

Keys for Quitting

Studies have shown that these five steps will help you quit for good. For the best chances of quitting - use them together.

1. Get Ready

- Set a quit date.
- Change your environment.
 1. Get rid of ALL cigarettes and ashtrays at home, in your car, and at work
 2. Don't let people smoke in your home or car.
- Review past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke—**NOT EVEN A PUFF!**



2. Get Support and Encouragement

- Tell your family, friends, and co-workers that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Talk to your health care provider (for example, doctor, dentist, nurse, pharmacist, psychologist)
- Call the NYS Smokers' Quitline at (866) NY-QUITS to receive telephone counseling, cessation resources and possibly a free Nicotine Replacement Therapy (NRT) starter kit.

3. Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

4. Get Medication and Use It Correctly

Medications can help you stop smoking and lessen the urge to smoke.

- The U.S. Food and Drug Administration (FDA) has approved five medications to help you quit smoking:
 1. Bupropion SR - available by prescription.
 2. Chantrix - available by prescription.
 3. Nicotine gum - available over-the-counter.
 4. Nicotine inhaler - available by prescription.
 5. Nicotine nasal spray - available by prescription.
 6. Nicotine patch - available over-the-counter.
- Ask your health provider for advice and carefully read the information on the package.
- These medications will more or less double your chances of quitting for good.
- Everyone who is trying to quit may benefit from using a medication. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.

5. Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit. Here are some difficult situations to watch for:

- **Alcohol.** Avoid drinking alcohol. Drinking lowers your chances of success.
- **Other Smokers.** Being around smoking can make you want to smoke.
- **Weight Gain.** Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal - quitting smoking. Some quit-smoking medications may help delay weight gain.
- **Bad Mood or Depression.** There are a lot of ways to improve your mood other than smoking.

If you are having problems with any of these situations, talk to your doctor or other health care provider.

Good Luck!