

How to Quit Smoking

Saint Vincent Hospital is a smoke-free facility.

YOU CAN QUIT

Quitting is hard. Many people try several times before they quit for good. This pamphlet tells about ways you can get help to quit smoking.

GOOD REASONS FOR QUITTING

- More than 430,000 Americans die each year from smoking.
- Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.
- When you quit your chances of getting sick from smoking will be less.
- You will have more energy and breathe easier.
- If you are pregnant, your baby will get more oxygen and be healthier.
- The people you live with, especially your children, will be healthier.
- Breathing in other people's smoke can cause asthma and other health problems.
- You will have more money to spend on things other than cigarettes.

GET READY TO QUIT

- Set a quit date. My quit date is: _____
- Change the things around you like getting rid of all cigarettes and ashtrays in your home, car, and place of work.
- Do not let people smoke in your home.
- After you quit, don't smoke – not even a puff!

GET MEDICINE TO HELP YOU QUIT

- You can buy nicotine gum or the nicotine patch at a drug store.
- You can ask your pharmacist for more information.
- Ask your doctor about other medicines that can help you.
 - Nicotine Nasal Spray
 - Nicotine Inhaler
 - Bupropion SR (pill)

GET HELP

- Tell your family, friends and people you work with that you are going to quit. Ask for their support.
- Talk to your doctor, nurse or other health care worker. They can help you quit.
- Get together with other people who are trying to quit.
- Call a hotline. For help in quitting smoking, call the National Cancer Institute's Smoking Quitline toll-free: 1-877-44U-QUIT

HELPFUL HINTS TO STAY QUIT

- If you "slip" and smoke, don't give up. Set a new date to get back on track.
- Avoid alcohol.
- Avoid being around smoking.
- Eat healthy food and get exercise.
- Keep a positive attitude. You can do it!

STOP SMOKING RESOURCES

Massachusetts Department of Public Health: WWW.TRYTOSTOP.ORG

Here, you'll find a comprehensive package of proven scientific methods that have helped thousands of smokers live a tobacco-free life. The site includes downloads of printed materials, free private counseling over the phone or the Internet to help you stop smoking, a Quit Wizard and much more.

American Lung Association and the Central Massachusetts Lung Cancer

The American Lung Association HelpLine at 1-800-LUNGUSA is staffed by Registered Nurses and Registered Respiratory Therapists. They have extensive experience in the health care industry. Their areas of expertise include: Education, Smoking Cessation, and Lung Disease. You may also submit your questions online at www.lungusa.org

National Center for Chronic Disease Prevention and Health Promotion

A wealth of online information and research, publications, educational materials, campaigns and events and much more can be found here including: <http://www.cdc.gov/tobacco/how2quit.htm> "Quit to Live: How and Why to Quit Smoking Today." This site assists people in quitting smoking and lists helpful smoking cessation websites. Also included is information about the health consequences of tobacco use, tobacco prevalence, and tobacco prevention.

Fallon Community Health Plan (FCHP) sponsors a Stop Smoking program called Quit to Win. FCHP members can take advantage of the group sessions or telephone counseling for free. FCHP members can also obtain nicotine replacement therapy patches at a discounted rate and they are free to FCHP MassHealth members. Anyone who has a Fallon Clinic physician can join the group sessions for free. Please call 508-368-9540 option #1 for more information on how to get started.



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