



**I quit smoking for
my heart, and the
hearts of those I love.**

5 Steps To Quitting

Start Your Challenge Today!

5 Steps

1. Prepare & Set a Quit Date

Why do you smoke?

What times of the day/ activities do you smoke?

What have you tried and failed in past?

What Are your Withdrawal Symptoms?

Plan for the above and set a Quit Date!



2. Choose a Method

Cold Turkey- Very Hard to do

Slowly Reduce

Use Nicotine Replacement Product

Consider seeing NP or PCP for Rx

Think about a support group, adherence app

Any Combination of These!



3. Get Support

Talk with your family and friends for support

Talk to co-workers

Think about counseling services

Thru CRMC Occ Health NP

Your PCP

Or a 3rd Party



4. Replace Habits

Prepare your environment for success

Learn new healthy habits

Think of ways to deal with withdrawal



5. Quit and Have a Relapse Plan in Place



Step 1: Prepare

Why Do You Smoke?

- Habit
- Physical Addiction-know your Withdrawal Symptoms
- Situational
- Anxiety, Stress, Depression
- Social Pressures
- Boredom

When and Where Do You Smoke?

- First thing in am
- In the Car, Outside, Inside
- Breaks
- Meals

WITHDRAWAL SYMPTOM	HOW LONG DO THEY LAST?
CRAVINGS	2 WEEKS
INCREASED APPETITE	10 WEEKS
DEPRESSION	4 WEEKS
RESTLESSNESS	4 WEEKS
POOR CONCENTRATION	2 WEEKS
IRRITABILITY / ANGER	4 WEEKS
DISTURBED SLEEP	1 WEEK
LIGHT-HEADED	2 DAYS
CHESTY COUGH	2 WEEKS

Step 1: Prepare

Why Do You Want to Quit?

- Health Reasons
- Cost
- Loved Ones
- Freedom from Addiction

Previous Failed Methods

- Cold Turkey
- Nicotine Replacement, Rx
- Counseling
- Have you tried multiple avenues at once?
- Why did you fail in the past?

Quit Date

- Setting a realistic quit date can help you succeed!
- 12 weeks or longer

Helpful Links

[Smoking Cessation- Preparation Journal.docx](#)
[Smoking Journal Template.pdf](#)

STEPS TO MANAGE YOUR QUIT DAY

1 Make a quit plan

Having a plan can make your quit day easier. A quit plan gives you ways to stay focused, confident, and motivated to quit.

2 Stay Busy

Keeping busy is a great way to stay smokefree on your quit day. Being busy will help you keep your mind off smoking and distract you from cravings.

3 Avoid Smoking Triggers

Triggers are the people, places, things, and situations that set off your urge to smoke. On your quit day, try to avoid all your triggers.

4 Stay Positive

Quitting smoking is difficult. It happens one minute... one hour...one day at a time. Try not to think of quitting as forever. Pay attention to today and the time will add up.

5 Ask for Help

Tell your family and friends when your quit day is. Ask them for support on quit day and in the first few days and weeks after.

smokefree.gov

Step 2: Choose a Method

Cold Turkey vs Reduce Use Gradually

- Cold Turkey- just stop use, many find very difficult.
- Taper Down Approach: Best done over about a 12-week period while using Nicotine Replacement

- Tools that can be used with either approach
 - Nicotine Replacement Therapy
 - Prescription Medications
 - Counseling Services, highly effective when coming from a trusted provider (MD, NP, PA)
 - Support Groups
 - Apps, Journals
 - Behavior modification (see step 3)



Step 2: Choose a Method

How Can I Taper off Nicotine?

- 50% Reduction Method

Reduce your Current Use by 50% for 4-6 wks
then

Reduce again by another 50% for 4-6 wks
then

Continue this process until you are down to
5-10 Cigarettes or uses a day and then taper
off more quickly or just stop use!

Example:

Current smoking use- 1.5 packs or 30 cigarettes a day

- 15 cigarettes a day for 4-6 wks
- 7-8 cigarettes a day for 4-6 wks
- 3-4 cigarettes a day for 2 wks
- 1-2 cigarettes a day for 2 wks, then stop use!

- Slower Taper Method

Reduce your Current Use by 2-3 cigarettes or uses a day
every 3-5 days until you get down to 5-10 uses
or cigarettes a day and then taper more quickly or stop use!

Example:

Current smoking use- 1.5 packs or 30 cigarettes a day

- 27 cigarettes a day for 3-5 days
- 24 cigarettes a day for 3-5 days
- 21 cigarettes a day for 3-5 days
- 18 cigarettes a day for 3-5 days
- 15 cigarettes a day for 3-5 days
- 12 cigarettes a day for 3-5 days
- 9 cigarettes a day for 3-5 days
- 5 cigarettes a day for 3-5 days
- 1-2 cigarettes a day for 3-5 days, then stop use!

Step 2: Choose a Method

Nicotine Replacement Therapy: NRT

FACTS	MYTHS
<ul style="list-style-type: none">• NRT can double your chances of Quitting• You can safely taper off cigarettes while using NRT• NRT only deals with your biological and not your social and psychological addiction• NRT is more effective when combined with other methods (counseling, behavior modification)	<ul style="list-style-type: none">• NRT is just as harmful as smoking• You can't smoke while using NRT- It's dangerous• Using more than one type of NRT (such as the patch and gum) is unsafe

Type	Advantage	Disadvantage	How to Use
Patch	Delayed release Sold Over the Counter Good at preventing cravings	You may still get break thru cravings. Not good for immediate craving relief. Skin irritation/ allergy	Apply patch to upper arm, chest or back and change every 24 hours,
Gum	Immediate release Sold over the Counter Good for acute cravings	Higher potential for Nicotine SE. Oral or GI irritation. Can't eat or drink while in use.	Chew until you feel tingling, then place between cheek and gums. Do not eat or drink while in use
Lozenge	Immediate release Sold over the counter. Good for acute cravings	Higher potential for Nicotine SE. Oral or GI irritation.	Place in mouth like hard candy-do not chew!
Inhaler	Immediate Rapid release Rx only	Very high potential for Nicotine induced SE	Discuss w/ Rx provider
Nasal Spray	Rapid Release Rx only	Very high potential Nicotine SE. Nasal irritation	Discuss w/ Rx/provider

Step 2: Choose a Method

Nicotine Replacement Therapy: NRT

- **Helpful Videos**

NRT Overall How to: https://youtu.be/IWvhYUuAV_w

How to combine therapies: <https://youtu.be/Qp7ScD5d-q4>

Step 2: Choose a Method

Prescription Medications

- Bupropion- Wellbutrin

Believed to act by enhancing dopamine release. Contraindicated w/ history of seizure disorder. Can be used more long-term 1 year or longer if needed.

- Varenicline- Chantix

Helps w/ cravings by stimulating nicotine activity but to a lesser degree than nicotine at the dopamine receptor sites. Generally used short term 12-24 weeks.

Both can have potential side effects- speak with your healthcare provider!

HOW TO QUIT TOBACCO



1 EDUCATE YOURSELF

The first step to quitting smoking, vaping and using tobacco is to understand the risks and health effects for you and your family.

- ➔ Smoking is the most preventable cause of death in the U.S. It's linked to about one third of all deaths from heart disease and 90% of lung cancers.
- ➔ Cigarettes, e-cigarettes and tobacco products contain many toxic chemicals, as do their smoke, vapor and liquids.
- ➔ About half of U.S. children ages 3-11 are exposed to secondhand smoke and vapor.
- ➔ Tobacco use and nicotine addiction is a growing crisis for teens and young adults.
- ➔ You can be one of the millions of people who successfully quit every year.
- ➔ Within 1 year after quitting, your risk of heart disease goes down by half.



2 MAKE A PLAN TO QUIT

You're more likely to quit tobacco for good if you prepare by creating a plan that fits your lifestyle.

SET a quit date within the next 7 days.

CHOOSE a method: cold turkey or gradually.

DECIDE if you need help from a health care provider, nicotine replacement or medicine.

PREPARE for your quit day by planning how to deal with cravings and urges.

QUIT on your quit day.

LEARN MORE AT [HEART.ORG/MYLIFECHECK](https://www.heart.org/mylifecheck) AND [HEART.ORG/TOBACCO](https://www.heart.org/tobacco)

3 TIPS FOR SUCCESS



DEAL WITH URGES

Whether physical or mental, learn your triggers and make a plan to address them. Avoid situations that make you want to smoke or use tobacco until you're confident that you can handle them.



GET ACTIVE

Physical activity can help you manage the stress and cravings when quitting. You'll feel better, too. [heart.org/MoveMore](https://www.heart.org/MoveMore)



HANDLE STRESS

Learn other healthy ways to manage the stress of quitting. [heart.org/BeWell](https://www.heart.org/BeWell)



GET SUPPORT

A buddy system or support program can help you with some of the common struggles of quitting. [1-800-QuitNow](https://www.heart.org/1-800-QuitNow)



STICK WITH IT

Quitting tobacco takes a lot of willpower. Reward yourself when you reach milestones and forgive yourself if you take a step backward. Get back on course as soon as possible to stay on track and kick the habit for good.

Activity

- Answer 2 Questions from slide 2
- Post your answers in comments section

References

- American Heart Association, last reviewed 2018

<https://www.heart.org>

- Centers for Disease Control, last reviewed 2021

<https://www.cdc.gov/tobacco/>

- U.S. Department of Health and Human Services, last reviewed 2014

<https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/consequences-smoking-factsheet/index.html>