

YOUR GUIDE TO STAYING TOBACCO FREE

Congratulations! You've decided to quit smoking — one of the best moves you can make for your health. Beaufort Memorial is here to help you the entire way.

YOUR FIRST 4 STEPS *to Quit Smoking*

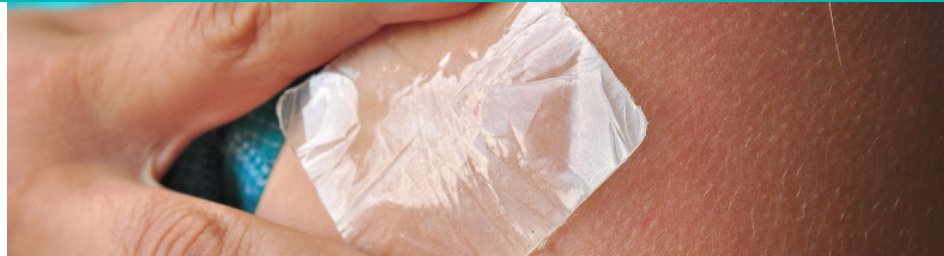
It can be tough to kick the habit, but don't be discouraged. Taking small steps toward your goal can help you quit for good.

1 SET YOUR QUIT DAY.
Set a quit date within the next week. This gives you less time to change your mind and more time to rebuild your health. When it arrives, celebrate the fact that you've taken the first big step to better health for you and your family.

2 CHOOSE YOUR QUITTING METHOD.
There is more than one method to quit smoking. Some people quit cold turkey, while others rely on quit aids. You are more likely to stick with a plan that fits your lifestyle.

3 SEEK SUPPORT.
Tell friends and family members when you plan to quit so they can encourage you along your journey.

4 PREPARE FOR WITHDRAWALS.
Managing withdrawals can include taking medication, staying busy and avoiding smoking triggers.



COLD TURKEY *Vs.* QUIT AIDS AND MEDICATIONS

There is no right way to quit smoking. It all depends on what works best for you.

COLD TURKEY

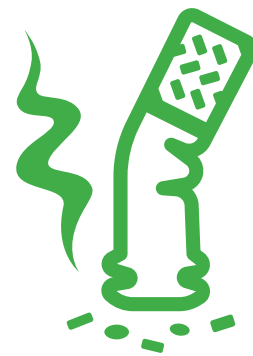
Quitting smoking cold turkey means stopping all at once. You won't take medication or use nicotine replacements. This is the ideal choice for some people, but it has a low success rate. If you choose this method, make sure you have resources and a support system in place to help you deal with cravings (see Page 2).

HOW CAN YOU CHOOSE?

The best quit method is the one that you'll stick with for life. If you're unsure, your doctor can offer advice. The American Cancer Society recommends quit aids in particular for people with severe nicotine dependence. Those people may smoke more than a pack a day, in the middle of the night or first thing in the morning, while they're sick or to deal with withdrawal symptoms.

NICOTINE REPLACEMENT THERAPY

Nicotine replacement therapy exposes you to small, controlled amounts of nicotine, the addictive substance in cigarettes. The products — gums, lozenges, patches, and prescription nasal sprays and inhalers — reduce symptoms of nicotine withdrawal and tobacco cravings.



PRESCRIPTION MEDICATIONS

Prescription medications can be used alone or in combination with nicotine replacement therapy. There are different types, including medications specifically designed to address nicotine addiction and antidepressants that have been found to reduce withdrawal symptoms.



TIPS FOR **LONG HAUL** *Success*

Quitting smoking takes hard work and self-control. Here's how to stay smoke-free, even when it gets tough.

Almost everyone who quits smoking deals with withdrawal symptoms that, although short-lived, can make quitting difficult. But don't let this stop you. Use these tips to manage common withdrawal symptoms:

Anxiety or depression: Stay busy and get out of the house when you can. If anxiety or depression continues for several weeks, contact your provider or a mental health professional.

Difficulty concentrating: It can be hard to concentrate the first few days of quitting smoking. Take it easy and give yourself short, frequent mental health breaks.

Restlessness: Go for regular walks or do exercise that shakes the jitters. You can also temporarily cut back on coffee, tea and other caffeinated drinks.

Trouble sleeping: Quitting tobacco may interfere with your sleep, and not sleeping well can make it harder to stick to your resolve. Avoid caffeine late in the day as well as screens, alcohol and heavy meals just before bed. If you use a nicotine patch, remove it an hour before bedtime.

Urges to smoke: Physical activity, chewing gum (nicotine gum or regular) and stress relieving activities, such as deep breathing, can help quell urges. Sometimes, simply distracting yourself for 10 minutes can quiet a craving.

Weight gain: The stress of quitting and changes to your appetite can lead to weight gain after you quit. Find ways to be physically active, which helps with weight gain and other withdrawal symptoms, and eat mindfully. Remove distractions while you eat, eat slowly and enjoy how your food tastes and smells.

HOW TO DEAL WITH SLIP-UPS

Having a slip-up during your journey is completely normal. Your main goal shouldn't be perfection but instead getting back on your feet after making a mistake. Here's what to do after a relapse:

Know your triggers. Recognize the times and places that tempt you to smoke. Avoid them as much as possible.

Don't say "I failed." Instead, recognize mistakes as small hurdles on your journey. Consider mistakes a learning opportunity.

Move on quickly. Dwelling on a mistake can make you feel like giving up. Learn from your slip-up and move on quickly.

Rethink how you manage cravings. If slip-ups keep happening, it may be helpful to reevaluate your strategies. Speak with your health care provider for recommendations on other quit aids that help you better manage cravings and withdrawal symptoms.

If you struggle to quit tobacco, our new, private addiction medicine clinic can help. With a primary care provider's referral, our addiction medicine specialists can identify the issues hindering your success and find long-term solutions that work.



QUIT SMOKING RESOURCES

American Cancer Society Quit for Life: **866-QUIT-4-LIFE (866-784-8454)**

American Lung Association Freedom From Smoking®: Quit smoking program and online support community

American Lung Association Lung HelpLine: **800-LUNGUSA (800-586-4872)**

SmokeFree.gov

Truth Initiative **BecomeAnEX:** Free online plan to help you quit smoking
U.S. Department of Health and Human Services **BeTobaccoFree.gov:**
800-QUIT-NOW



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