Community Resources* insert for local classes and more support.

Cold Turkey: The Quick Way to Quit

Can you stop smoking immediately? If the answer is "yes", consider the cold turkey method. Cold turkey means just stopping cold. It's the fastest way to get through the nicotine withdrawal.

As with any method, you need to start making lifestyle changes before your quit date. Your plan should be in place and, if you have quit-smoking friends, they should be ready to jump right in and help.

Once you quit, there are many ways to fight the urge to smoke. Follow the tips on the next page and in *How to Stay Smoke-Free*. These tips will help keep the urge to smoke under control. Remember, always think positive. *You can do it!*

■ The Week Before You Quit

When you're quitting, it's good to know the times and places you're most likely to have an urge to smoke — it helps you to be prepared. The week before you quit, record the time of day you smoke, the location and how you feel when you need to smoke.

Where do you smoke and why:			
	Time	Location	How you feel
Day 1			
Day 2			
Day 3			
Day 4			
Day 5			
Day 6			
Day 7			



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■ What to Watch for as You Quit

Remember, the nicotine in cigarettes is addictive. The first few days are the most difficult. Your body will go through nicotine withdrawal, and you may feel anxious, depressed or have trouble concentrating.

- Stick with it! It will get easier.
- Your craving for cigarettes will start to fade in a few days.
- Check the *How to Stay Smoke-Free* section for tips to help you.

■ What to Do If You Smoke Again

Don't give up. It happens. Check your list of reasons to quit smoking and try again. It often takes several tries to be finally successful.

Quit-smoking classes can help give you support and structure. Check the *Community Resources* insert for local classes. Some classes offer nicotine aids for participants 18 and older.

The Facts about Smoking and Quitting

■ The Bad News about Smoking.

- More than 45,000 African Americans die from smoking-related illnesses every year.
- African Americans are more than three times as likely to die from asthma than whites.
- Smoking and tobacco are major contributors to the three leading causes of death among African Americans: heart disease, lung cancer and stroke.
- Nearly 20% of African Americans in Anne Arundel County smoke. That's higher than the county's overall rate of smoking, which is 18.4%.

■ The Good News about Quitting

It's never too late to stop smoking. When you stop smoking:

- You lower your risk of heart disease, stroke, cancer and lung disease.
- You stop hurting those around you with secondhand and thirdhand smoke.
- You save the money you used to spend on cigarettes. If you're a pack-a-day smoker, that's \$150 dollars a month — **or \$1,800 a year!**

In fact, you'll see the benefits right away. After your last cigarette:

In 20 minutes	Your blood pressure and pulse rate drop.
In 24 hours	Your chance of heart attack decreases.
In 48 hours	Your nerve endings adjust to the absence of nicotine.
In 72 hours	Your lung capacity increases, making it easier to breathe.





■ **Addiction: Facts about Menthol and Nicotine**

- Menthol cigarettes are smoked by three out of four African American smokers.
- Smokers of menthol cigarettes inhale more deeply and have a stronger dependence than smokers who use non-menthol brands.
- ***Menthol smokers inhale three times the cancer-causing chemicals that regular cigarette smokers do.***
- Nicotine in tobacco is a stimulant and is highly addictive.
- Nicotine causes the release of body chemicals that raise your blood pressure and make your heart beat faster, which causes the “good feeling” smokers get.
- This “good feeling” is usually followed by depression and feeling tired, so you want more nicotine, and another cigarette.

■ **Respect Your Family: Facts about Secondhand and Thirdhand Smoke**

- Secondhand smoke comes from a burning cigarette, cigar or pipe – or is exhaled by the smoker. Since it stays in the air, simply closing a door when you smoke will not protect nonsmokers.
- Secondhand smoke is dangerous to everyone, especially children, infants and unborn babies because their bodies and lungs aren’t fully grown. It increases a child’s risk for lung and ear infections and death from SIDS, and raises a pregnant woman’s risk of having a low birth weight baby. It can also make allergies and asthma worse, and can cause heart attacks and cancer, even for people who do not smoke.
- Thirdhand smoke is the equally dangerous smoke residue that sticks to smokers, their clothes and other surfaces. Simply closing a door when you smoke will not protect nonsmokers from it.
- Since thirdhand smoke sticks to surfaces, it can be absorbed by touch, inhalation or ingestion. Babies and toddlers are particularly at risk.

If you smoke, stop. Take a stand for yourself, your family, your legacy. Respect your home and make it smoke-free.

Once You Quit, Make It for Good

This is the hard part...staying smoke-free. Here are some things you can do when those nicotine cravings return:

- Wait it out. The urge to smoke usually passes in a few minutes. As time goes by, the urge will fade.
- Try deep breathing when you want to light up. Take a slow, deep breath. Hold it for a few seconds, and slowly release it. Repeat 5 to 10 times.

■ **More Tips for the First Few Days**

- Carry sugar-free gum or hard candy with you at all times.
- Have a big glass of 100% fruit juice with breakfast every morning.
- Exercise at least 30 minutes a day.
- Read your reasons for quitting when you have the urge to smoke.
- Eat a snack of fresh fruit or vegetables when you feel like smoking.
- Visualize yourself never smoking again.
- If you have a quit-smoking friend, check in with him or her often.
- Stay away from smoke-filled places.
- Think positively and take one day at a time.

■ **Celebrate Your Success!**

- On a calendar, mark off each smoke-free day.
- Celebrate the end of your first smoke-free week.
- At the end of the month, review your progress and congratulate yourself for being successful.
- Set aside the money you’d normally spend on cigarettes and treat yourself to a reward!

■ **Worried about Gaining Weight?**

People often talk about gaining weight after quitting. That's because some people replace smoking with eating. Plus, as you quit, you may find that your appetite and your enjoyment of food will come back.

But there are a couple of ways to avoid gaining weight. One way is to reach for healthy, low-calorie substitute foods, water or low-calorie drinks instead of a cigarette.

Another way to avoid weight gain is to become more active while you're quitting. Take a walk after dinner, for example, if that's a time you generally smoke. You'll avoid the urge to reach for a cigarette, and you'll get some exercise at the same time. While you're on your walk, notice how much better you're breathing already!

■ **What to Do If You Smoke Again**

It happens. Sometimes it takes several tries to be completely successful. You may even need to switch your method of quitting.

Quit-smoking classes can provide needed structure. The ongoing classes, the support of other smokers and the help of instructors can increase your chances of quitting for good.

Check the *Community Resources* insert for quit-smoking classes in Anne Arundel County. Or call 410-222-7979 for the latest information. Also, a doctor can advise you on quit-smoking aids that you may find helpful.

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The services and facilities of the Anne Arundel County Department of Health are available to all without regard to race, color, religion, political affiliation or opinion, national origin, age, sex, sexual orientation, or disability. 05-10/250

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