

## Internet links for support

**Smokefree.gov: an online guide to help you quit**  
Created by The National Cancer Institute and  
Centers for Disease Control and Prevention

[www.smokefree.gov/quit-guide.aspx](http://www.smokefree.gov/quit-guide.aspx)

Telephone: 1-800-QUITNOW (1-800-784-8669)

**US Department of Health and Human Services**

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

Telephone: 1-877-696-6775

**National Heart, Lung, and Blood Institute**

[www.nhlbi.nih.gov/health/public](http://www.nhlbi.nih.gov/health/public)

Telephone: 1-301-592-8573

**National Cancer Institute—Smoking cessation fact sheet**

[www.cancer.gov/cancertopics/factsheet/tobacco/cessation](http://www.cancer.gov/cancertopics/factsheet/tobacco/cessation)

Telephone: 1-800-4-CANCER (1-800-422-6237)

**Centers for Disease Control and Prevention, including  
Tobacco Information and Prevention Source (TIPS)**

[www.cdc.gov/tobacco/how2quit.htm](http://www.cdc.gov/tobacco/how2quit.htm)

Telephone: 1-800-CDC-INFO (1-800-232-4636)

**American Cancer Society**

[www.cancer.org](http://www.cancer.org)

Telephone: 1-800-ACS-2345 (1-800-227-2345)

**Global Initiative for Chronic Obstructive Lung Disease.  
GOLD Patient Guide: What You Can Do About a Lung  
Disease Called COPD**

[www.goldcopd.org](http://www.goldcopd.org)

**COPD Foundation**

[www.copdfoundation.org](http://www.copdfoundation.org)

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# You Can Do It!

## Commit to quit smoking.

## Reasons for you to quit!

If you need reasons to quit...consider these!

### Quitting Smoking May:

- Stop more damage to your lungs
- Help you breathe easier
- Help make the air in your home cleaner and healthier
- Save you money

### Quitting Smoking May Reduce Your Risks for Diseases, Such as:

- Chronic obstructive pulmonary disease
  - A lung disease that includes both chronic bronchitis and emphysema
- Cancer (including cancers of the lung, throat, bladder, kidney, and pancreas)
- Stroke
- Coronary heart disease, heart attack

## Prepare to quit

### Get ready!

- Talk to your healthcare professional about how to quit
- Set a date for quitting. Choose a date that is within the next 2 weeks and make a strong commitment to quit on that day
- Tell your family, friends, and coworkers that you are quitting
- Get rid of any tobacco products from your home, work, or car (for example, any lighters, ashtrays, matches, and cigarettes)
- Make a list of things that may trigger your smoking. These things might include being around other smokers, drinking coffee, drinking alcohol, taking a break from work, or feeling stressed. Make a plan for how you will deal with these triggers

## What if I slip up?

If you 'slip up' and smoke, don't give up. Here are some ways to try again:

- Don't be too hard on yourself, but don't be too easy either. It is important to get back on track
- Find the trigger that led you to smoke. Decide how you will deal with the trigger the next time it comes up
- Stay positive. Learn from your experience of not smoking, and remember what has kept you on track
- If you are taking a medicine to help you quit, talk to your healthcare professional before deciding to stop taking your medication

## Questions to ask your healthcare professional

As you prepare to quit, you may have lots of questions. Here are some questions you might want to ask your healthcare professional:

- Will I feel better right away? Or worse?
- What antismoking medical treatments are available to help stay on track?
- Are there local support groups that help people trying to quit?
- What should I do if my friends and family smoke around me?

## Medications may help you quit

Ask your healthcare professional whether you should consider a treatment to help you quit smoking.

Some things or some places may make you want to smoke. You will find it easier to stop if you have a quit plan. Some medicines may be helpful. You can ask for help from your healthcare professional, a counselor, or a support group.

There are medicines in pill form that decrease your desire to smoke, and there are nicotine replacement products.

### Pills to reduce your desire to smoke

- Pills can help with withdrawal
- Some pills can block the effects of nicotine
- Tell your healthcare professional about any other medications you are taking and all medical conditions you have
- Talk to your doctor about how to use the medication.

### Nicotine replacement products

- These products provide nicotine to your body to reduce your withdrawal symptoms
- Talk to your doctor about how to use the medication.

Nicotine Replacement Product	Prescription	
	Yes	No
<b>Nicotine gum</b> <ul style="list-style-type: none"><li>• The gum releases nicotine in your mouth</li><li>• The nicotine takes several minutes to reach your blood vessels</li></ul>		✓
<b>Nicotine nasal spray</b> <ul style="list-style-type: none"><li>• Nicotine gets into your bloodstream quickly through your nose</li></ul>	✓	
<b>Nicotine inhaler</b> <ul style="list-style-type: none"><li>• The inhaler is a small device that you hold like a cigarette</li><li>• Nicotine goes into your mouth when you inhale</li></ul>	✓	
<b>Nicotine patch</b> <ul style="list-style-type: none"><li>• The patch is placed on your skin</li><li>• Nicotine is released slowly and evenly through your skin into your bloodstream</li></ul>	✓	✓
<b>Nicotine lozenges</b> <ul style="list-style-type: none"><li>• They come in the form of a hard candy</li><li>• The candy dissolves in your mouth and releases nicotine</li></ul>		✓