



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

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

Physician: _____

Other Information: _____