



## ~You Can Quit Smoking~

*A Personalized quit plan for:* \_\_\_\_\_

### WANT TO QUIT?

- ✓ Nicotine is a powerful addiction;
- ✓ Quitting is hard, but don't give up;
- ✓ Many people try 2 or 3 times before they quit for good;
- ✓ Each time you try to quit, the more likely you will be able to succeed.

### GOOD REASONS FOR QUITTING:

- ✓ You will live longer and live healthier;
- ✓ The people you live with, especially your children, will be healthier ;
- ✓ You will have more energy and breathe easier;
- ✓ You will lower your risk of heart attack, stroke, and cancer.

### TIPS TO HELP YOU QUIT:

- ✓ Get rid of ALL cigarettes and ashtrays in your home, car, or workplace;
- ✓ Ask your family, friends, and co-workers for support;
- ✓ Stay in non-smoking areas;
- ✓ Breathe in deeply when you feel the urge to smoke;
- ✓ Keep yourself busy;
- ✓ Reward yourself often.

### QUIT AND SAVE YOURSELF MONEY:

- ✓ At \$5.42 per pack, if you smoke 1 pack per day, you will save \$1978.30 each year and \$19,783 in 10 years;
- ✓ What else could you do with your money?

Five Keys for Quitting	Your Quit Plan
<p>1. Get Ready:</p> <ul style="list-style-type: none"> <li>✓ Set a quit date and stick to it – not even a single puff!</li> <li>✓ Think about past attempts at quitting. What worked or did not work?</li> </ul>	<p>1. Your Quit Date:</p> <ul style="list-style-type: none"> <li>✓ _____</li> <li>✓ _____</li> </ul>
<p>2. Get Support and Encouragement:</p> <ul style="list-style-type: none"> <li>✓ Tell your family, friends, and co-workers that you are quitting;</li> <li>✓ Talk to your doctor or healthcare provider;</li> <li>✓ Get group, individual, or telephone counseling.</li> </ul>	<p>2. Who can help you:</p> <ul style="list-style-type: none"> <li>✓ <b>1-800-QUIT NOW</b> 1-800-784-8669</li> <li>✓ <b>Quit With Us LA: <a href="http://www.quitwithusla.org">www.quitwithusla.org</a></b></li> <li>✓ <b>Quitnow.net</b> – either enroll online or call</li> </ul>
<p>3. Learn new skills and behaviors:</p> <ul style="list-style-type: none"> <li>✓ When you first try to quit, change your routines;</li> <li>✓ Reduce stress;</li> <li>✓ Distract yourself from urges to smoke;</li> <li>✓ Plan something enjoyable to do every day;</li> <li>✓ Drink a lot of water and other fluids.</li> </ul>	<p>3. Skills and behaviors you can change:</p> <ul style="list-style-type: none"> <li>✓ _____</li> <li>✓ _____</li> <li>✓ _____</li> <li>✓ _____</li> </ul>
<p>4. Get Medication and use it Correctly:</p> <ul style="list-style-type: none"> <li>✓ Talk with your healthcare provider about which medication will work best for you;</li> <li>✓ Bupropion SR – available by prescription;</li> <li>✓ Nicotine gum – available over-the-counter;</li> <li>✓ Nicotine Inhaler – available by prescription;</li> <li>✓ Nicotine Nasal Spray – available by prescription;</li> <li>✓ Nicotine Patch – available over-the-counter.</li> </ul>	<p>4. Your Medication Plan:</p> <ul style="list-style-type: none"> <li>✓ Medication: _____ _____ _____</li> <li>✓ Instructions: _____ _____ _____</li> </ul>
<p>5. Be prepared for relapse or difficult situations:</p> <ul style="list-style-type: none"> <li>✓ Avoid alcohol;</li> <li>✓ Be careful around other smokers;</li> <li>✓ Improve your mood in ways other than smoking</li> <li>✓ Eat a healthy diet and stay active.</li> </ul>	<p>5. How will you prepare?</p> <ul style="list-style-type: none"> <li>✓ _____ _____</li> <li>✓ _____ _____</li> </ul>

Quitting smoking is hard ~ Be prepared for challenges, especially in the first few weeks.

Physician: \_\_\_\_\_

Other Information: \_\_\_\_\_