

PREPARING TO QUIT

Get ready! Here are some things you can do for the best chance of success:

- Set a date for quitting...and stick to it!
- Make a list of things that may make it hard to quit. Think about how you can deal with those situations
- Ask friends and family who smoke to join you in quitting
- Get support from friends and family
- Get rid of lighters, ashtrays, and matches. And don't keep any cigarettes around
- Remove the smell of tobacco by cleaning your house and car
- Learn the withdrawal symptoms and how to cope with them
- Drink lots of water*
- Get plenty of rest
- Start a fitness program after checking with your healthcare practitioner
- Choose hobbies and activities that can take your mind off smoking

*Call your healthcare practitioner if you have fluid limits. Find out how much you can drink.

QUESTIONS TO ASK YOUR HEALTHCARE PRACTITIONER

As you prepare to quit, you may have lots of questions. Here are some questions you might want to ask your healthcare practitioner:

- Will I feel better right away? Or worse?
- What antismoking medical treatment should I use to help stay on track?
- Are there local support groups that help people trying to quit?
- What should I do if my friends and family smoke around me?

INTERNET LINKS FOR SUPPORT

Smokefree.gov: an online guide to help you quit
Created by The National Cancer Institute and Centers for Disease Control and Prevention
www.smokefree.gov/guide
Telephone: 1-800-QUITNOW (1-800-784-8669)

US Department of Health and Human Services
www.surgeongeneral.gov/tobacco/consquits.htm
Telephone: 1-877-696-6775

National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov/health/public/heart/other/chdblack/refresh1.htm
Telephone: 1-301-592-8573

National Cancer Institute – Smoking cessation fact sheet
www.cancer.gov/cancertopics/factsheet/tobacco/cessation
Telephone: 1-800-4-CANCER (1-800-422-6237)

Centers for Disease Control and Prevention, including Tobacco Information and Prevention Source (TIPS)
www.cdc.gov/tobacco/how2quit.htm
Telephone: 1-800-CDC-INFO (1-800-232-4636)

American Cancer Society
www.cancer.org
Telephone: 1-800-ACS-2345

Global Initiative for Chronic Obstructive Lung Disease. GOLD Patient Guide: What You Can Do About a Lung Disease Called COPD
www.goldcopd.org

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YOU CAN DO IT!

Commit to quit smoking.



REASONS FOR YOU TO QUIT!

If you need reasons to quit...consider these!

Quitting smoking may:	May reduce your risks for diseases, such as:
<ul style="list-style-type: none"> • Stop more damage to your lungs • Help you breathe easier • Give you more energy • Help make your home cleaner and healthier • Save you lots of money 	<ul style="list-style-type: none"> • Chronic obstructive pulmonary disease - A lung disease that includes both chronic bronchitis and emphysema • Cancer (including cancers of the lung, throat, bladder, kidney, and pancreas) • Stroke • Coronary heart disease, heart attack, chest pain

STOPPING SMOKING MAKES A DIFFERENCE

Why should you stop smoking?

Here's why. Your body starts to change for the better within 20 minutes...

Time after quitting	
20 minutes	<ul style="list-style-type: none"> • Your heart rate drops
12 hours	<ul style="list-style-type: none"> • Carbon monoxide (car-bun mun-ox-ide) levels in your blood drop to normal
2 weeks to 3 months	<ul style="list-style-type: none"> • Your heart attack risk begins to drop • Your lung function begins to improve
1 to 9 months	<ul style="list-style-type: none"> • You have less coughing and shortness of breath
1 year	<ul style="list-style-type: none"> • You have half the added risk of coronary disease as a smoker
5 to 15 years	<ul style="list-style-type: none"> • Your stroke risk goes down to that of a nonsmoker
10 years	<ul style="list-style-type: none"> • Your lung cancer death rate is about half the rate of a smoker • You have less risk of many kinds of cancers (mouth, throat, esophagus, bladder, kidney, and pancreas)
15 years	<ul style="list-style-type: none"> • Your risk of coronary heart disease is now the same as a nonsmoker's

COPING WITH WITHDRAWAL

Be ready to deal with withdrawal symptoms.

The chart below shows some of the symptoms and what you can do.

Withdrawal symptoms	Ways to cope
Nervous or on edge	<ul style="list-style-type: none"> • Take deep breaths • Use a stress ball to feel less tense
Fatigue	<ul style="list-style-type: none"> • Take a nap • Get a good night's sleep
Insomnia	<ul style="list-style-type: none"> • Stop caffeine drinks late in the day • Read a book before bedtime
Increased desire to eat	<ul style="list-style-type: none"> • Drink water and liquids low in calories* • Eat vegetables and other healthy foods • Chew gum
Trouble staying focused	<ul style="list-style-type: none"> • Take a walk to relax • Try not to do anything too demanding during the first couple of weeks
Tobacco cravings	<ul style="list-style-type: none"> • Take your mind off the craving with a hobby or other interest • Breathe deeply • Remember that the craving will pass
Constipation or upset stomach	<ul style="list-style-type: none"> • Add fruit, cereals, and grains to your diet • Increase fluids in your diet* • See a dietitian if you need more help

*Call your healthcare practitioner if you have fluid limits. Find out how much you can drink.

TAKING MEDICINES THAT HELP YOU QUIT

Ask your healthcare practitioner what treatment you should try to help you quit smoking.

Some things or some places may make you want to smoke. You will find it easier to stop if you have a quit plan. Some medicines may be helpful. You can ask for help from your healthcare practitioner, a counselor, or a support group.

There are pills to decrease your desire to smoke, and there are nicotine replacement products.

Pills to Reduce Your Desire to Smoke

Some other medications and some conditions may prevent you from taking the pills.

- Tell your healthcare practitioner about any other medications you are taking and all medical conditions you have
- The medicine should be started about a week before you quit smoking

Nicotine Replacement Products

Never use these products when you are smoking.

- These medicines provide nicotine to your body to reduce your withdrawal symptoms
- Start taking a nicotine replacement product on your quit date

Product		Prescription	
		Yes	No
Nicotine gum	<ul style="list-style-type: none"> • The gum releases nicotine in your mouth • The nicotine takes several minutes to reach your blood vessels 		✓
Nicotine nasal spray	<ul style="list-style-type: none"> • Nicotine gets into your bloodstream quickly through your nose 	✓	
Nicotine inhaler	<ul style="list-style-type: none"> • The inhaler is a small device that you hold like a cigarette • Nicotine goes into your mouth when you inhale 	✓	
Nicotine patch	<ul style="list-style-type: none"> • The patch is placed on your skin • Nicotine is released slowly and evenly through your skin into your bloodstream 		✓
Nicotine lozenges	<ul style="list-style-type: none"> • They come in the form of a hard candy • The candy dissolves in your mouth and releases nicotine 		✓