



# Quit Tips and Resources for Quitting Tobacco Use

## NC Division of Public Health

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Tobacco Prevention and Control Branch

*“Working for a healthier and safer North Carolina”*

## **No. 1: Know Why You Want to Quit**

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- To get motivated, you need a powerful, personal reason to quit.

# Tobacco Use Pros and Cons Worksheet

Use this worksheet to sort out your feelings. Write down your thoughts for each of the 4 categories below.

What is good about smoking/tobacco use? What do you enjoy about it?	What is <i>not</i> good about smoking/using tobacco? What are <u>your</u> reasons to quit?
What makes it hard for you to quit? What scares you about quitting?	What would be good about being tobacco-free?

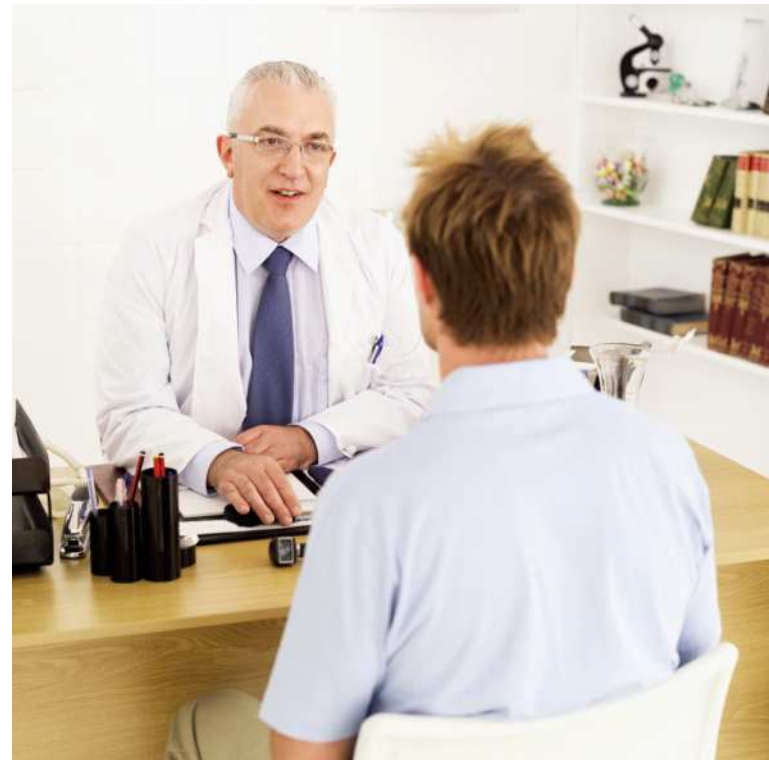
Reasons to stay the same.

Reasons to quit.

## **No. 2: Get the Help You Need – You Don't Have to Go Cold Turkey**

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- Among those who try to stop smoking without a quit coach or medication, 95 percent end up relapsing.





1-800-QUIT-NOW

# QuitlineNC



- 1-800-QUIT-NOW (1-800-784-8669)
- Expert Quit Coaches – 8 a.m. to 3 a.m.
- 7 days a week
- Toll-free
- Confidential
- All North Carolinians - youth and adult
- Web Coach; Discussion Forums
- English and Spanish Language Quit Coaches



# Nicotine is Powerfully Addictive

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- Cigarette makers have long known that nicotine addiction helps sell their products.
- Cigarettes today deliver more nicotine and deliver it quicker than ever before.
- Scientists now know more about cigarettes and how they can cause both mental and physical addiction.
- Teens are more sensitive to nicotine, and the teen years are when most smokers start.
- You CAN beat the addiction to tobacco. More than half of all adults who have ever smoked have quit. You can too!

## **No. 3: Try Nicotine- Replacement Therapy (NRT)**

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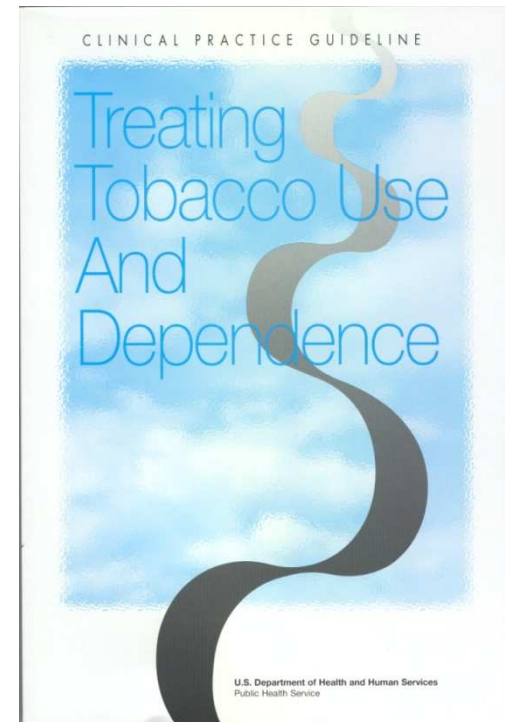


- Nicotine gum, lozenges, and patches can help triple your chances of quitting successfully when used with the Quitline.

## **No. 4: Ask About Prescription Pills**

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- There are pills approved by the FDA that reduce cravings by altering the areas of the brain affected by nicotine.



# Pharmacotherapy – First Line

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- Nicotine Replacement Therapy
  - Over the Counter –**
    - Patch
    - Gum
    - Lozenge
  - Prescription -**
    - Inhaler
    - Nasal Spray
- Zyban (bupropion)
- Chantix (varenicline)



# Some Individual and Group Counseling Resources in NC

<b>First Quit</b> – First Health of the Carolinas	Hoke, Moore, Montgomery, Richmond	877-342-2255
<b>Quit Smart</b> (Guilford County Department of Public Health)	Greensboro High Point	336-845-0933 336-845-7654
<b>STEP</b> – Stop Tobacco Education Program (Carolinas Medical Center)	Charlotte	Inpatient only
<b>Solutions for Smokers</b> – Presbyterian Novant Heart and Wellness	Charlotte	704-384-9355
<b>UNC Nicotine Dependence Program</b>	Chapel Hill	Info. – 919-843-1521 Appt. – 919-966-0211
<b>Wake Forest University Physicians Tobacco Clinic</b>	Forsyth, Guilford, Stokes, Surry, Wilkes, Davie, Davidson, Rockingham, Caswell, Yadkin	336-716-4479
<b>Mission Hospital Nicotine Dependence Program</b>	Asheville	828-213-5527



## **UNC Nicotine Dependence Program**

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**Comprehensive tobacco use treatment that can include:**

- Tailored treatment plan
- Treatment medications
- Regular follow-up
- Individual appointments
- Weekly support group
- Follow-up phone calls

**UNC Family Medicine Center, Chapel Hill**

Information: (919) 843-1521

Appointments: (919) 966-0211

[www.ndp.unc.edu](http://www.ndp.unc.edu)

## **No. 5: Don't Go It Alone**

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- Tell your friends, family, and co-workers that you're trying to quit.
- Combine Quitline coaching with nicotine-replacement products or medication to boost your odds of success.

## **No. 6: Manage Stress**

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- One reason people smoke is that they think that cigarettes or other tobacco products help them relax. When planning to quit, think through better ways to cope with stress.

## **No. 7: Avoid Alcohol; Prepare for Other Triggers**

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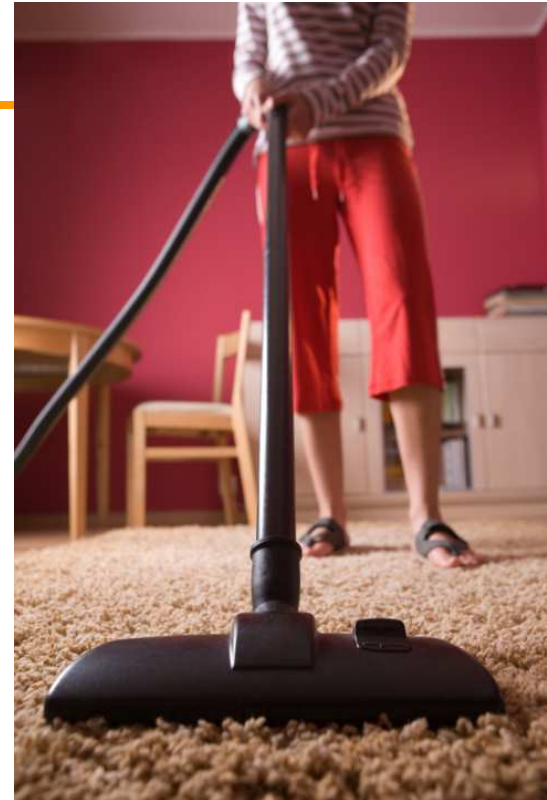
- Certain activities may boost your urge to smoke.
  - Alcohol
  - Coffee
  - After eating
  - Being around friends/colleagues who are lighting up



## No. 8: Clean House and Car

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- Toss all of your ashtrays and lighters. Put sugar free mints or gum in your car ashtray.
- Wash your clothes.
- Clean your carpets, draperies, and upholstery.
- Use air fresheners to help rid your home/car of that cigarette smoke smell.



## No. 9: Try and Try Again

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- It's very common to have a relapse.
- Many smokers try several times before giving up cigarettes for good.
- Each time you quit is a learning experience.
- Add what you learn to your quit plan to bring you closer to success!



# **I Quit But I'm Smoking Again – Now What?**

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- **Remember** why you want to quit.
- **Re-think** health benefits from quitting.
- **Re-define** success: How long did you stay quit? Go for it again.
- **Re-consider** problems or threats to staying quit and make a new plan to deal with them.

# **I Quit But I'm Smoking Again – Now What?**

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- **Re-think** medications: Discuss issues with a healthcare provider or quit coach.
- **Re-enroll** in QuitlineNC – 1-800-QUIT-NOW.
- **Enroll** in a local program.

## **Dr. Adam Goldstein**

### **UNC Nicotine Dependence Center**

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- The real treatment is to QUIT SMOKING. Do it now, do it often, do it with friends and family, do it with support from your physician, do it with support from any of the 50 state quitlines throughout the U.S with free counseling available.
- Quitting smoking is the only *proven* method to lower your risk of contracting all smoking-related illnesses.

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- Quitting smoking is the only treatment known to delay the onset [and progression] of Chronic Obstructive Pulmonary Disease (COPD) or emphysema among heavy smokers.
- Quitting smoking reduces risk of heart attacks by 50% within one year, one of the major causes of death from smoking.

## No. 10: Get Moving

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- Physical activity can reduce nicotine cravings and ease some withdrawal symptoms.
- Pick something you like to do so it will feel like a reward rather than a chore.

## **No. 11: Eat Fruits & Veggies**

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- A Duke University study suggests these foods make cigarettes taste terrible.
- Also, drink more water!



## **No. 12: Choose Your Reward**



- Add up the amount of money you spend on cigarettes or tobacco products each week.
- When you quit, put that amount aside.
- Reward yourself by spending part of the money you save on something fun.

## **No. 13: Do It for Your Health**

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- Smoking cessation has immediate health benefits. It lowers your blood pressure and reduces your pulse after only 20 minutes.

# Health Reminders for Quitting Tobacco

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- Decreases risk of heart disease and stroke, many different forms of cancer, and chronic obstructive pulmonary disease (COPD)
- Improves ability to manage other chronic diseases such as diabetes and asthma
- Improves healing times
- Improves oral health

# Another reason to Quit: The Health of Others

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- The debate is over! The 2006 Surgeon General's Report concludes that Secondhand Smoke (SHS) is a serious health risk.

The Health Consequences  
of Involuntary Exposure  
to Tobacco Smoke

A Report of the Surgeon General



Department of Health and Human Services

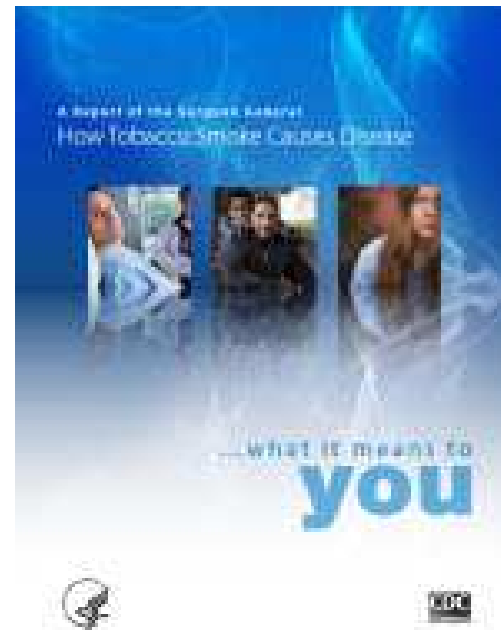
[http://www.cdc.gov/tobacco/data\\_statistics/sgr/2006/index.htm](http://www.cdc.gov/tobacco/data_statistics/sgr/2006/index.htm)

2010 Surgeon General Consumer Guide available now:

# How Tobacco Smoke Causes Disease – What It Means To You

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- Page 2 **Poison**
- Page 4 **Addiction**
- Page 6 **Cancer**
- Page 8 **Circulatory**
- Page 10 **Respiratory**
- Page 12 **Children**
- Page 14 **Diabetes**
- Page 15 **Families**
- Page 16 **Quit Now**



Order free online at [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

# **Make your workplace, home and car smoke free**

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## Preparing to Quit

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- **S**et a quit date (within 2 weeks)
- **T**ell family, friends, coworkers
- **A**nticipate challenges to quitting
- **R**emove tobacco products from environment
  - Call QuitlineNC at 1-800-Quit-Now

A quit coach can assist you with all phases of your quit attempt and even make follow-up calls.

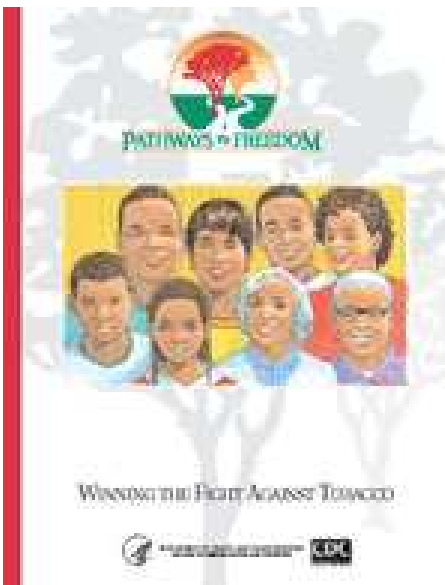
# On-line Resources to Help Quit Tobacco Use

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- **Web Coach** through QuitlineNC –  
1-800-QUIT-NOW (1-800-784-8669)
- **Become An Ex** - [www.becomeanex.org](http://www.becomeanex.org) –  
Available in English and Spanish
- **Freedom From Smoking** - [www.ffsonline.org](http://www.ffsonline.org)
- **Smokefree.Gov** – [www.smokefree.gov](http://www.smokefree.gov)
- **My Last Dip** – [www.mylastdip.com](http://www.mylastdip.com) – For spit/smokeless tobacco users
- **You Quit Two Quit** – [www.youquittwoquit.com](http://www.youquittwoquit.com) – For women of childbearing years and their providers
- **ASPIRE** – A Smoking Prevention Interactive Experience (for Youth) –  
[www.mdanderson.org/aspire](http://www.mdanderson.org/aspire)



# Pathways to Freedom: Winning the Fight Against Tobacco



- Proven plans for anyone who wants to quit
- How friends and family can help
- How the community and its leaders can promote and foster the value of gaining freedom from tobacco
- Addresses issues specific to African Americans, such as targeted advertising campaigns and historical, cultural, and socioeconomic influences

[www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/pathways/index.htm](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/pathways/index.htm)

Produced in partnership with key segments of the African-American community, including churches, service organizations, and educational institutions.

## ***Remember....***

The more websites, books, articles, quitlines, etc. you use when making a quit attempt the higher the likelihood you will be successful.

**QuitlineNC** or other counseling plus medications can ***triple*** your chances of quitting for good.



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