

Are you ready to quit smoking?



Good for you! You have made one of the best choices in your life. Your body will thank you for quitting. And so will others.

When you stop smoking:

- You stop hurting those around you with your smoke.
- You increase your chances of living longer.
- You save money.
- You help stop your children from smoking.
- You lower your risk for heart disease.
- You help your teeth, breath, hair, and clothes smell fresher.
- You lower your chances for getting cancer.

You might have your own reasons for wanting to quit. That is good, because it **must** be up to you to quit.

It is not always easy to stop smoking. Some people can quit on their first try. But many people have to try 2 to 4 times before they stop smoking for good.

There are also many ways to quit smoking. Talk to your doctor about which may be the best way for you. You might even have to try more than one approach to find what works best for you.



To give up smoking for good, you must:

- Know what you are up against.
- Know the choices you have.
- Know where you can get help.



Know what you are up against

Cigarettes contain nicotine. It is very addictive! That means your body gets used to having it and will not want to go without it. Nicotine affects both your body and your brain. You will have to beat both these holds it has on you to get smoke-free for good. It sounds hard. It is hard. But others have done it and so can you!

Know the choices you have

No two people are alike. What helps one person stop smoking may not be right for you. Knowing all the different ways of quitting can help you choose what is right for you. Again, feel free to talk to your doctor about this.



Some smoking cessation choices are:

- Cold turkey
- Smoking cessation group classes
- Nicotine replacements-patches, gum, inhalers, nose spray
- Other medications-talk to your doctor
- Quit lines-phone based help to quit smoking
- On-line help to quit smoking-classes, support
- Hypnosis
- Acupuncture

Sometimes more than one of these choices is used at the same time to make the chances of success higher.

One flier cannot tell you all there is to know about giving up cigarettes for good. That is why you need to know where to get more help.

Know where to get help - Local Smoking Cessation Resources



OSF Saint Francis Wellness Services (309) 282-1624

- Group classes-Freedom from Smoking by the American Lung Association.
- Teaching sheets about how to stop smoking.
- American Lung Association Self Care Quitting for Life Handbook.

Peoria County Health Department

- Group classes-Freedom from Smoking by the American Lung Association. Call (309) 679-6131. TDD# 1 800 526 0844
- American Lung Association Self Care Quitting for Life Handbook.
- For those with no time for a class-Illinois Department of Public Health Quit line 1-866-QUIT-YES (1-866-784-8937).

American Lung Association - 1-800-LUNG-USA

(smoking cessation support in the comfort of your home 24 hours per day)

Online help:

www.smokefree.gov

American Lung Association Freedom from Smoking - ONLINE:

www.ffsonline.org

This is not a list of all that is available in this area. It is a good start.
We wish you the best in your effort to quit smoking and are there for you-just ask!

Choose wisely Choose HEALTH!
OSF Saint Francis Wellness Services

(309) 282-1624

www.osfsaintfrancis.org

Getting ready to quit:

- If you know someone who smokes, try to get him or her to quit with you.
- Try to change some of your smoking habits now: keep cigarettes in a different place, try smoking with your other hand, think about how you feel when you smoke.
- Smoke only in certain places-like outside.
- When you want a cigarette, wait a few minutes. Try to think of something else to do in place of smoking.
- Switch to a different brand that you do not like.
- Only buy one pack at a time.

On the day you quit:

- Throw away all your cigarettes, ashtrays, lighters, and matches.
- Change your morning routine. Stay busy.
- When you think you need a cigarette, do something else. Hold your breath and count to ten. Then breathe out slowly.
- Carry hard candy, sugarless gum, carrots, or straws with you to put in your mouth.
- Reward yourself at the end of the day for not smoking. Take a walk or relax with a movie.
- If you break down and have a cigarette, don't give up! Just don't have another.

How to stay smoke-free:

- You might lose your temper or have trouble sleeping at first. Don't worry, these feelings will soon go away.
- Try to be more active.
- Sometimes people mistake being hungry for wanting a cigarette.
- Start a money jar with the money that you will save by not smoking.
- Let others know that you have quit smoking-most people will support you. It is good to talk to others about your quitting.

Reference: www.medlineplus.gov