

BREAK LOOSE

FACTS & TIPS TO HELP
YOU STOP SMOKING



1-866-NY-QUITS
(1-866-697-8487)

www.nysmokefree.com

Know the Facts about Smoking

Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, suicide, car accidents, fire and AIDS combined.

The most common diseases caused by smoking:

Lung Cancer is caused by the tar in tobacco smoke.

A healthy lung is pink.

Years of smoking cause your lungs to turn black.

Smoking also increases your chances of developing cancers of the lip, mouth, throat, larynx, bladder, pancreas, stomach, kidney and cervix.

Heart Disease and Stroke

are caused by nicotine and carbon monoxide in tobacco smoke.

Emphysema and Chronic Bronchitis

can make it very difficult to breathe.



A healthy pink lung



A black lung after years of smoking

Medications That Can Help You Stop

Today, smokers don't have to tough it out alone. New medications, some over-the-counter and some prescription, can help take the edge off the nicotine withdrawal.

The medications shown below contain nicotine

Can get **WITHOUT** a prescription

THE NICOTINE PATCH

The patch is worn on your arm like a small bandage. Nicotine from the patch slowly gets into your body and gives you a steady amount of nicotine to help lessen the cravings for a cigarette. The nicotine patch is the most widely used. Stop Smoking medication.



NICOTINE GUM

This is a medicine you chew slowly to help make your craving for nicotine less intense. It gives you a little nicotine, without the tars and poisons you get in cigarettes.



NICOTINE LOZENGE

You place the lozenge in your mouth and allow it to dissolve (20-30 minutes), occasionally moving the lozenge from side to side. The lozenge will help to reduce nicotine cravings.



Prescription **Only**

NICOTINE INHALERS

You just breathe the nicotine in through the mouthpiece, taking shallow breaths or shallow puffs. This gives you a little nicotine to help reduce cravings for nicotine.



NICOTINE SPRAY

You spray this into your nose. It gets nicotine into your body fast, so it is good at reducing cravings



The following medications **DO NOT** contain nicotine

Prescription **Only**

Chantix

Chantix is the newest medication to help you stop smoking. This is a non-nicotine pill you take by mouth. It helps reduce cravings to smoke.



ZYBAN

This is a pill you take by mouth. It helps reduce your craving for nicotine.



In New York State, Medicaid will pay for most of these medications to help you stop smoking when you get a prescription from a doctor.

(nicotine lozenges not covered)

Nicotine does NOT cause cancer. Cigarettes cause cancer because you inhale the dirty tobacco smoke.

What to Expect When You Stop Smoking.

May last a few days to a week...

Coughing up mucous:

This is your body's way of cleaning itself out. Cough drops and cough syrups may help.

Tightness in your chest:

This happens because as fresh air fills your lungs, they feel tighter.

Mouth sores: This happens as your mouth repairs itself. Your mouth has had to withstand endless attacks of hot smoke over many years of smoking.

Dizziness:

Your body is taking in more oxygen than it is used to. This can make you feel dizzy or light-headed.

Stopping smoking can be like riding a roller coaster – there will be some ups and downs.

May last a little longer...

Changes in sleep: Your body will have more energy. You will need fewer hours of sleep.

Feeling irritable:

Your body will have less nicotine, and it will begin to sense a loss. This causes inner changes and some tension. Deep breathing should help.

Lack of concentration:

This comes from the tension you may feel as your body withdraws from nicotine. This should pass as your other symptoms go away.

Cravings: You may have a strong desire to smoke or eat the first few days after you quit. This happens less and less the longer you stay off cigarettes.

Some weight gain:

Some people gain weight after stopping. But this is not as bad for you as smoking.

Here is what you can do to keep the weight off:

- Find a way to get some exercise everyday.
- Take a fast walk. Dance. Workout to an exercise video.
- Eat well, but eat less.
- Get up from the table as soon as you've finished your meal.
- Brush your teeth or use mouthwash after a meal.

Need a Few More Reasons to Stop?

Smokers are more likely to:

- ... get colds and flu
- ... have shortness of breath and wheezing
- ... get cataracts in your eyes



- ... have gum disease and yellow teeth
- ... have problems getting pregnant
- ... become impotent

Think Smoking Affects Only You?

A pregnant woman who smokes can make her baby be born too soon or too small.



Children exposed to secondhand smoke...

are more likely to get...

- Pneumonia
- Bronchitis
- Ear Infections
- Severe Asthma



Adults exposed to secondhand smoke are more likely to have...

- Heart Disease
- Lung Cancer



Why Do You Smoke?

The answer is Nicotine.

As one tobacco scientist put it –

“No one has ever become a cigarette smoker by smoking cigarettes without nicotine.”

What’s in a Cigarette?

There are over **4000** chemicals in tobacco smoke.

Each puff on a cigarette delivers nicotine to your brain within a few seconds. However, the nicotine levels in your blood drop quickly after your cigarette is done. After 20 or 30 minutes you may feel the urge to smoke again.

The longer you go without smoking, the stronger the urge gets and the more stressful it seems. A puff on a cigarette delivers nicotine to your brain making you feel better again. However, don’t be fooled! Nicotine speeds up your system – it doesn’t slow it down. The relaxing feeling you get from smoking a cigarette is really relief of withdrawal from nicotine.



Are Low Tar cigarettes less dangerous?

No.

People who switch to low tar cigarettes usually end up smoking **MORE** cigarettes in order to get their nicotine fix.

How To Fight The Urge To Smoke

When the urge
to smoke strikes
remember the

5D's:



- 1. DELAY** a minute or two and the urge will pass.
- 2. DRINK WATER** to fight off cravings.
- 3. DO SOMETHING ELSE** to distract yourself... walk, call a friend, clean a closet.
- 4. DEEP BREATHE** It will relax you. Close your eyes and take 10 slow, deep breaths.
- 5. DISCUSS** your thoughts and feelings with someone close to you.

Why Do You Want To Stop Smoking?

Add your own reasons to the list below.

1. Costs too much
2. Makes my clothes smell bad
3. Too few places to smoke
4. Makes me short of breath
5. I don't like feeling addicted
6. Tired of nagging
- 7.
- 8.
- 9.
- 10.

"It wasn't a good taste anymore."

John, age 27
has been smoke-free
for 3 years

"I wanted to be able to walk up a flight of stairs."

Mary, age 45 has been smoke-free for 12 years

Over 3 Million Americans Stop Smoking Every Year.

You can do it, too!

These People Did It... You Can Too!

*“My friend had a stroke.
He was only 45.
I saw what a stroke
could do to you.
I didn’t want that
to be me.”*

John, age 46
smoked for 24 years and has
been smoke-free for 5 years



*Picture
yourself
stopping!*

*“I got tired of having to
go outside every time
I wanted to smoke.”*

Anthony, age 38
smoked for 15 years and has
been smoke-free for 3 years.



*“My skin cleared up and
I look younger... I feel
younger too!”*

Sally, age 34
smoked for 16 years and has
been smoke-free for 1 year.



*“My grandkids have
asthma and they
couldn’t come to stay
at my house.”*

Martha, age 52
smoked for 30 years and has
been smoke-free for 3 years



*“Started not liking it.
It tastes bad and smells
bad. Plus, the prices were
going up, and I decided
this is ridiculous.”*

Ray, age 22
smoked for 5 years and has been
smoke-free for 2 years



Write Down What You're Going To Do Instead Of Smoking...

First Decide. Then Believe You Can Do It.

Here are some tips:

Decide that you WANT to stop!

- Get very clear on why you want to stop.
- Throw out your cigarettes, lighters and ashtrays.
- Work on fixing problems that stress you.
- Get busy. Do something. This helps.
- Chew gum. It tastes good and keeps your mouth busy.

BELIEVE that you CAN stop!

- Tell your family you're going to stop.
- Save the money you would have lost buying tobacco.
- If you slip up, start over again... **Don't Give Up!**

Think about what makes you want to smoke:

- waking up in the morning
- drinking coffee
- talking on the phone
- being stressed or worried
- driving the car
- being with other smokers
- being in a restaurant or bar

Think about what you can do instead of smoking at these times.

- *jump in the shower*
- *drink coffee standing up*
- *doodle while on the phone*
- *deep breathe*
- *chew gum*
- *ask family members not to smoke around you*
- *don't drink alcohol*

It's Never Too Late To Stop!

When you stop, your body begins to repair itself immediately:

Within 20 minutes:

- Your heart rate calms down.

Within 8 hours:

- There is more oxygen in your blood.
- Mucous begins to clear out of your lungs. This makes breathing easier.

Within 48 hours:

- Things smell and taste better.

Within 3 months:

- Your blood circulation improves.
- Your body is better able to fight infection.

Within 9 months:

- You have less sinus congestion, wheezing and shortness of breath.

After 1 Year:

- Your risk of dying of a heart attack is cut in half.

After 5 Years:

- You have a much less chance of having a stroke.

After 10 Years:

- Much less chance of having lung cancer. Your risk is cut in half.



Call or click to quit



1-866-NY-QUITS
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**Free patches and
personal online quit plan**
www.nysmokefree.com

Deaf, Hard of Hearing and Speech Disabled: Call the NY Relay Service at
7-1-1 (Voice or TTY), Give operator Quitline number: 1-866-697-8487



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