



Your pocket-size guide  
to quitting TOBACCO



# SO YOU ARE A SMOKER OR TOBACCO CHEWER AND YOU'D LIKE TO QUIT...

Maybe you think quitting is difficult.

But you can do it!

How can this booklet help you quit?

- This booklet is designed to help you make your own plan for quitting.

- This booklet contains advice from smokers and tobacco chewers who have quit their habits.

- You are probably already aware that tobacco habits harm your health. But you need to find your own personal reasons for quitting as well. Making your own recipe for willpower will motivate you more than just fear of disease consequences.

## NEED MORE REASONS TO QUIT?

### An expensive habit

These habits cost money. How much do you spend in a year for tobacco products? Think of what you could do with that money instead.

### Have you noticed?

The smell of smoke or tobacco in your mouth is not pleasant. While you have become used to it, others around you notice.

Look at your teeth - are they stained from tobacco use? Just brushing won't get rid of it. Look at your gums - chances are they are getting loose due to tobacco and they make a breeding place for bad breath-causing germs.

The cigarette and bidi butts or tobacco juice you leave behind make a mess. Have you ever burned holes in your clothes or furniture upholstery? Have you ever stained your clothes?

How important is your tobacco habit for you?  
Use the checklist below to find out.

- ☐ I no longer get sick or dizzy when I chew or smoke tobacco products, like I did when I first started.
- ☐ I use tobacco more often and in different settings.
- ☐ I've switched to stronger tobacco products.
- ☐ I swallow juice from my tobacco or inhale smoke on a regular basis.
- ☐ I sometimes sleep with tobacco in my mouth.
- ☐ I chew, smoke or apply tobacco first thing in the morning.
- ☐ I find it hard to go more than a few hours without tobacco.
- ☐ I have strong cravings when I go without tobacco.

The more items you tick mark, the more likely you are addicted. It may be hard for you to believe you are a nicotine addict. You probably are.

## DECIDE TO QUIT!

- Quitting is something you have to really want to do strongly, so you can get through those first few weeks without tobacco.
- Know your reasons for stopping. Don't let outside influences like friends, hold you back. Remember, good friends should care about each other's health.
- Focus on all the reasons you want to quit - are any of these reasons important to you ?
  - ☐ To avoid health problems.
  - ☐ To save money.
  - ☐ To prove I can do it.
  - ☐ To please someone I care about.

- ☐ I have sores or white patches in my mouth.
- ☐ I have shortness of breath or cough.
- ☐ To set a good example for my children.
- ☐ To avoid gum or tooth problems.
- ☐ It's banned at my workplace or college.
- ☐ I don't want it to control me.
- ☐ My smoke harms others around me; spitting in public is unhygienic.
- ☐ My doctor told me to quit.

Write your personal reasons on page 10  
in "MY PLAN".



# Prepare

## PICK A QUIT DATE NOW:

Don't delay setting the date, but give yourself time (a week or more) to:

- Prepare yourself mentally and physically for quitting.
- Reduce your tobacco use to half your usual amount before your target date, by avoiding tobacco when you crave it most.
- Choose a low stress day to quit.

Write your quit date on page 10 in "MY PLAN."

## IDENTIFY YOUR TRIGGERS NOW:

What are the times and places you usually smoke or chew tobacco?

- These are your 'triggers'. They remind you of tobacco.
- Select three of your strongest triggers and write them down on the next page in 'MY PLAN'.
- Avoid smoking or chewing tobacco at these times.
- Also avoid alcoholic drinks, supari products and pan masala, since they are potential triggers and are harmful.
- Try roasted chick-peas, ground-nuts, anise seeds or other harmless seed mixtures.
- Drink plenty of water.

# Triggers

## MY PLAN

My own reasons for quitting:

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My target date for quitting:

Day      Month      Year

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My strongest triggers:

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## The Day Before Quit Day:

Build a strong team of supporters

- Warn your support team that you may be irritable for a week or two after you quit.
- Ask them to be patient.
- Ask them to stand by and listen to you and encourage you when the going gets rough.
- Suggest ways they can help.



## Quit Day!

- On quitting day, throw out all your tobacco.
- Start this special day with an early morning walk.
- Sit in a different place at breakfast time.
- Keep busy and active.
- When cravings come, use your substitutes.
- Reward yourself for quitting - make it a special day.

## Your First Week:

### Coping With Withdrawal

#### Tobacco cravings:

Think about the benefits of quitting.  
Wait 3-5 minutes and breathe deeply or take a walk.  
The craving will pass.

#### Irritability:

Walk away from the situation.  
Try deep breathing and exercise.  
Ask others to be patient.

#### Constipation:

Eat more vegetables, chapattis  
and fruits. Drink more water.

#### Hunger:

Eat regular meals. Hunger is  
sometimes mistaken for  
tobacco cravings.

#### Craving for sweets:

Eat fruits like bananas, guavas,  
kishmis, etc.

#### Headaches:

Use relaxation or meditation  
techniques. Try taking a warm  
bath.



## Your Second Week:

### Dealing With Triggers

Plan ahead to be ready to deal with triggers.

### Tobacco Cravings:

May be just as strong this week as last, but will come less often and go away sooner.

### Diet:

Food will taste better.

### Confidence:

Confidence levels will be higher.

Continue to use the same will power and strategies that pulled you through the first week.

## Tips To Stay Tobacco Free

- If you've been free of tobacco for two weeks, you know you can beat this addiction! Continue with the same successful strategies.
- Plan ahead for situations that may tempt you.
- When you feel tense, remember that tobacco doesn't solve any problems. Go and do something else.
- See how much money you are saving by putting the amount you usually spend on tobacco in a money jar. Decide on what to do with that money.

Freedom

## If you slip ...

Try not to slip even once.  
But if you do, get right back on track.

Don't feel discouraged or guilty.

Throw out any remaining tobacco.

While some can quit at the first shot,  
most people who have quit permanently  
have done so after at least  
a couple of attempts

## Celebrate your success !

- If you complete three weeks without tobacco, celebrate with your support team - you could use the money you saved in your jar.
- Complete one full month and renew your promise to never use tobacco again.
- Offer your support to others who want to quit.
- Renew your resolve monthly.
- Promise yourself that you will never take tobacco in any form ever again.
- Get your teeth cleaned by a dentist to remove all the tobacco stains.

## MAJOR RISKS TO HEALTH FROM TOBACCO:

Heart Disease	○ ————— ○	Smoking and chewing tobacco
Chronic Cough	○ ————— ○	Smoking
Tuberculosis	○ ————— ○	Smoking
Lung Cancer	○ ————— ○	Smoking
Other Cancers	○ ————— ○	Any tobacco habit
Death In Middle Age	○ ————— ○	More common among tobacco users

## BENEFITS OF QUITTING:

How will quitting benefit you?

- Feel better right away
- Have more energy
- Have fresher breath
- Reduce health risks
- Live longer
- Avoid harming others around you with smoke or spit

# Benefits

## IF YOU NEED MORE HELP:

For further information, contact:

The Preventive Oncology Department  
Tata Memorial Hospital  
3<sup>rd</sup> Floor, Annexe Building  
Dr. Ernest Borges Marg  
Parel, Mumbai 400 0012.

Phone Preventive Oncology at 24154379 to  
make an appointment.

Tell the receptionist you have read this pamphlet.  
The hospital is reachable by train at Elphinstone Road Station  
(Western Railway) and Parel Station (Central Railway).

Cessation programs at the Tata Memorial Hospital include  
counselling, behavioural therapy and medication.  
This entire program has to be supervised by  
trained medical/paramedical personnel.

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## MORE STEPS TO GOOD HEALTH !

- take a daily walk of 30-40 minutes (or two of 20 min) at an open area near your residence or workplace. Or walk a longer part of the way to your workplace
- take some time for prayer/meditation during the day
- add more raw vegetables and fruits into your daily diet
- reduce the amount of oil and other fats, salt and sugar you consume



- wear a helmet if you ride a Bicycle or motorcycle
- follow the advice of public health messages and your doctor on AIDS prevention
- help others to stop using tobacco in any form
- try harder to think well of others, speak kind words and do the right thing

A GREATER SHARE OF GOOD HEALTH AND  
PEACE OF MIND WILL BE YOURS.

My Name: \_\_\_\_\_

My Tobacco habits: \_\_\_\_\_

Contact Information (Address, Phone, e-mail.):

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

My Age \_\_\_\_\_yrs.

A Health worker may contact me: Yes/No \_\_\_\_\_

During these hours : \_\_\_\_\_

Distributor & Locality \_\_\_\_\_

\_\_\_\_\_

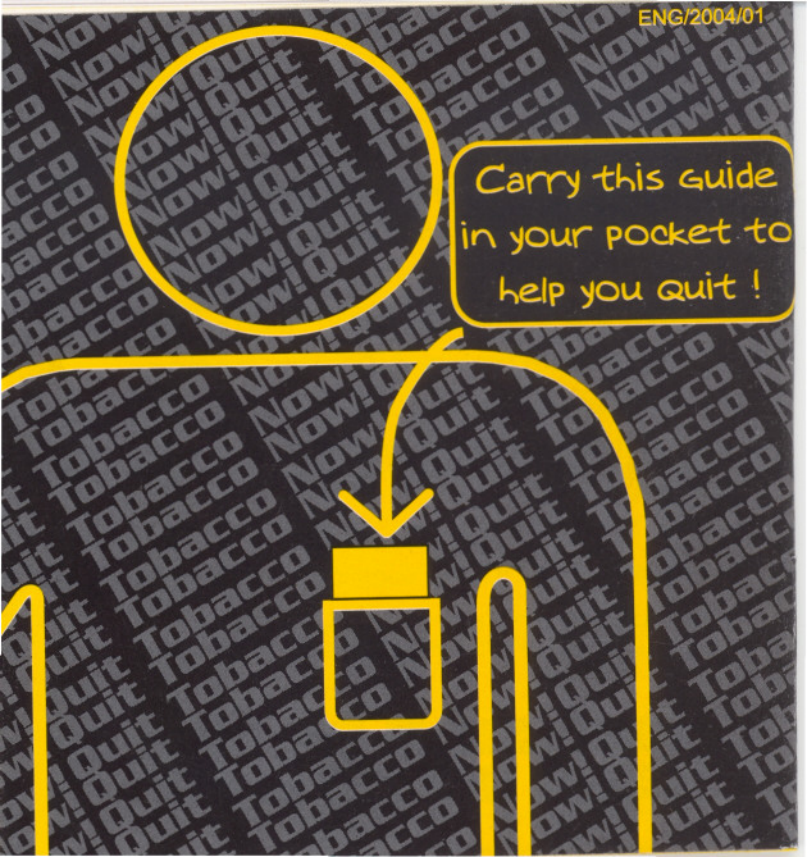
PLEASE FILL THE FORM OVERLEAF.

HAND IN THE COMPLETED FORM AT

THE PLACE WHERE YOU RECEIVED IT

THANK YOU.





Carry this guide  
in your pocket to  
help you quit !