QUITTING TAKES HARD WORK AND A LOT OF EFFORT, BUT—

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 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, or cancer.

TIPS TO HELP YOU QUIT:

► Get rid of ALL cigarettes and ashtrays in your home, car, or workplace.
► Ask your family, friends, and coworkers for support.
► Stay in nonsmoking areas.
► Breathe in deeply when you feel the urge to smoke.
► Keep yourself busy.
► Reward yourself often.

QUIT AND SAVE YOURSELF MONEY:

► At over $3.00 per pack, if you smoke 1 pack per day, you will save more than $1,100 each year and more than $11,000 in 10 years.
► What else could you do with this money?
**FIVE KEYS FOR QUITTING**

1. GET READY.
   - Set a quit date and stick to it—not even a single puff!
   - Think about past quit attempts. What worked and what did not?

2. GET SUPPORT AND ENCOURAGEMENT.
   - Tell your family, friends, and coworkers you are quitting.
   - Talk to your doctor or other health care provider.
   - Get group or individual counseling.
   - Call the national quitline at 1-800-QUIT NOW.

3. LEARN NEW SKILLS AND BEHAVIORS.
   - When you first try to quit, change your routine.
   - Reduce stress.
   - Distract yourself from urges to smoke.
   - Plan something enjoyable to do every day.
   - Drink a lot of water and other fluids.

4. GET MEDICATION AND USE IT CORRECTLY.
   - Talk with your health care 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.
     - Nicotine lozenge*—available over-the-counter.

5. BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS.
   - Avoid alcohol.
   - Be careful around other smokers.
   - Improve your mood in ways other than smoking.
   - Eat a healthy diet and stay active.

* The nicotine lozenge was approved by the FDA October 2002.

**YOUR QUIT PLAN**

1. YOUR QUIT DATE:

2. WHO CAN HELP YOU:

3. SKILLS AND BEHAVIORS YOU CAN USE:

4. YOUR MEDICATION PLAN:
   - Medications:
   - Instructions:

5. HOW WILL YOU PREPARE?

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

Followup plan: ____________________________

Other information: __________________________

Referral: __________________________

_________________________  ________________
Clinician                  Date