



QUIT SMOKING GUIDE

Maryland Tobacco Cessation Programs

For providers: MD Quit Now (<http://mdquit.org>) offers a wide variety of resources for professionals/providers and funds tobacco cessation programs.

For consumers: MD Quitline provides tobacco cessation help via phone, text, mail or on-line at:

1.800.QUIT.NOW (1.800.784.8669) or <http://smokingstopshere.com>

Maryland University of Integrative Health Natural Care Center

This clinic provides acupuncture to assist with reducing cravings for and cleansing the body of addictive substances like tobacco. Acupuncture also creates a sense of ease during the full process of quitting. Affordable acupuncture treatments are provided by graduate student interns and licensed faculty practitioners. Contact: naturalcarecenter@muih.edu or 410-888-9048 ext. 6614.

Freedom From Smoking – American Lung Association MD Chapter

The Freedom From Smoking® (FFS) program is for adults who are ready to quit smoking. Because most people know that smoking is dangerous to their health, the program focuses almost exclusively on how to quit, not why to quit. There are online and in-person options available.

Contact: www.ffsonline.org or

<http://www.lung.org/associations/states/maryland/programs/freedom-from-smoking/>



Quitting is Hard

Millions of people have been able to quit smoking and you can too! An important first step of the quit process is learning why you feel like you need to smoke. When you understand why you smoke, you can prepare yourself to find the best ways to quit.

Did You Know?

Three out of four teen smokers who think they will stop smoking in a few years do not.

Nearly nine out of ten adult smokers started by age 18.

Smoking causes cancer, heart attacks and serious lung disease.

More than 7,000 chemicals are found in a single puff of cigarette smoke.

On average, every cigarette takes eleven minutes off your life.

Cigarette smoking causes about 480,000 deaths per year in the United States.

One out of five deaths in the United States is caused by smoking.



PREPARE TO QUIT GUIDE

1. Set a Quit Date

Pick a date in the next two weeks to quit smoking. This is enough time to prepare. Avoid choosing a day you know you will be busy, stressed, or tempted to smoke.

2. Tell Family and Friends—Support is Key!

Quitting smoking is easier with support. Let friends and family know you are planning to quit. Here are a few ways to START the conversation:

- Tell family and friends your reasons for quitting.
- Ask them to check in with you to see how things are going. Ask for help dealing with your triggers.
- Ask them to help you think of smoke-free activities you can do together (like going to the movies).
- Know a friend or family member who smokes? Ask them to quit with you, or not smoke nearby.
- You are going to be tempted to smoke. Ask friends and family not to let you have a cigarette—no matter what.
- Let them know that you may be in a bad mood and ask them to be patient and help you.
- Tell your doctor or pharmacist you are quitting. You may need to change your prescriptions after you quit.

3. Anticipate and Plan for Challenges

The first few weeks are the hardest. Anticipate your challenges. Get a head START. Prepare for the following:

Uncomfortable Feelings—Withdrawal

Withdrawal happens when your body is getting used to not having nicotine from cigarettes. Some of the more common feelings that come with withdrawal are:

- Feeling a little depressed
- Not being able to sleep
- Getting cranky, frustrated, or mad
- Feeling anxious, nervous, or restless
- Having trouble thinking clearly

You may be tempted to smoke to relieve these feelings.

Just remember that they are temporary, no matter how powerful they feel at the time.

Smoking Triggers are specific persons, places, or activities that make you feel like smoking. It is important to know your triggers so you can learn to deal with them.

Cravings are short but intense urges to smoke. They usually only last a few minutes. Plan ahead and have a list of activities you can do when you get a craving.

4. Remove Cigarettes and Other Tobacco From Your Home, Car, and Work

Removing things that remind you of smoking will get you ready to quit. Try these tips:

- Throw away all your cigarettes, lighters, matches, and ash trays. Remember the ashtray and lighter in your car!
- Don't save one pack of cigarettes "just in case". Keeping one pack just makes it easier to start again.
- Remove the smell of cigarettes from your life. Make things clean and fresh at work, in your car, and at home. Clean drapes, clothes, and your car. You will be less tempted to light up if you don't smell smoke.

Don't Use Other Products with Tobacco

All tobacco products contain harmful chemicals and poisons, including light or low-tar. Smokeless tobacco, pipes, cigars, cigarillos, hookahs (waterpipes), bidi cigarettes, clove cigarettes, and herbal cigarettes also hurt your health.

5. Talk to a Doctor/Pharmacist About Quit Options

It is difficult to quit smoking on your own, but quitting "cold turkey" is not your only choice. Talk to your doctor or pharmacist about other support options.

Quit smoking medications are also an effective quit option. Many quit smoking medicines, especially Nicotine Replacement Therapy (NRT), are available without a prescription. This includes the nicotine patch, nicotine gum, or nicotine lozenge. Read the instructions before using any medications. If you have questions about a medication, ask your pharmacist. If you are pregnant or planning to become pregnant, consult your doctor before using any type of medication. For more information visit: <http://smokefree.gov/explore-medications>.

