If you’ve tried to quit tobacco before without success, try again.

Most people make several attempts before they’re able to quit tobacco for good.

More than 50 million Americans have quit tobacco. You can do it, too. This booklet gives you the information and strategies you need to focus your efforts and become tobacco-free for life.
Smokeless = safe? No.
There’s no such thing as safe tobacco.

Smokeless tobacco is chew, snuff, snus, dip, and plug. It’s e-cigarettes and dissolvable “melts in your mouth” tobacco strips, sticks, and lozenges. These products are sometimes sold as safe alternatives to smoking. They’re not safe.

Same with vaping nicotine using e-cigarettes: definitely NOT a safe alternative. (See more on page 9.)

Smokeless tobacco is still tobacco, and it’s still bad for your health in all the same ways regular tobacco is.

This booklet can help. The strategies presented here can help you quit tobacco (and nicotine addiction) in all its forms.

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Why quit?
Habits are hard to break — and quitting tobacco may be one of the hardest things you'll ever do. Staying focused on why you want to quit can help you stay the course.

For your health
Quitting tobacco is important for your health. For example, the tobacco in cigarettes contains over 4,000 chemicals, more than 100 of which are known toxins (poisons). But it’s never too late to stop the damage tobacco does to your body. For example, look what happens when you put out your last cigarette:

- **Within minutes**, your blood pressure and heart rate return to normal.
- **Within hours**, the carbon monoxide level in your blood will go down — and the oxygen level will go up.
- **Within days**, your ability to smell and taste will improve, and the yellow stains on your hands and teeth will fade.
- **Within several weeks to months**, you’ll start to breathe easier. Your smoker's cough will disappear, and you’ll find that you’re more clear-headed and energetic.
- **Within a year or two**, your risk for heart disease, stroke, emphysema, and lung cancer will drop by up to 50%. Eventually, your risk for these diseases will be the same as if you had never smoked.

For your looks and social life
You don’t have to be vain to appreciate these benefits of quitting:

- Fewer wrinkles
- No more stained teeth and fingers
- Better breath
- Clothes and hair that no longer smell of tobacco
- No need to leave gatherings or work to smoke outside
- No more worrying that people are put off by the smell in your home or car

According to the Centers for Disease Control, more than 70% of all tobacco users want to quit.

I used to be an athlete. Now I struggle going up 2 flights of stairs. I hate thinking about what the smoke is doing to my body.

When I make an online dating profile, I never want to say I’m a smoker. But that’s what I am.

I feel bad smoking around my kids. I don’t want them to think it’s okay to smoke. And I think my smoke may be making them get sick more often.

I know it has a hold on me. It’s the first thing I do in the morning and the last thing I do at night. It takes more of my time and money than you’d believe.

I watched my dad die of emphysema. I don’t want that to be me, dragging my oxygen tank around.
For the health of the people around you
Think of the people around you when you smoke. By breathing in your exhaled smoke — your **secondhand smoke** — in effect, they’re smoking too. They face the same health risks you do, whether they like it or not. And studies show that children are at even greater risk for problems caused by secondhand smoke.

For a healthy pregnancy — and a healthy baby
If you’re thinking about having a baby — or if you’re pregnant right now — you have even more good reasons to quit:

- **Improve your chances of becoming pregnant.** Studies show that smokers — both women and men — are less fertile than non-smokers.

- **Lower your chances of having a miscarriage or serious problems with your pregnancy.** When you smoke, you breathe in carbon monoxide — the same gas that comes out of your car’s tailpipe.

- **Increase the chance that your baby will be born healthy.** The earlier you quit, the better for your baby. Yet even later in a pregnancy, you can lower the risk to your baby by stopping smoking.

- **Lower your baby’s risk of dying from SIDS (sudden infant death syndrome).** Women who smoke during and after pregnancy also put their babies at a higher risk of asthma and infections.

- **Help your baby have a healthy childhood.** If a mother smokes — especially during pregnancy — her baby will have a greater chance of getting asthma in childhood. A child raised in a house with a smoker is also likely to have more ear infections, colds, bronchitis, and breathing problems.

---

**Who is affected by my tobacco use?**
*(circle all that apply)*

- my parents
- my husband
- **my wife**
- me
- my baby
- my son
- my girlfriend
- my roommate
- my friend
- my boss
- my coworker
- my daughter

For many women, pregnancy provides the motivation to make a break at last. In fact, research shows that **women are more likely to quit tobacco during pregnancy** than at other times in their lives.

If you managed to quit tobacco during your pregnancy, it’s a great time to stay quit. And if you didn’t, it’s not too late to stop.
For your finances

Have you ever stopped to think about how much money you spend on tobacco in a week, in a month, in a year? Take a moment to do the math — and write down what you’d rather spend money on.

<table>
<thead>
<tr>
<th>How much do you smoke and spend?</th>
<th>What would you save, and what could you do?</th>
</tr>
</thead>
<tbody>
<tr>
<td>I smoke half a pack a day.</td>
<td>If I quit, in 10 years I’d save $10,490. Here’s what I’d do with that money:</td>
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<tr>
<td>I smoke a pack a day.</td>
<td>If I quit, in 10 years I’d save $21,000. Here’s what I’d do with that money:</td>
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<tr>
<td>I smoke two packs a day.</td>
<td>If I quit, in 10 years I’d save $42,000. Here’s what I’d do with that money:</td>
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For your time

Quitting will do more than save you money — it will save you time too. How much time? You’d be surprised. Use the chart below to see how much time you spend on your habit — and to write down what you’d rather be doing with those hours, days, weeks, and months.

<table>
<thead>
<tr>
<th>The average smoker takes 7 to 10 minutes to smoke one cigarette.</th>
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<tbody>
<tr>
<td><strong>In one day, I smoke:</strong></td>
</tr>
<tr>
<td>I smoke half a pack a day.</td>
</tr>
<tr>
<td>I smoke a pack a day.</td>
</tr>
<tr>
<td>I smoke two packs a day.</td>
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</tbody>
</table>

Why do I want to quit?

I want to be a healthier example to my kids.

I want to keep my heart disease from getting worse.

I want to buy a car — and keep that new-car smell.
Getting ready to quit

You have your reasons for wanting to quit. Now, take some time to consider the reasons you use tobacco in the first place. This will help you come up with strategies to combat them.

Plan to tame your triggers

Think about the situations, people, places, and feelings that often lead you to reach for a cigarette (or a can or pouch of tobacco). These are your triggers. Some common triggers are finishing a meal, talking on the phone, or being around other people who use tobacco.

You probably can’t avoid your triggers entirely. But you can take control of them before they take control of you. When your trigger hits, do something else instead of using tobacco. Sometimes it’s just a matter of having something in your mouth or your hand.

Look at the list of common triggers and substitutes. Map out your own trigger-taming plan.

<table>
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<tr>
<th>My triggers</th>
<th>My substitutes</th>
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<tbody>
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<td>Watching TV</td>
<td>Chewing gum</td>
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COMMON TRIGGERS

- Finishing a meal
- Talking on the phone
- Being around friends who smoke
- Feeling stressed, bored, angry, or lonely
- Having a cup of coffee
- Taking a work break
- Riding in the car
- Sitting on the porch at the end of the day

COMMON SUBSTITUTES

- Chewing some sugar-free gum
- Going someplace where you can’t use tobacco
- Sucking on a straw or toothpick
- Brushing your teeth
- Fiddling with a paper clip
- Having a cup of tea or a glass of water
- Going for a walk
- Squeezing a rubber ball
- Doing some deep breathing
- Having a healthy snack: carrots, raisins, sunflower seeds
- Playing cards or computer games
- Calling a friend to talk
- Knitting
Pick an approach

There’s no right or wrong way to quit. The point is to pick a method — or mix of methods — that you think will work for you, and stick with it.

Some things to think about:

- **Your past**: You’ve done hard things before. You may have even tried to quit tobacco before. Think about what helped — and what didn’t help. Where did you get stuck? You can use both successful and unsuccessful experiences to help you make a plan that will work this time.

- **Your personality**: Are you deliberate and methodical, or more of an all-or-nothing person? Do you get support from talking to people, or do you prefer to work things out on your own? What has helped you reach other goals in the past?

Review the options below to build your own best approach.

<table>
<thead>
<tr>
<th>Methods</th>
<th>Will this work for me?</th>
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</thead>
<tbody>
<tr>
<td><strong>Medicine.</strong> Prescription drugs like Chantix (varenicline) and Zyban (bupropion) have helped many people quit for good. These drugs help block nicotine’s effect on the brain, which can reduce your craving and help you stay the course.</td>
<td>Yes No Maybe Why or why not?</td>
</tr>
<tr>
<td><strong>Nicotine replacement therapy (NRT).</strong> NRT helps ease nicotine withdrawal by giving your body a steady supply of nicotine in gradually decreasing doses. It comes in the form of nicotine chewing gums, skin patches, inhalers, nose sprays, and lozenges. Some types of NRT are available over the counter, while others require a prescription.</td>
<td>Yes No Maybe Why or why not?</td>
</tr>
<tr>
<td><strong>Tobacco quitting programs.</strong> Being part of a structured program can be very encouraging. Most programs are phone-based. Refer to the “Resources for helping you quit” section at the end of this booklet, or contact your healthcare provider for a list of tobacco cessation programs near you. Insurance often covers this.</td>
<td>Yes No Maybe Why or why not?</td>
</tr>
<tr>
<td><strong>Tobacco quitting counseling.</strong> You can arrange to talk with a tobacco cessation counselor or with your healthcare providers. You can do this in person, or on the phone. Insurance often covers this.</td>
<td>Yes No Maybe Why or why not?</td>
</tr>
<tr>
<td><strong>Tapering off.</strong> You can gradually cut down on the number of cigarettes you smoke (or times you dip or chew) each day until you hit zero. You can do this by postponing the time of your first cigarette a little each day or by cutting out the places you allow yourself to use tobacco (never in the car, for example). This tapering method can reduce the intensity of withdrawal symptoms, but it also lengthens the time you have to deal with them.</td>
<td>Yes No Maybe Why or why not?</td>
</tr>
<tr>
<td><strong>Quitting all at once.</strong> Some people find it best to just make up their minds to quit and do it. The major drawback to this strategy is that the withdrawal symptoms can be intense.</td>
<td>Yes No Maybe Why or why not?</td>
</tr>
</tbody>
</table>
Pick your team

Think about who you’ll turn to for support when you feel the urge to smoke, dip, or chew. Who can help you resist? Who will say “no” when you ask for “just one” puff or dip? Who will remind you of your reasons for quitting, and cheer you on day by day?

Your “support team” can include family, friends, and coworkers. It could also include a counselor in a tobacco cessation program (see programs listed on page 14). Write the names of your support team members here:


Set a quit date — and get ready

Now, you’re ready to set a “quit date.” This is the date you’ll become tobacco free — the day after which you will never use tobacco again.

Some people give themselves a week to prepare, while others need a little longer. The specific date doesn’t much matter — as long as the date is firm (“June 5” for example, not “soon”) and as long as you stick to it.

Write your quit date down on the line below, and use the checklist below to count down to success.

☐ One week before your quit date: Make plans to stay busy on your quit date. Get your teeth cleaned. Schedule a racquetball game. Arrange dinner and a movie with your (non-tobacco-using) friends.

☐ Four days before your quit date: Stock up on gum, carrots, sunflower seeds, and other healthy tobacco substitutes.

☐ Two days before your quit date: Get rid of your lighters or matches. Wash and put away your ashtrays.

☐ The day before your quit date: Destroy your cigarettes, chew, or dip. (Don’t just throw the packages in the trash. You might be tempted to rescue them. Pour water on them, toss them in a dumpster — get rid of them entirely!) Search your pockets, your car glove box, your kitchen cupboards, your desk — anywhere you have tobacco stashed — and replace them with healthy alternatives.

Electronic cigarettes:
Not a safe way to quit

Electronics cigarettes, also known as E-cigarettes, are often sold as a safe way to help you quit smoking. But nothing could be further from the truth. E-cigarettes don’t contain tobacco, but they do contain nicotine — the main addictive chemical in tobacco — as well as liquid chemicals like propylene glycol, copper, ethylbenzene, and flavorants.

When these chemicals are heated by a battery in the e-cigarette, they create a vapor that’s inhaled. (This is why users call it “vaping.”) Recent studies show that this vapor contains high levels of a cancer-causing product called formaldehyde. That makes the risk for getting cancer go way up.

Besides the risk for cancer, other studies show that adults who use e-cigarettes as a tool to quit smoking are more likely to keep smoking. And, e-cigarettes often trigger the need to smoke again. That’s because you’re just trading one source of nicotine for another.

Remember, everyone thought cigarettes were safe when they first came out. Don’t be a guinea pig for the tobacco industry by using e-cigarettes.
Staying quit

It’s the morning of your quit date. Congratulations! You’re tobacco free! Now comes the hard part: Staying that way. Read on to see what to expect and what you can do to complete your journey to freedom.

Deal with withdrawal

The symptoms of nicotine withdrawal can be intense, particularly if you’re not taking a medicine to help you quit. The good news is that these symptoms are always temporary. Use the list below and suggestions at left to help you understand your symptoms — and make a plan to deal with them.

<table>
<thead>
<tr>
<th>Intense cravings. Your cravings may be less intense if you’re taking a medicine like Chantix or are using a form of nicotine replacement therapy.</th>
<th>What I can do to cope: Pick from my list of tobacco substitutes on page 7.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Irritability. You may be more cranky and short-tempered than usual. This irritability lessens over time — and is usually gone after 2 to 4 weeks.</td>
<td>What I can do to cope (see ideas at left):</td>
</tr>
<tr>
<td>Tiredness. Because you no longer have nicotine for stimulation, you may feel tired and distracted. You should feel more energetic after a few weeks.</td>
<td>What I can do to cope (see ideas at left):</td>
</tr>
<tr>
<td>Coughing. You might be surprised to find that you’re coughing more — not less — in the first few days after you quit smoking. This is actually a good sign! It means that your lungs are working hard to clean themselves.</td>
<td>What I can do to cope (see ideas at left):</td>
</tr>
<tr>
<td>Hunger. Craving for tobacco is often confused with hunger pangs.</td>
<td>What I can do to cope (see ideas at left):</td>
</tr>
<tr>
<td>Trouble sleeping. Some people feel restless as they make the change to being tobacco-free. Nicotine affects sleep patterns, and your body may need to readjust.</td>
<td>What I can do to cope (see ideas at left):</td>
</tr>
</tbody>
</table>

THE FIRST 7 DAYS ARE THE HARDEST

Most relapses happen in the first week after quitting, when withdrawal symptoms are strongest and your body is still dependent on nicotine. Take heart. Three million Americans quit smoking every year — and so can you.

Need help coping with nicotine withdrawal symptoms? Try this:

- For irritability: Try deep breathing, asking for family support, laughing.
- For tiredness: Get more sleep and exercise.
- For coughing: Step up physical activity to speed the cleaning process.
- For hunger: Drink water, chew carrots.
- For sleep problems: Exercise earlier in the day, take a warm shower, or read a book.

IF YOU’RE QUITTING SMOKELESS TOBACCO

- You may experience salt cravings in addition to nicotine cravings because of the large amount of sodium in smokeless tobacco. Don’t confuse the salt craving with nicotine craving. Try chewing some sunflower seeds or jerky.
- You may miss having something in your mouth. Have a few “substitutes” on hand — gum, hard candy, sunflower seeds, or toothpicks.
Don’t let your mind play tricks on you

You can’t change a habit without changing your mind. But when you first quit, it may seem like your mind doesn’t really want to change! You may have to make a conscious effort to combat unhelpful ideas that crop up. Here are some examples:

Maybe it’s not a good time to quit — I’m under a lot of stress.
Your body is used to nicotine, so giving it up does feel stressful. But nicotine is actually a stimulant that raises your heart rate, blood pressure, and adrenaline levels. It robs your brain of oxygen, too. Most ex-users feel much less nervous — and much more focused — just a few weeks after quitting.

Quitting is too hard — it just isn’t worth it!
Try not to think of quitting as a sacrifice or punishment. You’re not giving up anything of real value. Remember why you want to quit. Focus on what you’re gaining — better health, a better life — not what you’re losing. Quitting is a gift you can give yourself and your family.

I think I’ll always miss smoking.
Think of quitting as a process, not an event. Your tobacco habit will lose its hold on you over time, not all at once. Luckily, time is on your side. The longer you’re tobacco free, and the more you focus on what you have to gain by quitting, the less you’ll miss tobacco.

I slipped up. I’ll never be able to quit.
One mistake — or two or three or four — doesn’t mean failure. Take a close look at what went wrong. Think about it as a learning experience, and try something different. Remember, most people make several attempts to quit before finally succeeding for good. Each attempt brings you closer to success.

Don’t let the tobacco industry play tricks on you either!

Like any other industry, the tobacco industry wants to make money. They do this by creating new tobacco users and keeping the ones they already have. This isn’t as easy as it once was — cigarette sales are in decline. In response, the tobacco industry has needed to be more aggressive. Here are just a few of the creative ways that the tobacco industry is working to build their market:

• Suggesting that smokeless tobacco products are safe. Newer products like e-cigarettes and dissolvable tobacco are often billed as “alternatives” to smoking. Tobacco products are marketed with wholesome words like “mellow,” “fresh,” and “natural.” But don’t be fooled: They’re not safe, and they don’t help you quit.

• Claiming that their tobacco products can be used all day, everywhere. With the newer products, there’s no smoke, and many don’t even require you to spit. The packages are small and won’t attract attention at work or school. The nicotine content is often quite high. In this way, the tobacco industry has made it easy to build a dangerous nicotine addiction.

• Suggesting that smoking tobacco through a hookah is safer than smoking cigarettes. Smoking tobacco with a hookah (water pipe) is actually more harmful than smoking cigarettes because the hookah doesn’t filter out harmful substances. What’s more, hookah users often inhale far more smoke than cigarette smokers do.

• Targeting children in their advertising. Candy-flavored tobacco, candy-like tobacco lozenges, cute packaging that looks like mints, gum, beef jerky, candy — experts say these are clearly designed to appeal to children. Getting kids hooked on nicotine may be good business for the tobacco industry. But it’s a disaster for children’s health.
Stay quit: More tips for remaining tobacco free

• **Track your journey.** Nothing motivates like success. Put an X on your calendar for every day you go without tobacco.

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1 month tobacco free
Time to CELEBRATE!!

• **Revisit your reasons.** Fight temptation by reminding yourself of all the reasons you want to quit. Check out the list you made on page 6.

• **Be ready with your substitutes.** Instead of focusing on what you CAN’T do (smoke, chew, dip), focus on what you CAN do. What substitutes did you identify on page 7? Make sure you have them handy.

• **Talk it up.** Be careful not to let old ways of thinking overtake the new patterns you’re trying to build. Talk about your success (“two days smoke free!”), not just your fears of failure. Most importantly, don’t let yourself make excuses for going back to tobacco. Use the space at left to make a list of responses you can give when someone offers you tobacco.

• **Talk it out.** Reach out to the people on your support team. Ask them to be patient if you’re irritable and to support you when you’re tempted.

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**When someone offers me tobacco,**

* I say:
  
  “No thanks, I’m **good.**”
  “I’m trying to make a change, and I’d like your help.”
  “I don’t smoke.”

---
• **Mix things up.** A change of environment or routine can really help you get off to a good start. So for the first week or two, mix things up a bit. Stay away from places that allow smoking. Spend more time with friends who DON’T smoke, chew, or dip. Drive a different route to work. Start a new hobby or habit to fill in the space left by your previous tobacco habit.

• **Get help.** Check out the resources on the next page. Talking to a tobacco cessation counselor or logging onto an online support group may strengthen your resolve.

• **Ease stress.** Quitting is stressful. A particularly stressful event — a bad day at work, an argument at home — can make you feel like you “deserve” or “need” tobacco. Try these things instead:
  - **Exercise.** Walk, swim, or bike the tension away.
  - **Laugh.** See a comedy. Seek out a lighthearted friend.
  - **Relax.** Do yoga or deep breathing. Take a long, hot bath. Work some crosswords. Put on some music.
  - **Take it one day at a time.** You don’t have to solve every problem today, or commit to a lifetime of perfection. Try not to think of the rest of your life at all! Just do your best, day by day.

• **If you slip up, get back on track.** Smoking one cigarette — or more than one cigarette — doesn’t mean you’ve failed. Same with chew and dip. Think about what you’ve learned and why you used tobacco again. That new information can help you as you keep trying to quit. Remember how long you went without tobacco before? This shows you CAN go without. You can do it again, and with each thing you learn, you can go even longer. You can quit forever.

• **Celebrate.** You’re achieving something difficult — so feel good about yourself! Reward yourself for being tobacco free. Write down some things to look forward to as you make your goals.

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**I don’t worry about having cigarettes or matches with me all the time. I don’t worry about hiding my smoking. I don’t feel bad about how I’m hurting my health or my kids’ health. I feel so FREE — there’s nothing like it.**

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**Here’s how I’m going to celebrate being tobacco free:**

- When I go **5** days without tobacco, I will: __________
  - take a day off from work and go hiking

- When I go **10** days without tobacco, I will: __________
  - get a massage

- When I go ____ days without tobacco, I will: __________
  - __________

- When I go ____ days without tobacco, I will: __________
  - __________

- When I go ____ days without tobacco, I will: __________
  - __________
Resources for helping you quit

Tobacco cessation programs

WAY TO QUIT

Way to Quit is Utah’s FREE telephone and online resource for information on the dangers of tobacco and nicotine use. It’s also a valuable tool for those looking to give up their tobacco dependence. Trained coaches help provide the resources and motivation needed to live a tobacco-free life. Quitting tobacco isn’t easy, but it CAN be done. Let them help you or your loved one discover the way to quit!

The service is available to all Utah teens, uninsured adults, and adults on Medicare or Medicaid. Way to Quit also provides support and information for pregnant women trying to quit tobacco.

QUIT FOR LIFE PROGRAM

This program is available at no charge for SelectHealth members. It’s now available in American Sign Language, Cantonese, Danish, French, German, Hindi, Italian, Mandarin, Norwegian, Somali, Spanish, Taiwanese, and Vietnamese. Translation services are available for other languages.
Here I am, tobacco-free for one year, three months, six days, 11 hours, and 19 minutes.

In this time, I’ve saved money and hours. I’ve helped my health. I may have saved my life.
To find this handbook and other patient education, go to:
intermountainhealthcare.org/tobacco