



Smoking: Quit Tips

Did you know? Most people who smoke want to quit. But most ex-smokers tried many times before they quit for good.

Be Ready to Try Again. Don't give up! Lots of people try many times before they quit for good.

Stop-Smoking Help— Day or Night

You can call a national stop-smoking quitline to get help. The number is toll-free: 1-800-784-8669.¹



Why It's Hard to Stop Smoking

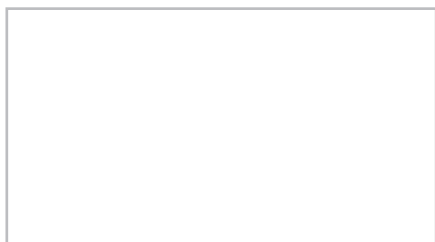
The nicotine in cigarettes is addictive. Nicotine is a strong drug. It makes you feel better and more alert. Smoking becomes a habit. You may smoke when you drink coffee or after you eat meals. These things make it hard to quit smoking. But stopping smoking is one of the best things you can do for yourself and your family.

Reasons Why Many People Want to Quit

- Better health (less chance of cancer, lung, and heart disease)
- Feel better
- Look better
- Be a role model for children or grandchildren

Medicines to Help You Quit

- Nicotine replacement products are ways to take in nicotine without smoking. You can choose gum, nasal spray, or patches.
- There are also other medicines you can take. They help you resist the urge to smoke. They are prescription only.
- Talk to your doctor about what medicines would work best for you. Take them the way your doctor tells you to.
- Some people should not take stop-smoking medicines. Be sure to check with your doctor before taking any over-the-counter medicine.





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Stop Smoking Checklist

Get ready. Write down your top 3 reasons for wanting to quit. I want to quit smoking because:

1. _____
2. _____
3. _____

Get help from your doctor. Ask your doctor to help you make a quit plan. Ask about counseling or support groups. Ask about medicines that can help you quit. They help many people quit.

Get support from others. Your chances of quitting are much greater if you have support from:

Family, friends, and co-workers. Tell people you are going to quit. Ask them not to smoke around you or leave cigarettes where you can see them.

Counseling or support groups. Ask your doctor if there are stop-smoking groups you can join. Many groups are free.

Set a quit date. Choose a date that gives you time to get ready. Choose a date that is not linked to stress, such as a work deadline. My quit date:

Plan ahead to be a non-smoker. Write down times you may want to smoke. Write down what you will do instead. Times I may want to smoke:

What I will do instead:

Throw out and clean out.

Right before your quit date:

- Get rid of all cigarettes, matches, lighters, and ash trays.
- Wash your clothes. Vacuum your home and car.

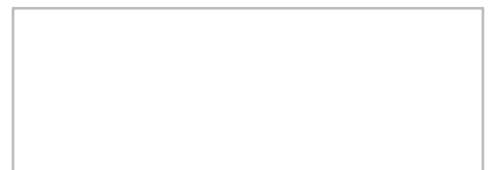
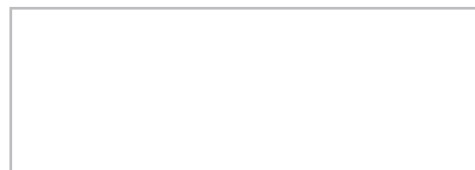
Quit smoking completely on your quit date. Don't take even one puff.

Stay quit by doing these things:

- **Stay away from smoke.** Don't let people smoke in your home. Don't go where people are smoking.
- **Distract yourself.** Get busy and stay busy.
- **Reduce or avoid alcohol.**
- **Have substitutes on hand.** Use gum, hard candy, or carrot sticks.
- **Change your routines.** Take a new route to work. Take a walk after lunch instead of smoking.
- **Reduce stress.** Take a hot bath. Take a walk with a friend.
- **Exercise and eat a healthy diet.**
- **Do something fun every day.** Reward yourself for not smoking.
- **Take your medicine the way your doctor tells you to.**

References

1. "National Network of Tobacco Cessation Quitlines." Available at: http://smokefree.gov/pop_800.html. Accessed June 26, 2007.



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