

Quit Smoking Plan

Smoking is the top cause of lung cancer. Quitting smoking is one of the healthiest and hardest things you can do.

Why should I quit smoking?

- You will live longer and be healthier.
- Your family will be healthier.
- You will have more energy and breathe easier.
- You will lower your chance of a heart attack, stroke or cancer.

Think about:

- Why you want to quit?
- When you tried to quit before, what helped and what didn't?
- What times will be the hardest after you quit? What will you do?
- Who can help you through the hard times?
- Why do you enjoy smoking? What can you do to enjoy yourself after you quit?

Tips to help you quit:

- Get rid of ALL cigarettes and ashtrays in your home, car or at work.
- Tell your friends and family you are quitting. Make a plan for support.
- Stay in non-smoking areas.
- Take deep breaths when you want to smoke.
- Keep busy.
- Reward yourself often.
- Ask your doctor about medicine to help you quit:
 - Bupropion SR - prescription
 - Nicotine gum - over the counter
 - Nicotine inhaler - prescription
 - Nicotine nasal spray - prescription





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Education for our patients and families

- Nicotine patch - over the counter
- Nicotine lozenge - over the counter
- Varenicline - prescription
- Make a plan for the money you will save by not buying cigarettes.

Plan:

- Your quit date
- Your medicines
- How you will prepare



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Please call your doctor for any questions or concerns you may have regarding this information.

The information in this handout is not meant to replace the advice from your own doctor. Please ask your doctor any questions you may have. This educational material was developed by a team of experts from throughout ProHealth Care.

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