

# All about Quitting Smoking

## Do you want to quit smoking?

There are many ways to do it. Once you've quit you'll feel healthier right away and you'll be healthier for your life. There are many benefits of quitting smoking.



## What are the benefits of quitting smoking?

You've already know that smoking is bad for your health. But do you know all the benefits of quitting it? When you quit smoking, you will:

- ✗ Cut your risk for a heart attack or a stroke
- ✗ Makes you feel energetic
- ✗ Reduce wrinkles and makes you look young
- ✗ Lower your risk for some types of cancer
- ✗ Reduce risk for emphysema (a lung disease), chronic bronchitis, and cataracts
- ✗ You will be able to breathe more easily
- ✗ For pregnant women : Lower your risk for delivering your baby too early and having a baby with a low birth weight
- ✗ Have better-smelling hair, breath, and clothes
- ✗ Protects your family and friends to passive smoking
- ✗ Save money



## Some tips to help you quit smoking

Take steps to get ready to quit smoking. Things to do before you quit.

- ✗ Make a check list of your own reasons for quitting and post it where you'll see it every day.
- ✗ Don't wait to choose a date to quit. Just do it right now.
- ✗ Discuss with your family and friends about your plans to quit and take their assistance wherever required.
- ✗ Think of the impact of smoking on loved when ever you feel like smoking.



# Ways to Quit

There are lots of ways to quit smoking. Some people use a combination of ways.

- Get rid of your cigarettes, matches, lighters, and ashtrays. Throw these away. This way of quitting all at once is also known as “going cold turkey.”
- Quit smoking by cutting back over several weeks, Just taper off.
- Use a nicotine patch, gum, inhaler, or nasal spray for initial some time to control your craving.
- Taking help of counseling, acupuncture, or hypnosis would be of good support.
- You can join some quit-smoking classes or a support group.



*\*E-cigarettes should not replace smoking or be used to help quit smoking.*

*If you are diabetic and Smoker than “Double Trouble”*



*Smoking and diabetes can be a dangerous combination. It increases risk for a heart attack, a stroke, blood vessel disease, nerve damage, kidney disease, and other health problems. Smoking also ups your risk for health problems. Diabetes and smoking means double trouble, it better you say “I quit” before its too late.*

# Lets make a plan for you to quit smoking

Start by adding your answers below about your plans to quit smoking

- **I want to quit smoking because** \_\_\_\_\_.  
Example: I' love my family and I care for them.
- **How much will I save in a year by Quitting Smoking.**\_\_\_\_\_.  
Example: Rs.15 x 5 cigarette x 365 days Rs. 27375/-
- **The hardest times to not smoke will be:**\_\_\_\_\_.  
Example: Before going to toilet.
- **When I get the feeling of smoking, I will do this;**\_\_\_\_\_.  
Example: I'll immediately get up from the table after a meal and will brush my teeth
- **I haven't quit smoking before because**\_\_\_\_\_.  
Example: I didn't have self-control.
- **I've tried to quit smoking before but**\_\_\_\_\_.  
Example: At times of stress, I again started smoking.
- **I'll do this to keep abstain from smoking again,**\_\_\_\_\_.  
Example: I'll find new ways to cope with stress
- **At times of stress, instead of smoking I'll do this:**\_\_\_\_\_.  
Example: I'll practice yoga & meditation for self control.
- **I'll take the help form these people to help me quit smoking**\_\_\_\_\_.  
Example: My Daughter/ Son will be my inspiration.
- **I will ensure that I do not gain weight after I quit smoking by doing this**\_\_\_\_\_.  
Example: I'll do light physical workout.
- **Where will I use money saved form Quitting Smoking**\_\_\_\_\_.  
Example: I'll buy a Child Plan for my kid.

