

You Can Stop Smoking

Cigarette Substitutes – What to take along

Remember all the reasons you used to reach for cigarettes?

- To have something to do with your hands
- To fill time spent waiting
- As a way to relax
- As a reward
- To change the taste in your mouth
- To collect yourself in an uncomfortable situation

Be prepared for these situations by having substitutes available. Before you quit, pack replacements for cigarettes in all the same places you used to keep your cigarettes and ashtrays. Here are some ideas of things you could use:

- Sugar free candy, gum or mints
- Toothpicks
- Your favorite book or magazine
- A journal to collect your thoughts
- Your favorite music
- Pocket sized game or activity book
- Playing cards
- Healthy snacks

Picture your success! You'll probably do better if you have a plan. A plan will help you deal with stressful situations, urges, familiar places and people that you smoke with. Here are some tips to help you get ready to quit.

Getting ready:

- Set a quit date.
- Tell your family, friends and coworkers about your quit plan.
- Ask for support.
- Stock up on healthy snacks such as fruits, vegetables and sugarless gum.
- Begin an exercise program.



On and after your quit date:

- Get rid of all your cigarettes or tobacco products.
- Hide your ashtrays.
- Call a friend to give you help.
- Drink lots of water.
- Take deep breaths slowly when you have the urge to smoke.
- Wait. The urge to smoke lasts about five minutes. Give yourself time and the urge will go away.
- Find things you can use as cigarette substitutes.
- Go places where smoking is not allowed.

The Effects of Smoking:

- Increases blood pressure and heart rate.
- Decreases energy.
- Hardening of the arteries may occur, possibly leading to a heart attack or stroke.
- Increases risk of developing cancer of the lungs, mouth, bladder and pancreas among others.
- Increases risks during pregnancy, such as still birth and low birth rate.
- Increases chances of getting sick.
- Shortens life span.

Also, it has been proven that second-hand smoke is a health risk. You put your spouse, children, friends, and co-workers at risk for health problems when you smoke.

Changes Your Body Goes Through When You Quit Smoking:

There are many benefits to quitting smoking. You'll have more money and energy for the things you enjoy! Most importantly, you will improve your health within the first 20 minutes of quitting:

Within 20 minutes of your last cigarette, blood pressure and heart rate begin to return to normal and circulation to hands and feet improves.

Within 8 hours, oxygen level in the blood increases to normal.

Within 24 hours, your risk of heart attack decreases.

After 48 hours, nerve endings begin to re-grow.

By 72 hours, breathing becomes easier.

At 2 weeks to 2 months, walking becomes easier and circulation improves.

In 3 to 5 years, the risk of dying from a heart attack decreases to that of a non-smoker.

At 10 years, the risk of dying from lung cancer decreases to that of a non-smoker.

After 10 years, risk of cancer of the mouth, bladder, kidney and pancreas decreases.

5 to 15 years after quitting, stroke risk decreases to that of a non-smoker.

