

National Cancer Institute

CLEAR HORIZONS

A Quit-Smoking Guide for People 50 and Older



Quit Today for a Clearer Tomorrow

U.S. Department of
Health and Human
Services

National Institutes
of Health

Inside Front Cover
Intentionally Left Blank

Contents

Introduction.....	1
What's Slowing You Down?.....	2
What's Holding You Back?.....	3
There Is Hope for Quitters	4
The Addictive Power of Nicotine	5
Nicotine Addiction Test.....	6
Know What You're Putting Into Your Body	7
Meet Others Like You	8
Make a List of Reasons To Quit	12
Commit To Quit.....	13
Your Quit Plan	14
Get Support To Help You Quit.....	15
People Who <i>Do Not</i> Support You.....	16
Dealing With Others as You Quit	17
Break Your Smoking Patterns	18
Resist Negative Thinking	19
Medications That Help You Quit.....	20
Common Myths About Nicotine Replacement Therapy.....	21
You, Your Money, and Cigarettes.....	22
The Day Before Your Quit Date.....	23
My Quitting Worksheet: Get Ready To Quit!.....	24
Your Quit Date: Today Is Your Day.....	25
Withdrawal Does Not Last Forever	26
Solutions to Urges and Cravings	27
Bars and Alcohol Can Trigger Cravings	29
Stay Smoke-Free and Healthy	31
Exercise: A Good Way to Fight Aging and Smoking.....	32
Stay Smoke-Free While Away From Home.....	33
Catch Yourself Before a Slip	35
If You Do Go Back to Smoking ... Try Quitting Again!	36
Going the Distance: Your Way to Clear Horizons	37
For More Information	38
Activities.....	39
Puzzle: Finding Cigarette Substitutes.....	39
My Quit Journal	40
Resources Consulted	41
Credits.....	43
Notes.....	44

The National Cancer Institute (NCI) is part of the National Institutes of Health, 1 of 11 agencies in the U.S. Department of Health and Human Services. NCI is the U.S. Government's principal agency for cancer research and training.

**QUIT TODAY
FOR A CLEARER TOMORROW**



Introduction

From the National Cancer Institute:

If you are like most smokers older than 50, you probably have tried to quit before. You know that quitting smoking doesn't just happen. You know that quitting smoking is difficult. You might think that you will quit *someday*, or maybe you think that it is too late for you to quit.

It is never too late to quit. Quitting has benefits at all ages.

What do you think about quitting?

- Are you concerned about your health and wonder if you should quit? If you have no health problems—that's great! This is a good time to quit, before you do. If you do have health problems, then many of your symptoms, your quality of life, and your future health will improve almost immediately if you quit now.
- Are you definitely planning to quit in the coming year? If you are not ready to quit yet, we understand. For now, consider looking over the rest of the guide for ideas for when you are ready. Think and talk some more (with friends who are former smokers and your doctor) about your reasons for quitting.
- Have you tried to quit before and are ready to try again? You can quit for good. You can learn from your past attempts and plan for new challenges. You know what to expect. You are the expert in your “re-quitting.”
- Are you ready to quit smoking today? Congratulations! This guide will help you prepare for your Quit Date and the days, weeks, and months after.

The best time to quit is NOW. But regardless of where you are in your decision to quit, this guide will give you a great deal of information, and support, and strategies that have been proven to help smokers quit. The fact that you are reading this guide is a good start.

It is never too late to quit. Quitting has benefits at all ages.

What's Slowing You Down?

Your age or your smoking? Among people aged 50 and older, smokers are more likely to report health problems, such as trouble breathing, coughing, and getting tired more easily than nonsmokers. Smoking can also lead to premature aging.

Have you had any of these problems over the past few years or more?

- Getting very tired in a short time
- Sores in the mouth, bad gums, stale breath
- Voice deepening or becoming gravelly
- Frequent coughing or heavy chest colds
- Wheezing, trouble breathing, or shortness of breath
- Tingling in hands and feet, bad circulation
- Heart disease or heart attack



- Having difficulty sleeping
- Cataracts
- Pain or tightness in the chest
- High blood pressure
- Emphysema, chronic bronchitis, chronic obstructive pulmonary disease (COPD), or asthma
- Stomach ulcers
- Diabetes complications
- Bone density loss

You could be making an existing medical condition worse from your smoking, or causing conditions that you might not have if you didn't smoke.

What's Holding You Back?

Did you know that most smokers want to quit? Two out of three smokers say they want to quit completely. More than half of all current adult smokers tried to quit last year.

The reasons preventing smokers from quitting are often similar. Are any of these worries standing in your way?

Check all that apply to you:

Smoking relaxes me.

But why are you tense to start with? Is it because you are low on nicotine? A lot of what you think is relaxation is relief from nicotine withdrawal. Most former smokers say they feel happier without cigarettes.

I've tried before and didn't make it.

You didn't fail. You practiced not smoking. Research shows that it usually takes a few tries before smokers quit for good.

I'll gain a lot of weight if I stop smoking.

The truth is that former smokers sometimes gain up to 10 pounds after quitting; however, the benefits of quitting are far greater than gaining a small bit of weight. If you are really worried about gaining weight, this guide has lifestyle and exercise tips that can help you.

When I've tried to quit before, I was uptight and restless, and I had trouble concentrating.

These are common symptoms of nicotine withdrawal, but look at these symptoms as signs of recovery from nicotine addiction. They may be quite strong in the first few weeks after quitting, but they will go away soon. This booklet will show you ways to deal with them.

I'd feel deprived if I quit smoking. I wouldn't have as much pleasure in my life.

Think instead about what you will be gaining—a new lease on life, freedom from being tied down to an addiction, better health, more energy, and renewed self-esteem.

I've had a lot of changes in my life, will I be able to add quitting smoking to the list?

We live in times of change. You may be facing new pressures at work, or you may have recently lost a friend or a family member. All of these changes can be hard. But most former smokers found they had more energy to deal with these changes once they stopped smoking.

You may have checked one or more of these boxes. It's okay. This guide will show you how to move past these roadblocks and quit successfully, once and for all.

Did you know that most smokers want to quit?

There Is Hope for Quitters

Quit for Yourself

Why should you quit now? You can look forward to dramatic changes the moment you quit smoking. Within 20 minutes of smoking that last cigarette, your body starts making healthy changes that will continue for years.

You will add healthy days and years to your life and the lives of your loved ones when you quit.

Within just a few weeks of quitting many people start to feel better—more energized, more relaxed, more confident, and proud that they were able to quit.

Quit for Those Around You

Your smoking harms those around you, too, particularly young children. This can be hard to hear, especially before you are ready to quit. But ...

- Children who breathe in secondhand smoke get sick more often with ear infections, bronchitis, and pneumonia.
- Children's allergies and asthma get worse if they live with a smoker.
- Breathing in secondhand smoke at home or work increases the chances of dying from lung cancer or heart disease.

Did You Know ...

- **20 minutes after quitting**
Your heart rate drops to more normal levels.
- **12 hours after quitting**
The carbon monoxide level in your blood returns to normal.
- **2 weeks to 3 months after quitting**
Your heart attack risk begins to drop. Your lung function begins to improve.
- **1 to 9 months after quitting**
Your coughing and shortness of breath decrease.
- **1 year after quitting**
Your added risk of coronary heart disease is half of a smoker's risk.
- **5 years after quitting**
Your risk of stroke begins to decrease. In 5–15 years, you can reduce your stroke risk to that of a nonsmoker.
- **10 years after quitting**
Your chance of dying from lung cancer is about half that of a smoker's.
- **15 years after quitting**
Your risk of coronary heart disease is about the same as a nonsmoker's.

The Addictive Power of Nicotine

We understand how the idea of quitting now can seem pointless or too daunting since you have probably been smoking for many years. Actually, what's holding you back are more than just *your* reasons. We have known for many decades that smoking is not just a bad habit, but that the nicotine in cigarettes causes a deep addiction in your brain and body.

Nicotine is the chemical in tobacco that causes addiction.

Nicotine is a powerful, fast-acting drug that causes changes in heart rate, blood pressure, brain chemistry, and mood. Over time your body gets used to having a certain amount of nicotine each day. When your nicotine level falls below this comfort zone, you may experience cravings.

Each puff delivers a “hit” of nicotine to the brain within 10 seconds.

Assuming that you take only 10 puffs per cigarette, if you smoke a pack per day, you are receiving over 200 hits of nicotine each day, over 1,400 per week, and over 73,000 each year! If you have smoked for 25 years, then you have taken almost 2 million hits of nicotine during your life.



Are You a Veteran Who Started Smoking During Military Service?

If so, you are not alone. Many veterans started smoking while serving in the military. People who have served in combat situations and/or are diagnosed with post-traumatic stress disorder (PTSD) are at increased risk of smoking, but anyone can still quit. Many veterans express a desire to quit smoking, but don't know where to start. Well, if you are a veteran and reading this booklet, you are on your way to starting a smoke-free life. Become one of many veterans to quit today.

Nicotine causes addiction in the same way that other drugs do.

The need to overcome cravings and withdrawal reactions when you first quit is the same as for other drugs and alcohol. Smokers take many more hits of nicotine each day than drug users.

If you smoke every day, especially if you smoke 10 or more cigarettes a day, the chances are that you are addicted to nicotine. If you have a hard time going for long periods without smoking, or if you have noticed strong withdrawal reactions when you have tried to quit before, you may be highly addicted.

Take the **Nicotine Addiction Test** on the next page to see how addicted to nicotine you are.

Nicotine Addiction Test

The following test will give you an idea of your level of addiction to the nicotine in cigarettes.

Circle one answer for each question.

Nicotine Addiction Test		Points	Your Points
1. How soon after you wake up do you smoke your first cigarette?	Less than 5 minutes	3	
	6–30 minutes	2	
	31–60 minutes	1	
	After 1 hour	0	
2. Do you smoke more frequently in the hours after waking than during the rest of the day?	Yes	1	
	No	0	
3. Do you find it difficult not to smoke?	Yes	1	
	No	0	
4. Which cigarettes would you most hate to give up?	The first one in the morning	1	
	Any other	0	
5. How many cigarettes do you smoke a day?	10 or less	0	
	11–20	1	
	21–30	2	
	31 or more	3	
6. Do you smoke when you're so sick that you're home in bed?	Yes	1	
	No	0	
Your Score			

Your score will help you understand how smoking affects your lifestyle. The higher your score, the more you rely on the nicotine in your cigarette. If you scored even a single point, you may be addicted to nicotine. If you scored 5 points or more, you may be highly addicted to the nicotine in cigarettes. Medications that help control cravings and withdrawal may be especially helpful for you. There is more information on these medications later in the booklet.

Remember, no matter what your score, you will have to work hard to quit. Quitting smoking will take a lot of patience and perseverance, but once you have quit for good, you will be free of your reliance on the nicotine in cigarettes. You will control your life, nicotine won't. You and your loved ones will live happier and healthier lives. This guide will give you the tools to help you.

Don't forget, no matter how addicted you are, you can stop smoking!

Know What You're Putting Into Your Body

There are 7,000 known chemicals in cigarette smoke. At least 69 are known to cause cancer in humans.

Some of the chemicals in cigarette smoke are:

Acetone	Used to make fingernail polish remover
Ammonia	Found in urine and used in fertilizer
Arsenic	An effective rat poison and weed killer
Beryllium	A toxic metal used for X-ray tubes, nuclear weapons, aircraft brakes, and rocket fuel additives
Butane	Cigarette lighter fluid
Cadmium	Used in paint and to make batteries and plastic
Carbon monoxide	Found in car exhaust fumes
Ethylene oxide	Used to make antifreeze and pesticides
Formaldehyde	Used to preserve dead people
Hydrogen cyanide	Gas chamber poison
Naphthalene	Used for mothballs
Nitrobenzene	A gasoline additive
Stearic acid	Candle wax
Toluene	Used to make gasoline, paint, paint thinner, fingernail polish, glue, and rubber
Vinyl chloride	Used to make plastics

Every time you smoke a cigarette or your loved one breathes secondhand smoke, these harmful chemicals enter your bodies.

Don't be fooled by claims that some cigarettes are "natural" or "light." There is no such thing as a natural or light cigarette. All types of cigarettes contain chemicals known to cause cancer and other diseases.

Also Consider ...

- Almost all insurance premiums are higher for smokers: life, disability, home, fire, and auto. Ask your insurance agent if your rates will go down after you quit.
- Think of how your home will be free from ash residues on your furniture and how your clothes will be free of the smell of smoke.

Meet Others Like You

You are not alone... You can learn a lot about quitting from real people who have quit smoking. They will tell you why they quit and how they made it. As you read through the rest of this guide, think back to the *Clear Horizons* quitters and how their experiences relate to yours.

Tom R. is a successful city engineer, married, and the father of three grown children. His youngest son just finished college. He is beginning to think about retiring from his job and doing some part-time work. He quit smoking last year.

- **On his reasons for quitting:**

"I wanted to quit for 20 years. But dealing with something else always came first—job pressures, getting the kids through school. I finally decided to put myself first and take the time I deserve to give quitting a try. I was tired of smoking and of all the ways it tied me down. I was tired of late night trips to the store for emergency cigarettes. I was tired of having to cut out for a cigarette every time intermission rolled around. I was tired of promising myself that I'd quit someday. After 40 years of smoking, I wanted to find out what life was like without cigarettes."

- **On how he changed his patterns to help him quit:**

"I did my best to avoid temptation. The first few weeks, I really tried to stay away from smokers and places where people were smoking. I found I didn't miss cigarettes as much when no one was smoking around me."

- **On how he battled withdrawal and cravings:**

"Sure, it was tough at first... I'd get this tingle in my hands and feet. I just told myself that I wasn't itching for a cigarette, but that more blood was reaching my fingers. When I felt restless at work, I took a walk to the water fountain. I made it through. I've never looked back."



Tom R. — Wanted to quit for 20 years and finally succeeded.



Susan M. — Tried to quit and relapsed, but kept trying until she quit for good.

out of habit, I thought. It wasn't until I tried to quit about 5 years ago that I found out how hooked I was. I was back to smoking within a week. But I was determined to quit for good sooner or later. I finally made it 3 years ago. And I'm sure I'll never smoke again."

• **On how she used the money she saved not buying cigarettes as a reward:**

"Cigarettes were always kind of a reward for me. So, when I quit, I rewarded myself in other ways. It helped me not feel deprived. I bought magazines and fresh flowers for the house. I met my best friend for lunch at our special restaurant. And I spent more time with my family."

• **On how she used her loved ones as support:**

"I don't think I could have made it without the support of my friends and family. Between my best friend, my sister, and my daughters, I had plenty of love and care. They made sure I stayed busy! My oldest daughter had quit the year before. She knew exactly what I was going through. She gave me a lot of moral support."

Susan M. is active in her community and her church, and she stays busy with friends and family. Her husband died 10 years ago. She lives alone, but her three daughters and her sister and brother-in-law live close by. She quit smoking 3 years ago because she was convinced that she would feel better and stay healthier if she did.

• **On her reasons for quitting:**

"I didn't start smoking until I was almost 30 years old. And of course back then we had no idea that cigarettes could be addicting, or that they were bad for you. Everyone was smoking in those days. It started with a cigarette now and then. But after a few years I was smoking every day

A Quit-Smoking Guide for People 50 and Older

Bill T. is now retired and does a lot of traveling. Bill decided to quit smoking 4 years ago. He was having trouble breathing and catching his breath. Bill was diagnosed with mild emphysema, but his doctor told him that he could keep the disease from getting worse if he would quit smoking. He did it. And he is still off cigarettes, despite having more than his share of bad times since quitting.

- **On the immediate health benefits he experienced from quitting:**

"A month after I quit, my breathing was better and I felt stronger. My doctor tells me that I'm doing fine—my emphysema is still mild and my blood pressure is lower. I can't say it was easy. But I'll tell you this—quitting smoking turned out to be one of the best things I ever did. It gave me confidence that I could start a new life."

- **On how he prevented slips through hard times:**

"I'd been off cigarettes 2 years when my wife died. It was all I could do not to go back to smoking. But I was determined. Those first 6 months were very hard. The hardest times were when something reminded me of my wife. I'd feel like I needed cigarettes as a companion, to keep me company. But as I started to get out more, and feel more like myself, things got better. I talked with a man in my apartment who had lost his wife. He knew what I was going through and asked me to join him for lunch a few times. He's become a good friend."

- **On how he used the added years to his life:**

"When I stopped smoking, I rediscovered carpentry. I made a cradle for my third granddaughter. It kept me busy and gave me a great sense of accomplishment. I even have a little business now. When I was younger, I always wanted to do this kind of thing, but I never seemed to have time."



Bill T. — Smoke-free for 4 years and feels stronger and healthier.

Amanda Q. raises her three grandchildren and works part-time. She tries not to smoke around the children, but she is tired of smoking interfering with her life. She made the decision to quit after 35 years of smoking. She has tried to quit three times and hasn't had success yet, but she is determined to try again and stay quit this time.

- **On her reasons for quitting:**

"I have three beautiful grandchildren and I don't want them to have to be around a grandmother that smokes. Plus, I want to be around to watch them grow up, and I refuse to let smoking steal that from me. My daughter and husband support my decision, and they will help me stay strong this time."

- **On how she is not going to slip again:**

"Last time I thought if I just smoked a cigarette once in a while when I needed it, I could still stay quit. Turns out it didn't work that way. This time, I am throwing all my cigarettes away. I am moving all ashtrays and reminders of smoking out of my life and putting this behind me for good. My grandkids are my distraction and my motivation."

- **On how she is going to avoid triggers to stay quit:**

"After a long day all I wanted to do was relax with a cigarette before bed. Now I decided I am going to knit to keep my hands busy as I watch television and unwind. When I have an after-meal urge for a cigarette, I am going to pop a breath mint and remember that this is important to me and my family. It is not going to be easy and it's certainly been hard in the past, but I know I can do it."



Amanda Q. — Has tried to quit before, but is determined to stay smoke-free for good this time.

Make a List of Reasons To Quit

Now that you understand how your addiction controls your health, loved ones, and pocketbook, take a minute to think about your own reasons for why you should quit.

Many former smokers aged 50 and older say that their main reason for quitting was for their health or due to their doctor's advice. Another common reason smokers quit is to be in control of their lives and to be free from cigarettes. A lot of former smokers also said that pleasing or helping a loved one was a big part of their decision to quit. These all are good reasons. The most important reasons for quitting are your own.

Mark all the reasons that are important to you:

For my family and loved ones:

- I will no longer expose my family and friends to secondhand smoke.
- I want to set a good example for my children/grandchildren.
- I will make my family, friends, and coworkers proud of me.
- I want to please or help a loved one.

For my health:

- I want to improve or maintain my health.
- I want to avoid an illness that would cut down on my freedom.
- My doctor said to quit.

- My body will start healing right away.
- I will lower my risk of cancer.
- I will lower my risk of heart attack and stroke.
- I will lower my risk of lung diseases, such as emphysema and chronic bronchitis.
- I will lower my risk of developing cataracts (clouds in the eye that affect vision).
- I will have whiter teeth and healthier gums.
- I will cough less and breathe easier.

For myself:

- I will have more money to spend.
- I will feel more in control of my life.
- I will look more attractive and prevent myself from developing premature wrinkles.
- I will have more energy and focus.
- I will feel more physically fit.
- I will be proud of myself.
- I will save time by not taking cigarette breaks, buying cigarettes, or searching for a lighter.

Keep your list somewhere where you will see it often. When you reach for a cigarette, find your list of reasons for quitting. Share your list with family and friends. These reasons will remind you why you want to stop.

Good places for your list include:

- Where you keep your cigarettes
- In your wallet or purse
- In your kitchen
- In your car

The most important reasons for quitting are your own.

Commit To Quit

Making the decision to quit smoking is the first step to being smoke-free. Cigarettes might have been part of your life for a long time. You *can* live without them. You will be healthier, happier, and more energetic without nicotine holding you back.

You might be a little nervous about quitting. That's okay. This guide will help you prepare for your Quit Date and the days, weeks, and months ahead as you become smoke-free. Smoking is an addiction you can overcome. Millions of other people have done it before you, and you could inspire a few others to quit too.

Committing to quit is the first step, and one that should make you proud. You have made one of the most important choices of your life!

Tell Yourself “I’m Ready!”

Take a minute to think again about your own reasons for wanting to quit smoking.

Pressure to quit smoking can make you feel resentful or defensive about your decision to smoke. Don't let these feelings cloud your *own* desires. Tell anyone who pressures you that only you can decide if and when you want to quit.

Remember that you might want to quit for yourself and to protect your loved ones. You might want to be a role model for your children or grandchildren. Watching you become a former smoker might help guide them in their own choices about tobacco. You need to remind yourself often of these reasons to quit because they will help you through the hard times.

Quit for Good

Once you are ready to quit smoking, you will need a Quit Date and a Quit Plan. This section shows you how to get ready and explains several proven ways to make it easier to quit.

Your Quit Date

Pick a date you are comfortable with, but remember there is no perfect time. Life is filled with ups and downs, so maybe today is the day or maybe a day not too far away.

My Quit Date is:

_____.

Cutting Down Does Not Work for Most Smokers

Quitting smoking means scrapping *all* of your cigarettes. Going from 20 cigarettes per day to 10 per day still means you're feeding your addiction to nicotine. Most people need to stop smoking completely on their Quit Date in order to become smoke-free.

Your Quit Plan

Now that you have picked your Quit Date, you need to have a solid Quit Plan in place.

The following pages will show you some quit strategies that may help you. You can use some or all of these strategies as you prepare for your Quit Date.

Call a Smoking Quitline

Quitlines are **free**, anonymous telephone counseling services. These programs have helped more than 3 million smokers. When you call a quitline, you talk to a trained counselor who can help you develop a strategy for quitting or help you stay on track. The counselor can provide material that could improve your chances of quitting.

- You can call the National Cancer Institute's Smoking Quitline at **(877) 44U-QUIT** or (877) 448-7848 between 8:00 a.m. and 8:00 p.m. Eastern Time.
- You can also call your state's quitline. Call **(800) QUIT-NOW** or (800) 784-8669 to be connected with free resources about quitting and counseling information in your state.

Visit a Quit Smoking Website

The National Cancer Institute sponsors Smokefree.gov (<http://smokefree.gov>), SmokefreeWomen (<http://women.smokefree.gov>), and SmokefreeEspanol (<http://espanol.smokefree.gov>), where you can find **free**, accurate information and professional assistance to help support the immediate and long-term needs of people trying to quit smoking.

The U.S. Department of Health and Human Services has also created Be Tobacco Free (<http://betobaccofree.hhs.gov>) to provide additional information on quitting.

- Most states also have quit-smoking websites that have resources, such as free supplies of nicotine replacement therapy, informational mailings, and more.

Chat With an Online Counselor

You can chat online with a quit-smoking counselor through the National Cancer Institute's **LiveHelp** instant messaging (IM) service.

This **free** service provides personalized information and advice to help you quit smoking. Trained specialists are available to chat Monday through Friday between 8:00 a.m. and 11:00 p.m. (Eastern Time) at <https://livehelp.cancer.gov>.

Get Support To Help You Quit

Most smokers who form a Quit Plan can make some changes in their smoking behavior before they quit. You are more likely to quit for good if you start to think carefully about your nicotine addiction and your smoking patterns before you quit.

Talk to Your Friends and Family

People who get support from family and friends have an easier time stopping smoking and staying smoke-free.

Identify people in your life who can help, such as:

- Your spouse
- Your children or grandchildren
- Other close family members
- Friends
- Coworkers
- Friends who are former smokers
- Neighbors
- People in your religious or community groups

Let people know that you will be grateful for their support. Tell them that you may not be your usual self for a few days or weeks after you quit. Ask them to be patient.

Suggest ways your loved ones can help you quit:

- Add to your supply of cigarette substitutes (like cinnamon sticks or healthy foods). See page 29 for more ideas.
- Fix a favorite meal or invite you out for lunch or dinner.
- Help you change routines to cut down temptations to smoke, like joining you for an after-dinner walk instead of staying at the table.
- Help you to find ways to keep busy.
- Praise or celebrate your progress.
- Remind you that things will get easier.
- Take your mind off smoking with a movie.
- Ask how you are doing and let you know they care.

Suggest ways they can keep from getting in your way, like:

- Not doubting that you can quit or stay smoke-free.
- Never offering you a cigarette.
- Not joking about you going back to smoking.
- Not being critical of your smoking or your efforts to quit.

Be specific about ways they can help. Only you know what kind of support will be best for you.

People Who Do Not Support You

People in your life who may not be supportive include unsympathetic nonsmokers, current smokers, or former smokers who try to impose their own views on ways to quit.

Dealing with friends who smoke may take extra effort. You may want to point out that just because *you* are quitting doesn't mean *they* have to. The decision to quit is a personal one.

Let them know that they can help in other ways by:

- Never offering you a cigarette, even in a kidding way.
- Not smoking around you, especially when you are trapped (like in the car or at the dinner table).
- Understanding if you need to stay away from smoking events you used to share with them for a while after you quit (such as at your weekly card game or book club).

Remember, an unsupportive friend may smoke in the car if he or she is driving or smoke at home while you are visiting, despite knowing that you are trying to quit. You may want to avoid smoking



friends altogether until you are strong enough to be around them without getting a craving. You could also offer to drive or have guests over to your home. Your friends will be more courteous of your asking them not to smoke in these situations.

Dealing with friends who smoke may take extra effort.

Dealing With Others as You Quit

This page gives you some possible scenarios and tips on how to deal with rough times with family, friends, and coworkers while you are trying to quit.

Dear Quitter's Friend:

I tried to quit a few times before and went back to smoking. This time I want to quit for good. But my friends keep saying, "You'll never make it, you always go back." –This Time for Good

Dear This Time for Good:

Tell your friends that you may have gone back before. But, as with most things, "practice makes perfect." Experts say that most successful former smokers need to try a few times before they quit for good. This time you will make it.

Dear Quitter's Friend:

I want to stop smoking and have set a Quit Date. But my wife smokes and so do a lot of my friends. Without being rude, how can I say "no" when they offer me a cigarette? –Ready to Refuse

Dear Ready to Refuse:

There are many ways to say "no" without being rude or making others feel bad. You are saying "no" to help yourself, not to offend others. A simple "no thanks" may be enough. Let them know you are quitting smoking.

Dear Quitter's Friend:

I quit smoking a few days ago. I am doing all right, except that I have been more tense than usual. My husband went out last night and bought a pack of cigarettes. He says he wants his "sweet" wife back. What can I do? –Not So Sweet Anymore

Dear Not So Sweet Anymore:

Some people find that they are tenser when they first quit smoking. But "this too shall pass." Soon you will be back to your sweet self. Ask your husband to be patient. The extra years of being happy with you are worth a few days of dealing with your tension.

Dear Quitter's Friend:

I have wanted to quit for a while, and last week I finally did it. But my friends at work all smoke and keep offering me cigarettes. They keep telling me just one won't hurt. I don't want to lose my friends, but I have come too far to go back. –Sociable Former Smoker

Dear Sociable Former Smoker:

It can be tough to be around smokers when you are trying to quit. You might say, "Just because I quit doesn't mean that you have to. But I don't want a cigarette." Hopefully, your friends will come around, but don't be fooled. Just one cigarette will hurt.

You Know Former Smokers

Find some former smokers in your life. Ask them to tell you their stories about how they felt after quitting. Talk to them as you go from smoker to smoke-free. They can give you inspiration, support, encouragement, and useful tips.

Deadly in Any Disguise

Maybe in addition to cigarettes you also occasionally smoke a cigar, pipe, or chew tobacco. As it turns out, these tobacco products are just as harmful to your body as cigarettes.

Even if you do not inhale the smoke, you can still be at risk for mouth and throat cancers, among others. Older adults who smoke cigars are at a greater risk for heart disease than nonsmokers. Cigars may even release more toxic secondhand smoke than cigarettes to those around you.

Maybe you don't smoke cigarettes, but you roll your own tobacco. This tobacco can still be dangerous and is not a safe alternative to cigarette smoking. Roll-your-own tobacco is not "organic" and it has the same toxins that cause cancer and other health problems as cigarettes.

Pipe smoking can also increase risks for stroke in addition to heart disease. Cigars, pipes, and roll-your-own tobacco are not healthy alternatives to cigarettes and may lead to many of the same diseases as cigarettes.

If you also use smokeless forms of tobacco like chewing tobacco or snuff, you are still putting yourself at risk for oral health problems and cancer. Just because these products do not involve smoke, doesn't mean they are safe. Smokeless tobacco is addicting and isn't a healthier substitute for cigarettes. All tobacco is dangerous.

The best way to protect yourself from the harms related to tobacco products is to quit altogether!

It is time to break these patterns.

Break Your Smoking Patterns

Identify Your Trigger Situations

Over the years, you have built up your own patterns around smoking. It is time to break these patterns.

Think back over your daily smoking patterns. Think about when and why you smoke. There may also be certain activities you do in combination with smoking, like consuming alcohol. Over the course of a few days, note when and where you smoke each cigarette in the Quit Journal provided in the back of this guide (page 40). These are your "trigger situations."

Be specific about the time and place—such as "lighting up while watching the news after dinner" instead of "smoking in front of the TV." Make sure it is something that happens at least once a day.

Write your three main trigger situations here:

1. _____
2. _____
3. _____

Now that you have identified your trigger situations, try to not smoke during those times. It will be hard at first. Try going 10 to 15 minutes without lighting up or change the situation (for example, leave the table after a meal rather than sitting, or grab a glass of water instead of a cigarette if a stressful situation arises).

Resist Negative Thinking

Social Networking and Quitting

Don't forget that there are a variety of social networking websites (like Facebook) you can use to ask for support and help you track your progress as you quit.

Negative thinking can lower your confidence and get in your way. You should be on guard against four common kinds of negative thinking.

Faulty thinking about dealing with a crisis. Smoking will not help you deal with a crisis or feel better. Cigarettes are not a solution to problems. Besides, you would feel worse, not better, if you smoked. Also, be on guard against thinking, "After all I've been through, I deserve a cigarette." You deserve a better reward so choose one!

Self-doubt. You are most likely to think that you "just can't do it" or "just don't have what it takes" when you are tired, under stress, or reacting to a setback or difficulty. When this happens, change the dial on your thinking: "Wait a minute. Thinking this way will only make things worse. I have been smoking for a long time. I should expect some rough times. Let me focus instead on all that's going *right*."

Testing yourself. Don't think that smoking one cigarette is a way to test whether or not your addiction is over. Don't trick yourself into thinking, "If I'm really off cigarettes, I should be able to smoke just one." If you are really off cigarettes (and you are), you have nothing to prove.

Thinking of smoking as a cure for withdrawal reactions or weight gain. Watch out for thoughts like these: "If I'm so moody (or spacey, or irritable, or tense) without cigarettes, maybe I'm better off smoking." *Not so!* Remember, being addicted to nicotine caused these reactions to begin with, and they are *temporary*. Soon you will be saying that stopping smoking was one of the best things you ever did for yourself. And you sure do not have to go back to smoking to prevent unwanted weight gain. The eating and exercise tips in this guide give you far better ways to control your appetite and weight.

Negative thinking can lower your confidence and get in your way.

Medications That Help You Quit

It is the nicotine in cigarettes that makes them addictive. Nicotine replacement therapy (NRT) and other quit-smoking medications have been proven to help smokers quit. Many former smokers find that using these transitional medications helped them quit, but as part of a broader Quit Plan. They are not a magic bullet.

Different strategies work better for different individuals. Here is some information on how specific NRT products and other medications work. All of these medications have been approved by the U.S. Food and Drug Administration.

Product	How It Works	Prescription Required?
Patch	Nicotine enters the body through the skin. Nicotine stays in your body for several hours after you take the patch off.	No
Gum	Nicotine enters the body through the lining of the mouth.	No
Lozenge	Nicotine enters the body through the lining of the mouth.	No
Nasal Spray	Nicotine is sprayed into the nostrils, but not inhaled. It raises your blood nicotine levels more quickly than the patch, gum, or lozenge. It is usually prescribed to heavily addicted smokers and is more likely to be addictive than other forms of NRT.	Yes
Inhaler	The nicotine inhaler is held between your fingers and you puff on it like a cigarette. When you puff, the inhaler turns nicotine into a vapor that is absorbed in your mouth and throat.	Yes
Bupropion*	Bupropion helps to reduce nicotine withdrawal symptoms and the urge to smoke.	Yes
Varenicline *	Varenicline eases nicotine withdrawal symptoms and blocks the effects of nicotine from cigarettes if you start smoking again.	Yes

For the most currently updated information on these medications, including side effects and precautions, you can visit <http://www.smokefree.gov/medication-guide.aspx>.

* Bupropion and varenicline are generic drug names. Talk to your doctor about these or equivalent brand name medications that may be right for you.

Don't Forget ...

Whatever medicines you use, never let them be your only coping tool. To quit for good, use the other ideas in this booklet to fight smoking urges and to learn new ways of coping with tension, boredom, and pressure to smoke.

Common Myths About Nicotine Replacement Therapy

You may have heard some common myths about NRT products that might make you uneasy about trying them. It is best to address these reservations with your doctor, but read on for the truth behind some common myths about NRT.

Some Smokers Think ...	But the Truth Is ...
NRT does not work.	NRT does work and can double a smoker's chances of quitting smoking.
NRT causes disease.	The effect of NRT on the body is not fully known, but NRT products are far safer than cigarettes. Of the 7,000 chemicals found in tobacco smoke, over 60 are known to cause cancer. By using NRT to quit smoking, you greatly reduce your exposure to many chemicals found in tobacco smoke.
The nicotine in cigarettes is the same as the nicotine found in NRT products, so I'm just trading one addiction for another.	The likelihood of long-term addiction to NRT is very low. There is less nicotine in NRT than in cigarettes, and it is delivered more slowly.
Only healthy people can use NRT.	Under the direction of a doctor, NRT can be safely used by people with diabetes or high blood pressure and does not increase the risk of heart attacks. Talk to your doctor to learn if NRT is the right choice for your Quit Plan.
If I use NRT, I will experience no withdrawal symptoms or cravings from quitting smoking.	NRT lessens withdrawal symptoms but may not completely stop them. The symptoms most helped by NRT include irritability, frustration, anger, cravings, hunger, anxiety, difficulty concentrating, restlessness, and difficulty sleeping.

This factsheet was adapted from material developed by the National Tobacco Cessation Collaborative—<http://www.smokefree.gov/pubs/MythsaboutNRTFactSheet.pdf>.

You, Your Money, and Cigarettes

You could save money by quitting smoking. Use this chart to see how much you can save. These amounts are based on a 2012 national average price of about \$6.00 per pack. Depending on where you live, the cost of cigarettes could be more.

After ...	1 day	You've Saved ...	1 Pack per Day	2 Packs per Day
	1 week		\$42.00	\$84.00
	1 month		\$180.00	\$360.00
	1 year		\$2,190.00	\$4,380.00
	10 years		\$21,900.00	\$43,800.00
	20 years		\$43,800.00	\$87,600.00

Don't let the cost deter you from using medications that help you quit smoking.

Think of it this way, if you smoke a pack of cigarettes a day, you spend \$180 per month on cigarettes. Nicotine replacement therapy and other medications are usually only needed for 2 to 3 months and on average cost less than the price of cigarettes would. Insurance companies and health plans (including Medicaid and Medicare) are increasingly helping cover the cost.

Think about what you could do with the money you spend on cigarettes.

Many former smokers have said that rewards helped them not to smoke during the times when quitting is the toughest.

- Perhaps you could plan to grow your savings.
- You could use it for something you never thought you could afford, like going on a trip.
- Are you on a fixed income? With these savings you could enrich your life right now.

The Day Before Your Quit Date

Tomorrow is your Quit Date! You have thought about it for some time, you have a plan, and you are ready. These are the final steps:

Smoke-proof your life.

- Throw away all your cigarettes. Every one of them. Get them out of hiding places, too (e.g., sweater pockets, glove compartments). If you were starting a diet, you would not bake a cake and leave it out on the table.
- Get rid of cigarette cases, ashtrays, lighters, and matches.
- Replace ash trays with cigarette substitutes like healthy snacks, even in the car.

Get help from others.

- Talk with your support team. Let them know how they can help.
- Go online to read testimonials or chat with someone live.
- Post a message on your social networking website.
- Call a quitline coach at **(877) 44U-QUIT** or (877) 448-7848, or **(800) QUIT-NOW** or (800) 784-8669.

Start the day with exercise.

- Exercise is the best smoking substitute there is. How about a brisk walk or a leisurely stroll?

Tell yourself:

- You will feel better when you quit.
- You have what it takes.
- The years have given you good sense and the wisdom to quit.

Other things you can do:

- Review your reasons for quitting. Some people like to carry their lists with them. Have you found new reasons since you first made the list? Add those!
- Plan ways to reward yourself for milestones, such as 1 week, 1 month, 3 months, 6 months, and 1 year without smoking. Put your cigarette money in a jar each day you are smoke-free. Then treat yourself to something you want.
- Make sure you have filled and picked up your prescription for any of the prescribed medicines and/or that you have any of the over-the-counter nicotine replacement therapies you are planning to use.
- Get a good night's sleep.

Combination Therapy ... Is It Okay?

For some smokers, doctors may suggest a combination of two NRTs or combining an NRT with a prescription medication. For example, your doctor may recommend using the patch to reduce your withdrawal symptoms, and then adding the nicotine gum or lozenge to help you when you have strong cravings.

My Quitting Worksheet: Get Ready To Quit!

Planning to quit soon? Use this worksheet to help you prepare to quit.

My Quit Date is: _____.

The family, friends, and coworkers I want to tell are:
_____.

I can distract myself during urges and cravings by:
_____.

**1. Pick the quit methods in which you are interested.
(You can pick more than one!)**

- Support from loved ones
- Quitlines
- Quit websites
- Over-the-counter medication (gum, patch, lozenges)
- Prescription medication (inhaler, nasal spray)

2. Smoke-proof your life.

- Throw away all your cigarettes. Every one of them. Get them out of hiding places, too.
- Get rid of cigarette cases, ashtrays, lighters, and matches.
- Replace ash trays with cigarette substitutes or healthy snacks, even in the car.

3. Note other things you can do.

- Review your reasons for quitting (page 12). Some people like to carry their list with them. Have you found new reasons since you first made the list? Add those!
- Plan ways to reward yourself for milestones, such as 1 week, 1 month, 3 months, 6 months, and 1 year without smoking. Put your cigarette money in a jar each day you are smoke-free. Then treat yourself to something you want.
- If you are planning to use medication, make sure you have filled and picked up your prescription and that you have any of the over-the-counter nicotine replacement therapies you plan to use.
- Get a good night's sleep.
- Start your day with exercise. Exercise is a great substitute for smoking. How about a brisk walk?

Your Quit Date: Today Is Your Day

The most important thing to do on the day of your Quit Date is to *be good to yourself*. The very first day and even the first weeks after your Quit Date can be hard. Take it one day at a time. Learn how others who have quit got through their first 2 weeks.

- The first few days and weeks off cigarettes can be tough. But things will get better soon. Withdrawal reactions and intense cravings to smoke will go away! You will learn to cope without cigarettes, and eventually enjoy life more without them.
- After 2 weeks, many withdrawal reactions will have gone away, and urges to smoke will be weaker and farther apart. There is life after cigarettes.

You have what it takes. Believe that you are going to succeed. This will make quitting—and your life—easier.

Your Medications and Nicotine

Smoking can sometimes change the way medications work. This is not surprising, since tobacco contains thousands of chemicals that affect the way your body reacts to medications. For example, some common heart medicines, blood pressure medicines, and pain relievers are affected by smoking. Check with your doctor to see if changes to your medications should be made when you quit.

Tell yourself:

- I know I can do it.
- I can handle smoking situations—no problem.
- If I got through today, I can get through any situation without cigarettes.
- Each week things will be easier.

Read on for suggestions on how to prepare for and combat withdrawal symptoms and cravings and stay smoke-free by making changes to your lifestyle, traveling smart, and catching yourself before you slip back into smoking.

You have what it takes. Believe that you are going to succeed. This will make quitting—and your life—easier.

Withdrawal Does Not Last Forever

Sometimes, people who are successful at first will give in and smoke within a week or two because of withdrawal and cravings that are too intense to resist. To keep an upper hand, know what to expect and how to cope. Although nicotine leaves your body completely within 2 to 4 days of quitting, withdrawal symptoms can continue for weeks, and cravings for a cigarette can last for weeks or even months after you quit. This is normal and means that your body is adjusting to life without cigarettes.

Withdrawal

Withdrawal is what your brain and body go through when they don't have enough nicotine. You start to enter nicotine withdrawal after about 30 minutes of smoking your last cigarette. You might feel lightheaded, irritable, sad, and/or angry. You will likely have strong cravings to smoke a cigarette. Withdrawal can make people go back to smoking when they try to quit. But if you don't smoke, "this too shall pass."

Withdrawal is normal for people who are trying to quit. It can be unpleasant, but withdrawal is not dangerous. The first week is usually the hardest. After

Take a Breather: Relax Without Smoking

Even before you quit, you can use deep breathing to help you relax without cigarettes. Taking a "1-minute vacation" can help control the urge to smoke or ease tension and stress.

1. Close your eyes.
2. Take a deep, slow breath through your nose. As you inhale, picture yourself in a favorite, restful spot.
3. Exhale slowly through your mouth, holding that scene in your mind.
4. Enjoy the pleasure of that scene.
5. Feel your neck and shoulder muscles relax.
6. Open your eyes, feel refreshed, and repeat as often as you like.

2 weeks, many withdrawal symptoms will have gone away, and your urges to smoke will be weaker and farther apart.

Withdrawal symptoms and the intense cravings to smoke *will go away*. Withdrawal can be tough while it lasts, but think about how you will benefit after withdrawal passes: brighter skin, a better sense of taste and smell, lower heart rate and blood pressure, more energy, reduced sinus problems, better circulation, and feelings of pride and calm are just a few of the many lasting positive signs of recovery from smoking.

Solutions to Urges and Cravings

It might not feel like it, but withdrawal is a *good* sign of recovery. Withdrawal does not last forever. The following is a list of common withdrawal symptoms and ways to cope using the Four D's: **D**istract Yourself, **D**eep Breathe, **D**rink Water, and **D**o Something Else.

Feeling irritable and tense, having trouble concentrating, feeling “out of it”

Remember that these feelings will pass. Go easy on yourself.

Distract Yourself

- Spend time in places where smoking is not allowed—libraries, museums, theatres, stores, places of worship, or nonsmoking places at work.
- Change your routines. Move your favorite chair or sit in a different chair. Small changes in routine can be a big help.
- Write in the Quit Journal (page 40).
- Read a magazine or complete a crossword puzzle.
- Your idea: _____

_____.



Restlessness or extra energy, trouble sleeping at night, or drowsiness during the day

For many smokers, withdrawal causes sleeping difficulties. Your body is rebounding. You can use this extra energy for exercise, and in turn, exercising will help you sleep at night.

Deep Breathe

- Try a few deep breaths when you get the urge to smoke.
- Take a 1-minute vacation. See page 26 for how you can do this!
- Your idea: _____
_____.

Withdrawal symptoms and the intense cravings to smoke will go away.

Meditation for the First Day

People who recently quit smoking often feel overwhelmed by the idea of never smoking a cigarette again. When you have the urge to smoke, focus on not smoking right now. It is important to take it one day at a time and remember that it will get easier. Use the prayer below to help you get through the first day.

"I don't have to quit forever; all I have to do is just not smoke today. I can do anything for this one day. Nothing will be too much for me. I can even break the day down into each of its 24 hours if the struggle demands it. I can focus on just 1 hour at a time. I can survive 60 minutes at a time without a cigarette. How freeing it is to realize I only have to quit smoking for today. I will do whatever I need to, to live without a cigarette today."

More coughing than normal

This may mean your lungs are clearing themselves out. This is a good sign!

Drink Water

- Drink 6–8 glasses of water every day.
- Try not to drink alcohol, coffee, or other beverages you link with smoking. If you drink coffee, switch to tea.

Feeling anxious, nervous, or restless

These symptoms are common in the first few days.

Do Something Else

- Reach out to a member of your support team. Whether or not you tell them that you are craving a cigarette, having a conversation will distract your mind and allow the craving to pass.
- Keep smoking substitutes handy. Try carrots, sugarless gum, flavored toothpicks, or breath mints. See page 29 for more smoking substitutes.
- Change your after-meal routine. Get right up from the table, brush your teeth, or take a walk.
- Exercise. Even a short walk will help.
- If you are using NRT, don't forget to take it.
- Visit with a good friend, eat a meal out, see a movie, play with a pet, buy flowers, or read to a child.
- For a lot of former smokers, it helps to share feelings. Others turn to prayer.
- Your idea: _____

_____.



Bars and Alcohol Can Trigger Cravings

It is a good idea to stop drinking alcohol for the first few weeks after your Quit Date. For many people, a bar is a place that triggers a craving for a cigarette.

Alcohol and cigarettes are often used together. If you do continue to drink, keep in mind that just one or two drinks could weaken your resolve to stay smoke-free. Don't forget that drinking can lead to increased risk of health problems, such as liver diseases and cancer.



Some smokers say they enjoy smoking more when they are drinking and enjoy drinking more when they are smoking. By cutting out alcohol with cigarettes you may not miss smoking as much. Instead, find other activities that make you feel good, like spending time with family and friends, volunteering, reading, or traveling. You don't need cigarettes or alcohol to bring pleasure to your life.

Listed here are 39 cigarette substitutes that many successful quitters have found helpful. Circle the ones that might be helpful for you or add your own.

Apple	Inspirational verses	Stamp collecting
Beads	Knitting	Straws
Breath mints	Magnets	String
Carrot sticks	Markers	Sugar-free hard candy
Catalogs	Movies	Swimming
Chapstick	Needle crafts	Walking
Chewing gum	Newspapers	Water
Cinnamon sticks	Orange juice	_____
Cloves	Paper clips	_____
Club soda	Paperback novels	_____
Crocheting	Pebbles	_____
Crossword puzzles	Pencils	_____
Dill pickles	Pens	_____
Favorite photos	Playing cards	_____
Flavored toothpicks	Rubber bands	
Ice chips	Sketch pad	



Weight Worries

Many people are worried that they will gain a lot of weight when they quit smoking. You should know that not everyone gains weight, and those who do usually gain fewer than 10 pounds.

Keep in mind that your main goal is to become a nonsmoker. Even a few cigarettes a day are much more harmful than a few extra pounds.

There are ways to limit weight gain to a few pounds:

- Curb your sweet tooth and try sugar-free alternatives.
- Find low- or zero-calorie snack substitutes for a cigarette.

- Know that smoking dulls your sense of taste and smell. You will enjoy your food more after you quit. Take more time to enjoy your food, but don't eat more food.

- Keep active to help your body burn up those extra calories.
- Talk to your doctor or pharmacist about nicotine gum or prescription medications—they may help reduce or delay weight gain.
- Try to relax a little about your weight and focus on quitting.

Low-calorie substitutes:

- Mix seltzer water with fruit juice.
- Suck on low-sugar or sugar-free hard candy.
- Munch on a graham cracker (28 calories) or a hard pretzel (24 calories).
- Make trail mix with granola, oats, nuts, and raisins.
- Choose sweet treats with fewer than 100 calories, like 1 cup of strawberries, a peach, a frozen fruit pop, a handful of raisins, or low-fat yogurt.

Imagine yourself looking and feeling better as a nonsmoker.



Stay Smoke-Free and Healthy

Quitting smoking has changed the lives of many people. It has given them health, freedom, confidence, and a new joy in life. You are on your way.

After you stop smoking, you will have new freedom. Find new, better ways to use the moments without smoking.

Former smokers have done all sorts of things with their new-found time:

- A 50-year-old man got a promotion at work and looks forward to new challenges.
- A 63-year-old man who just retired went back to school to study literature.
- A 96-year-old grandmother who stopped smoking at age 75 became the star of her light aerobics class and was interviewed in an article for the *New York Times*.
- A 54-year-old formerly overweight smoker finished the New York City Marathon.

You can:

- Look for new work challenges.
- Go back to school.
- Teach a class in a subject that is a fond hobby.
- Spend more time with your children and grandchildren.
- Plant that garden.
- Volunteer at your local hospital or a charity.

Think about your life, what you have done, and what is still to be done. Think back over your reasons for quitting. Imagine yourself looking and feeling better as a nonsmoker.

Exercise: A Good Way To Fight Aging and Smoking

People who get regular physical activity look younger and stay more fit than those who do not. Regular exercise can also be good medicine in your fight to stay off cigarettes. It can help you cope with withdrawal symptoms like feeling uptight and nervous. You will sleep better, be less likely to gain weight, and have more energy.

Physical activity also helps to:

- Reduce high blood pressure
- Reduce the risk for type 2 diabetes, heart attack, stroke, and several forms of cancer
- Reduce arthritis pain and associated disability
- Reduce the risk for osteoporosis and falls
- Reduce symptoms of depression and anxiety



What kind of exercise is best for you?

The best exercise is exercise that you enjoy. Walking is great for people of any age. It builds fitness, burns calories, and keeps your muscles and bones strong. Walking gives you a chance to be alone, be with someone, think deeply, or be emptied of all thoughts. Join the many Americans older than age 50 who walk to keep fit. Whatever exercise you choose, your goal should be 2.5 hours a week of moderately intense activity.

Regular exercise can also be good medicine in your fight to stay off cigarettes.

Calorie Burners: Activities That Add Up

Moderate Physical Activity	Approximate Calories Burned Per 30 Minutes*
Light gardening/yard work	165
Dancing	165
Golf (walking and carrying clubs)	165
Bicycling (< 10 mph)	145
Walking (3.5 mph)	140
Weight lifting (light workout)	110
Stretching	90

*This number of calories burned per 30 minutes is based on people who weigh 154 lbs. Calories burned will be higher for people who weigh more than 154 lbs. and lower for those who weigh less. This chart was adapted from the 2005 Dietary Guidelines for Americans by the U.S. Department of Health and Human Services and the U.S. Department of Agriculture.

Walking gives you a chance to be alone, be with someone, think deeply, or be emptied of all thoughts.



Stay Smoke-Free While Away From Home

Traveling for pleasure can be an enjoyable way to spend time. Traveling for work may be mixed with stress and rewards. Whether you travel for business or pleasure, prepare yourself for unexpected smoking temptations.

Transportation

Almost all forms of transportation are smoke-free, but here are some tips to remember while traveling:

- If you have just started quitting and you are taking NRT, don't forget to pack some in a carry-on bag and make sure you bring enough with you to last for your trip.
- Bring along a magazine or a puzzle book to keep your mind and hands busy. Complete the word puzzle in this booklet (page 39).
- If you are on a road trip with others, let them know that you appreciate their not smoking in the car.

CLEAR HORIZONS



Lodging

When making reservations, request a nonsmoking room and be sure to ask for it when you arrive.

Restaurants and Bars

Many states and cities have enacted smoking bans in public places, but not all. Call in advance to check if the restaurant or bar you plan on visiting has a nonsmoking policy.

- If you arrive at a place where patrons are smoking, even on the patio, go somewhere else.

More Traveling Tips

- Be prepared to cope with frustrations and delays. Even if you no longer have the urge to smoke in your usual surroundings, new situations may bring back old memories.
- Be ready for unexpected urges.
- Wherever you travel, you can take a 1-minute vacation (see page 26).
- Pack cigarette substitutes, such as sugar-free gum, or cinnamon sticks. Carry a small index card with your reasons for quitting.
- Walk away from urges. See the sights and shops.

So You're Ready to Stop NRT ...

Don't be surprised if you feel on edge, cranky, or tense for a day or two when you lower your dosage or when you stop NRT. These are normal withdrawal reactions—signs that your body is getting free of all nicotine. Just use the Four D's (pages 27–28) and other coping methods that worked when you first quit. If you are still uncomfortable, check with your doctor or pharmacist about going back to the higher doses for a while.



Catch Yourself Before a Slip

Every smoker must deal with the risk of a slip. This section will teach you how to prevent yourself from turning back to smoking.

Don't let tough times take you back to smoking.

For many smokers, high-risk times are when they are feeling stressed, angry, bored, lonely, low, or negative—when things are going badly. These times should act as a warning sign and let you know to be on guard.

What should you do? Research shows that people who take any kind of action find it easier to resist smoking. You need to do what is best for you. It may be taking a brisk walk. For a lot of quitters, it helps to share feelings. A hobby may help some. Others turn to

prayer. Ask former smokers you know to tell you what they did. Find a way that works for you.

Don't be caught off balance.

What should you do when you are with smoking friends and you want to reach for a cigarette? Get something else in your hand—a toothpick, a piece of gum—anything to take the place of that cigarette. Distract yourself for the next few minutes. Think about how far you have come. Remember, the urge to smoke will pass, whether you light up or not. Withdrawal symptoms and urges to relapse may be strong, but many have overcome it and so can you.

One cigarette does not make you a smoker again.

Don't fall into all-or-nothing thinking if you slip and smoke a cigarette. Don't let that one cigarette be an excuse for going back to smoking. You are not doomed to be a smoker again. Pick yourself up again.

Do not think that you lack what it takes to succeed. You made a mistake, but it is not the end of the world. Learn from the slip. You will have more confidence next time you face temptation.

Find a way that works for you.

If You Do Go Back to Smoking ... Try Quitting Again!

You are not a failure. Don't toss aside your attempt as worthless. Use it to try again and succeed. If you have quit smoking for just 24 hours in the last few months or weeks, you have doubled your chances of quitting for good in the coming year!

Set a new Quit Date as soon as possible. Research has shown that most people don't quit for good on the first try. They need a few tries. Think of your quit attempt as a learning experience. You will be more likely to quit for good next time. Don't give up!

Feel good about what went right, and make a plan for what you will do differently the next time:

- Set a new Quit Date and tell your friends.
- Remember why you wanted to quit. Look back at your list of reasons.
- Keep in mind the health benefits you can expect from quitting, especially if you are currently suffering from a tobacco-caused illness.
- Figure out what went wrong. Did you need more support? Did you rely too much on will power and not enough on changing your routine?
- Make a plan for how you will deal with tough times next time you quit. Know what you will do when it is hard to resist smoking.
- Talk with former smokers you know about how they did it. Let them help you.
- Exercise for at least 2.5 hours per week. That's only 30 minutes a day over 5 days.
- Try deep breathing when you feel stressed.

Don't Forget You Have Support!

- Talk to your family and friends.
- Ask your doctor for help. One or two visits can help you through the toughest part of quitting.
- Call the National Cancer Institute's quitlines at **(877) 44U-QUIT** or **(877) 448-7848** and **(800) QUIT-NOW** or **(800) 784-8669**. These are nationwide, toll-free numbers with a specially trained staff who can provide you individualized assistance in quitting, as well as information on how to find quit smoking services in your community.
- Visit Smokefree.gov (<http://smokefree.gov>), SmokefreeWomen (<http://women.smokefree.gov>), SmokefreeEspanol (<http://espanol.smokefree.gov>) and Be Tobacco Free (<http://betobaccofree.hhs.gov>).

Going the Distance: Your Way to Clear Horizons

You have stopped smoking, congratulations!

You've faced one of the toughest tests out there. Anyone who has stopped smoking knows what an important and difficult accomplishment that is. You deserve to feel proud. You already should be enjoying many of the benefits of quitting: less coughing, more energy, no longer feeling tied down by cigarettes, and more self-respect. Additionally, nicotine addiction is no longer part of your life. You are no longer at the mercy of smoking. You'll feel healthier and happier, and so will your wallet! Think about those who live with you. You're protecting them. If they are not around your smoke, they'll be healthier and happier, too.



- If you have started or continued to exercise, keep it up! If you have not started yet, think about walking.
- Keep trying to find other, more positive ways to deal with stress and hard times. Over time, your urges to smoke will become fewer and fewer. You will start to see yourself as the nonsmoker you really are.
- Celebrate your first month off cigarettes, 6 months off cigarettes, and then really pull out the stops with your one-year celebration without cigarettes. You have done something special for yourself and the people who care about you.
- If you have not quit smoking, think about what you are missing and go for it. You can do it.

Congratulations on completing *Clear Horizons* and becoming one of the millions of former smokers in the country. Take a few minutes to reflect on your achievements. Look ahead to years of promise. A future without cigarettes is brighter and clearer. Who knows what you can accomplish next!

A future without cigarettes is brighter and clearer.

For More Information

National Cancer Institute

<http://smokefree.gov>, <http://women.smokefree.gov>, <http://espanol.smokefree.gov>

- Smokefree.gov is intended to help you or someone you care about quit smoking. Different people need different resources as they try to quit. The information and professional assistance available on these websites can help support both your immediate and long-term needs as you become, and remain, a nonsmoker.

Cancer Information Service

<http://www.cancer.gov>

- NCI's Cancer Information Service provides accurate, up-to-date information on cancer. Information specialists can help you quit smoking and explain the latest cancer information. Call **(800) 4-CANCER** or (800) 422-6237; TTY: (800) 332-8615.

Centers for Disease Control and Prevention (CDC)

<http://www.cdc.gov>

- The Office on Smoking and Health, a program office within the CDC, provides booklets on smoking topics such as relapse, helping a friend or family member quit smoking, the health hazards of smoking, and the effects of parental smoking on teenagers. Check online or call **(800) CDC-INFO** or (800) 232-4636 for more information.

Center for Tobacco Products at the U.S. Food and Drug Administration (FDA)

<http://www.fda.gov/TobaccoProducts/default.htm>

- The Center for Tobacco Products oversees the implementation of the Family Smoking Prevention and Tobacco Control Act. Some of the Center's responsibilities under the law include reviewing premarket applications for new and modified risk tobacco products, and establishing and enforcing advertising and promotion restrictions.

U.S. Department of Health and Human Services (HHS)

<http://betobaccofree.hhs.gov>

- Be Tobacco Free is a comprehensive website that coordinates access to current tobacco information, including cessation information from across HHS into a single online resource.

Activities

Puzzle: Finding Cigarette Substitutes

Listed here are 39 cigarette substitutes that many successful quitters have found helpful. Find them reading up, down, forward, backward, or diagonally. The leftover letters will reveal a special message. (Hint: begin with the top row and write down all the leftover letters in each row from left to right.)

Scoring

Degree of Difficulty: 9.8

- Gold Medal: 30+ words • Silver Medal: 20+ words • Bronze Medal: 15+ words



Apple
Beads
Breath mints
Carrot sticks
Catalogs
Chapstick
Chewing gum
Cinnamon sticks
Cloves
Club soda

Crocheting
Crossword puzzle
Dill pickles
Favorite photos
Flavored toothpicks
Ice chips
Inspirational verses
Knitting
Magnets
Markers

Movies
Needle crafts
Newspaper
Orange juice
Paper clips
Paperback novel
Pebbles
Pencil
Pens
Playing cards

Rubber bands
Sketch pad
Stamp collecting
Straws
String
Sugar-free hard candy
Swimming
Walking
Water

CLEAR HORIZONS

My Quit Journal

A quit journal can help you track your progress while you are quitting smoking.

Check for patterns. You may find triggers you aren't even aware of. Understanding what tempts you to smoke will help you control the craving to smoke before it hits. Writing in the journal will also keep you busy as you fight a craving.

You can write in the journal in this booklet or make your own. Keep your journal with you so you can easily use it. Be sure to record the time you have a craving to smoke, where you are, what you are doing, and what you are thinking or feeling. Rate how much you want the cigarette each time you have a craving.

Quit Journal

Days Since I Quit	Craving Level	Time of Day	What I Was Doing...	Who I Was With...	My Mood...
Example	3	10:45	At work	Alone	Stressed
1					
2					
3					
4					
5 --					
20					

0 = None 1 = Just a little 2 = Some 3 = A lot

Try this activity for at least a few days, making sure to record 1 day during the week and 1 day on the weekend. You may even find that the time you take to complete the journal helps you smoke less.

Resources Consulted

Health Consequences of Smoking

- Centers for Disease Control and Prevention. Highlights: Overview of Findings Regarding Respiratory Diseases. 2010. http://www.cdc.gov/tobacco/data_statistics/sgr/2010/highlight_sheets/pdfs/overview_respiratory.pdf
- Centers for Disease Control and Prevention. Smoking and Tobacco Use, Health Effects: Cancer. 2012. http://www.cdc.gov/tobacco/basic_information/health_effects/cancer/
- National Cancer Institute. Cigars: Health Effects and Trends. Smoking and Tobacco Control Monograph No. 9. Bethesda, MD: National Institutes of Health, National Cancer Institute, 1998.
- National Cancer Institute. Smokeless Tobacco or Health: An International Perspective. Bethesda, MD: U.S. Department of Health and Human Services, National Institutes of Health, National Cancer Institute, 1992. http://cancercontrol.cancer.gov/tcrb/monographs/2/m2_complete.pdf
- U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.
- U.S. Department of Health and Human Services. *The Health Consequences of Smoking: What It Means to You: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. http://www.cdc.gov/tobacco/data_statistics/sgr/2004/index.htm
- U.S. Department of Health and Human Services. *Women and Smoking: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2001.

Health Consequences of Secondhand Smoke

- Centers for Disease Control and Prevention. *Smoking and Secondhand Smoke: Impact on Heart Disease and Stroke*. 2012. http://www.cdc.gov/tobacco/campaign/tips/resources/overviews/heart-disease-stroke.html?s_cid=tw_osh194
- U.S. Department of Health and Human Services. *The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006.

Smoking Statistics in the United States

- Centers for Disease Control and Prevention. *Adult Cigarette Smoking in the United States: Current Estimate Fact Sheet*. 2012. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/adult_data/cig_smoking/index.htm
- Centers for Disease Control and Prevention. Quitting Smoking Among Adults—United States, 2001–2010. *Morbidity and Mortality Weekly Report*. 2011; 60(44): 1513–1545.

Treatment and Cessation

- Centers for Disease Control and Prevention. *Five Keys for Quitting Smoking*. 2011. http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/five_keys/
- Centers for Disease Control and Prevention. *Smoking Cessation*. 2011. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm

CLEAR HORIZONS

- Centers for Disease Control and Prevention. *Smoking and Tobacco Use: Quit Tips*. 2012. http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/quit_tips/
- National Cancer Institute. Dispelling Myths About Nicotine Replacement Therapy. <http://www.smokefree.gov/pubs/MythsaboutNRTFactSheet.pdf>
- Shahab L, West R. Do ex-smokers report feeling happier following cessation? Evidence from a cross-sectional survey. *Nicotine and Tobacco Research*. 2009; 11(5): 553–557.
- U.S. Department of Health and Human Services. Treating Tobacco Use and Dependence: 2008 Update. http://www.ahrq.gov/clinic/tobacco/treating_tobacco_use08.pdf

Other Resources

- Campaign for Tobacco-Free Kids. The Rise of Cigars and Cigar-Smoking Harms. Washington, DC: Campaign for Tobacco-Free Kids. 2009. <http://www.tobaccofreekids.org/research/factsheets/pdf/0333.pdf>
- Campaign for Tobacco Free Kids. State Cigarette Tax Rates & Rank, Date of Last Increase, Annual Pack Sales & Revenues, and Related Data. 2012. <http://www.tobaccofreekids.org/research/factsheets/pdf/0099.pdf>
- Centers for Disease Control and Prevention. Alcohol and Public Health: Frequently Asked Questions. 2012. <http://www.cdc.gov/alcohol/faqs.htm#heavyDrinking>
- Centers for Disease Control and Prevention. How to Prevent High Blood Pressure. 2010. http://www.cdc.gov/bloodpressure/what_you_can_do.htm
- Centers for Disease Control and Prevention. Integration of Smoking Cessation into Mental Health Treatment for Veterans with PTSD. *Cessation: Emerging Interventions and Innovations*. 2001. <http://www.cdc.gov/tobacco/icsh/meetings/summary072811/ptsd/index.htm>
- Centers for Disease Control and Prevention. *Physical Activity for Everyone*. Fact Sheet. 2011. <http://www.cdc.gov/physicalactivity/everyone/guidelines/olderadults.html>
- Centers for Disease Control and Prevention. Smokeless Tobacco Facts. 2012. http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/index.htm
- National Cancer Institute. Benefits of Quitting. 2012. <http://smokefree.gov/topic-benefits.aspx>
- National Institute on Alcohol Abuse and Alcoholism. Alcohol Alert: Alcohol and Tobacco. 2007. <http://pubs.niaaa.nih.gov/publications/AA71/AA71.htm>
- National Institute on Drug Abuse. DrugFacts: Cigarettes and Other Tobacco Products. 2010. <http://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>
- U.S. Department of Health and Human Services and U.S. Department of Agriculture. *Dietary Guidelines for Americans*, 2005. 6th Edition, Washington, DC: U.S. Government Printing Office, January 2005.
- “Nicotine Addiction Test” adapted from: Heatherton TF, Kozlowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence: A revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addictions*. 1991; 86: 1119–1127.
- “Quit Journal” adapted from: *One Step at a Time Program—Book 3*. Canadian Cancer Society, 1998.

Credits

Clear Horizons was originally produced by UNICA Communication Corporation and developed by Temple University's Fox Chase Cancer Center, and the University of Rochester School of Medicine and Dentistry's Smoking Research Program of the James P. Wilmot Cancer Center, and Department of Community and Preventive Medicine.

Authors of the Original *Clear Horizons*

Carole Tracy Orleans, Ph.D.
Barbara Rimer, Dr.PH.
Janet Telepchak, CHES
Linda Fleisher, M.P.H.
Martha K. Keintz, ScM
Neal R. Boyd, EdD, M.S.P.H.
Elizabeth L. Noll, M.D.
Robert Robinson, Dr.PH.

Additional Authors and Contributors:

Scott McIntosh, Ph.D.
Neal L. Benowitz, M.D.
K. Michael Cummings, Ph.D.
Susan Curry, Ph.D.
Edwin B. Fisher, Ph.D.
Linda George, Ph.D.
Michael G. Goldstein, M.D.
Ellen R. Gritz, Ph.D.
Douglas Jorenby, Ph.D.
C. Everett Koop, M.D.
Calvin Knowlton, MDiv, Ph.D.
Howard Leventhal, Ph.D.

Glen Morgan, Ph.D.
Deborah Ossip, Ph.D.
James O. Prochaska, Ph.D.
Jed Rose, Ph.D.
Mary Anne Salmon, Ph.D.
Nina Schneider, Ph.D.
John Slade, M.D.
Sharon Ternullo, PharmD

Special Thanks:

Elizabeth Anne Hutchinson
Stephanie Hanzlik
Siobhan La Creta
Joan Magee
Kathy Smith
Katherine Wells
And former smokers who have shared their experiences with us.

Other Acknowledgments:

Alice Anderson, M.D.
Linsa Crosette, M.P.H.
Ronald Davis, M.D.
Terri Dowling, M.P.H.
Sherri Ehrlich, RPh, M.P.H.
Patricia Frank
Gary Giovino, Ph.D.
Verle Grossman
Tim Hensley
Davis Kalinoski
Reanette Preston, M.D.

Notes

Inside Back Cover
Intentionally Left Blank



June 2013

