

Facts on Smoking

Ways to Cut Down Smoking Gradually

1. Refer to your “why you want to quit” list often of.
2. Switch brands.
3. Smoke only half of the cigarette.
4. Try not to inhale.
5. Keep a record of when & why you smoke every cigarette.
6. Eliminate “habit” cigarettes.
7. Buy cigarettes only by the pack and only when the last one is empty.
8. Wrap your pack of cigarettes with a piece of paper & fasten a rubber band around it. Unwrapping the pack every time you want a cigarette will remind you that you do want to quit.
9. Keep your cigarettes in a hard to reach place.
10. Use a filter system.
11. Set a daily quota. Reduce the amount of allowed cigarettes by a number every day.
12. Postpone each cigarette.
13. Smoke only in uncomfortable places such as outdoors or in bathrooms.
14. Stop everything you’re doing while smoking and concentrate only on your smoking.

LEARN TO CONTROL YOUR SMOKING SO YOU CAN EVENTUALLY STOP FOR GOOD

Aides to Help After you Quit Smoking

1. Make a list of the reasons why you want to quit. Refer to it often and add on to it as more and more reasons become apparent.
2. Be proud of yourself for your accomplishment. Celebrate the anniversary of your quit date and reward yourself.
3. Keep your hands busy. Take up a hobby such as needlepoint, crossword, puzzles, woodwork, etc.
4. Avoid reminders of smoking. Get rid of ashtrays & lighters.
5. Avoid stressful situations whenever possible.
6. Physical withdrawal symptoms are temporary, usually lasting only 1-2 weeks.

Hints to Resist a Sudden Urge to Smoke

1. Change what you were doing. Go to another activity or change scenery.
2. Take a few deep breaths.
3. Instead of having a cigarette, use a substitute such as gum, carrot or celery stick, hard candy, etc.
4. Hold a pencil, worry stone or straw.

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5. Go talk to someone or call someone if no one is at home.
6. Go for a walk.
7. Count to ten.
8. Use positive self-talk ("This will pass." "I made it this far.").
9. Brush your teeth or rinse your mouth.
10. Review your list of reasons why you want to quit.
11. Go smell your jar of old ashes.

Things to Help You Quit Smoking

1. Have a positive attitude. You can do it.
2. Set a quitting date. Write it down and display it where you can easily see it. Don't quit during the holidays.
3. Try to stay free of stress during this time.
4. Quit first thing in the morning. Start the day as a non-smoker.
5. Decide how to quit. Quitting cold turkey can decrease the duration of withdrawal symptoms.
6. Start to taper down on the amount you smoke before your quit date.
7. Get rid of lighters, ashtrays & cigarettes before your quit date.
8. Keep a glass jar full of old ashes and cigarette butts to remind you of how disgusting smoking really is.
9. If you do slip remember that you are quitting and that one cigarette does not end your effort to quit. A relapse is not a failure. Remember that quitting is one day at a time.
10. Being abstinent for any length of time is a big accomplishment. Quitting is a challenge.
11. Put your weight gain in proper perspective. Smoking cessation is the main priority. Most weight gain is just temporary. You can take it off.
12. Let family, friends, co-workers and other people know that you're quitting. Ask them for their help and support.
13. Ask to be seated in non-smoking sections when traveling or dining.
14. Have your teeth cleaned.
15. Wash your clothes, coat, gloves, etc.
16. Plan enjoyable activities to take your mind off cigarettes.
17. Reward yourself with the money you save. Keep a jar to put all the money you would have spent on cigarette.
18. Take up daily exercise.
19. Leave the diner table as soon as you're done eating. Brush your teeth to decrease the craving for a cigarette after eating.
20. Get your car cleaned.
21. Try a relaxation exercise to unwind and relieve tensions.

22. Renew old acquaintances, write or call a friend you have not seen in awhile.
23. Carry a pen, paper clip, change or a worry stone in order to keep your hands busy.

REMEMBER, QUITTING SMOKING IS THE BEST THING THAT YOU WILL EVER DO FOR YOURSELF.

There are different aides to help you quit.

- nicotine polacrilex medication (nicotine gum)
- nicotine transdermal system (patches)
- hypnotism
- group programs

Reasons & Benefits of Quitting Smoking

1. Tobacco smoke contains over 400 chemicals - 200 known poisons.
2. Carbon Monoxide robs blood of oxygen.
3. Smoking is the main cause of lung cancer.
4. Children of parents that smoke have twice as many acute respiratory illnesses as children of non-smoking parents.
5. One quarter of all deaths from heart attacks and strokes are related to smoking.
6. Three quarters of all cases of emphysema and chronic bronchitis involves smoking.
7. General illnesses are much more common in smokers.
8. Smokers miss more work.
9. Eighty to ninety percent of all COPD is caused by smoke.
10. Smoking turns your teeth and fingers yellow.
11. Smoking causes facial wrinkles.
12. If you smoke one pack of cigarettes per day you can save \$800.00 a year by quitting, think of the financial savings.
13. Your clothes, breath and hair will not smell like a stale cigarette.
14. You will not have to worry about burn holes in your furniture, carpets, and clothes.
15. You will recover more quickly from respiratory infections.
16. You will live longer.
17. You will not have chest discomfort and cough caused by smoking.
18. You will be able to breathe easier.
19. You will feel more energetic.
20. You will enjoy fresher breath.
21. Your ability to taste and smell will improve.
22. You will have more self-control and more confidence.
23. You will have more money.
24. You will set a good role model for your children and the other people around you.
25. Your health will improve.
26. Your stamina will improve.

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27. After quitting your lungs will start to clean themselves out. Your body immediately begins to repair the damage but it takes time to feel it.
28. Your smoker's cough will disappear.
29. You will release stress on your heart, it won't have to work as hard.
30. The risks from smoking will eventually decrease. The benefits are evident in only two years after quitting.
31. You will be more attractive to others.
32. You will not harm other people's health.
33. After 5 years of abstinence from smoking your stroke risk are the same as people who never smoked.
34. You will reduce your risk of five types of Cancer, Coronary Heart Disease, Stroke and Arterial disease.
35. Forty-one million Americans have quit.
36. Dr. Cano will not kill you.

Hints to Help Weight Control

1. Stay on a low fat diet. Eat plenty of fruits, vegetables, lean meats, poultry, fish and low-fat dairy products.
2. Eat 3 balanced meals a day with moderate portions or eat 5-6 smaller meals per day.
3. Broil, bake or boil your foods instead of frying them.
4. Drink a glass of water before meals and throughout the day or whenever you have an urge to smoke. You should try to drink 6-8 glasses of water per day.
5. Plan your snacks in advance & snack in moderation. Choose from raw vegetables, unbuttered popcorn or plain crackers to name a few.
6. Before you go to snack Stop-Think-Act.
7. Avoid high-calorie foods.
8. Eat sugarless hard candy (in moderation) to help curve cravings. 9. Chew sugarless gum.

Medications

Nicotine Transdermal Systems

Nicoderm: 24 hr patches- Merrell Dow Co.

“6-2-2 Committed Quitters Program” - video tape

Habitrol: 24 hr patches- Basel Pharm.

Nicotrol: 16 hr patches- Parke Davis

“Smoke Stoppers” - audio tape

Pro Step: Lederle

Nicotine Polacrilex

Nicorette Gum: Merrell Dow Pharm.