

# Quitting Smoking (The Basics)

**What are the benefits of quitting smoking?** — Quitting smoking can lower your chances of getting or dying from heart disease, lung disease, kidney failure, infection, or cancer. It can also lower your chances of getting osteoporosis, a condition that makes your bones weak. In addition, quitting smoking can help your skin look younger and reduce the chances that you will have problems with sex.

Quitting smoking will improve your health no matter how old you are, and no matter how long or how much you have smoked.

**What should I do if I want to quit smoking?** — The letters in the word "START" can help you remember the steps to take:

**S** = Set a quit date.

**T** = Tell family, friends, and the people around you that you plan to quit.

**A** = Anticipate or plan ahead for the tough times you will face while quitting.

**R** = Remove cigarettes and other tobacco products from your home, car, and work.

**T** = Talk to your doctor about getting help to quit.

**How can my doctor or nurse help?** — Your doctor or nurse can give you advice on the best way to quit. He or she can also put you in touch with counselors or other people you can call for support. In addition, your doctor or nurse can give you medicines to:

- Reduce your craving for cigarettes
- Reduce the unpleasant symptoms that happen when you stop smoking (called "withdrawal symptoms").

You can also get help from a free phone line (1-800-QUIT-NOW) or go online to [www.smokefree.gov](http://www.smokefree.gov).

**What are the symptoms of withdrawal?** — The symptoms include:

- Trouble sleeping
- Being irritable, anxious or restless
- Getting frustrated or angry
- Having trouble thinking clearly



Some people who stop smoking become temporarily depressed. Some of them need treatment for depression, such as counseling or antidepressant medicines. If you get depressed when you quit smoking, tell your doctor or nurse about it.

**How do medicines help?** — Different medicines work in different ways:

- Nicotine replacement therapy eases withdrawal and reduces your body's craving for nicotine, the main drug found in cigarettes. There are different forms of nicotine replacement, including skin patches, lozenges, gum, nasal sprays, and "puffers" or inhalers. Many can be bought without a prescription, while others might require one.
- [Bupropion](#) is a prescription medicine that reduces your desire to smoke. This medicine is sold under the brand name Zyban. It is also available in a generic version, which is cheaper than brand name medicines.
- [Varenicline](#) (brand name: Chantix) is a prescription medicine that reduces withdrawal symptoms and cigarette cravings. If you think you would like to take varenicline and you have a history of depression, anxiety, or heart disease, discuss this with your doctor or nurse before taking the medicine. Varenicline can also increase the effects of alcohol in some people. It is a good idea to limit drinking while you are taking it, at least until you know how it affects you.

If you take [bupropion](#) or [varenicline](#) and you have any of the following symptoms, stop taking the medicine and call your doctor or nurse:

- Become very nervous
- Become depressed
- Start to do strange things
- Think about killing yourself

**How does counseling work?** — Counseling can happen during formal office visits or just over the phone. A counselor can help you:

- Figure out what triggers your smoking and what to do instead
- Overcome cravings
- Figure out what went wrong when you tried to quit before

**What works best?** — Studies show that people have the best luck at quitting if they take medicines to help them quit **and** work with a counselor. It might also be helpful to combine nicotine replacement with one of the prescription medicines that help people quit. In some cases, it might even make sense to take [bupropion](#) and [varenicline](#) together.

**What about e-cigarettes?** — Sometimes people wonder if using electronic cigarettes, or "e-cigarettes," might help them quit smoking. Using e-cigarettes is also called "vaping." Doctors do not recommend e-cigarettes in place of medicines and counseling. That is because e-cigarettes may still contain nicotine as well as other substances that might be harmful. It is not clear how they can affect a person's health in the long term.

**Will I gain weight if I quit?** — Yes, you might gain a few pounds. However, the positive health benefits of quitting smoking are much greater than the negative effects of weighing a few pounds more. In addition, you can help prevent some weight gain by being more active and eating less. Taking the medicine [bupropion](#) might help control weight gain.

**What else can I do to improve my chances of quitting?** — You can:

- Start exercising.
- Stay away from smokers and places that you associate with smoking. If people close to you smoke, ask them to quit with you.
- Keep gum, hard candy, or something to put in your mouth handy. If you get a craving for a cigarette, try one of these instead.
- Don't give up, even if you start smoking again. It takes most people a few tries before they succeed.

**What if I am pregnant and I smoke?** — If you are pregnant, it is really important for the health of your baby that you quit. Ask your doctor what options you have, and what is safest for your baby.

(See My Quit Trigger Tracker on next page)

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## 1. Print

Keep your Trigger Tracker with you because you never know when a craving will strike.

## 2. What's Your Why?

Your reason for quitting is a powerful reminder to stay motivated.

## 3. Know Your Distractions

Keep your mind off cravings. Here's a list with some ideas. Add your own in the spaces below.

<u>Text a friend</u>	<u>Breathe deeply</u>	_____	_____
<u>Take a walk</u>	<u>Drink a glass of water</u>	_____	_____
<u>Listen to a song</u>	<u>Go online</u>	_____	_____
<u>Go to a movie</u>	<u>Enjoy a healthy snack</u>	_____	_____

## 4. Track Your Triggers

Identify the moments when you feel a craving and write down how you respond.

Your Triggers	Where Are You?	Who Are You With?	What Are You Feeling?	What Did You Do?
<i>Example: After Dinner</i>	<i>A restaurant</i>	<i>My best friends</i>	<i>Restless</i>	<i>Took a Nicorette gum</i>