You Can Do It!
Commit to quit smoking.

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

US Department of Health and Human Services
www.surgeongeneral.gov/tobacco
Telephone: 1-877-696-6775

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov/health/public
Telephone: 1-301-592-8573

National Cancer Institute—Smoking cessation fact sheet
www.cancer.gov/cancers topics/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
Telephone: 1-800-CDC-INFO (1-800-232-4636)

American Cancer Society
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

COPD Foundation
www.copdfoundation.org
Reasons for you to quit!
If you need reasons to quit...consider these!

<table>
<thead>
<tr>
<th>Quitting Smoking May:</th>
<th>Quitting Smoking May Reduce Your Risks for Diseases, Such as:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Stop more damage to your lungs</td>
<td>• Chronic obstructive pulmonary disease</td>
</tr>
<tr>
<td>• Help you breathe easier</td>
<td>• A lung disease that includes both chronic bronchitis and emphysema</td>
</tr>
<tr>
<td>• Help make the air in your home cleaner and healthier</td>
<td>• Cancer (including cancers of the lung, throat, bladder, kidney, and pancreas)</td>
</tr>
<tr>
<td>• Save you money</td>
<td>• Stroke</td>
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<tr>
<td></td>
<td>• Coronary heart disease, heart attack</td>
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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.

<table>
<thead>
<tr>
<th>Nicotine Replacement Product</th>
<th>Prescription</th>
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<tbody>
<tr>
<td>Nicotine gum</td>
<td>Yes</td>
</tr>
<tr>
<td>• The gum releases nicotine in your mouth</td>
<td></td>
</tr>
<tr>
<td>• The nicotine takes several minutes to reach your blood vessels</td>
<td></td>
</tr>
<tr>
<td>Nicotine nasal spray</td>
<td>Yes</td>
</tr>
<tr>
<td>• Nicotine gets into your bloodstream quickly through your nose</td>
<td></td>
</tr>
<tr>
<td>Nicotine inhaler</td>
<td>Yes</td>
</tr>
<tr>
<td>• The inhaler is a small device that you hold like a cigarette</td>
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<tr>
<td>• Nicotine goes into your mouth when you inhale</td>
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<tr>
<td>Nicotine patch</td>
<td>Yes</td>
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<tr>
<td>• The patch is placed on your skin</td>
<td></td>
</tr>
<tr>
<td>• Nicotine is released slowly and evenly through your skin into your bloodstream</td>
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<tr>
<td>Nicotine lozenges</td>
<td>Yes</td>
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<tr>
<td>• They come in the form of a hard candy</td>
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<tr>
<td>• The candy dissolves in your mouth and releases nicotine</td>
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