



You Can Quit Smoking!

FREE RESOURCES

UAMS Tobacco Treatment Specialist

501-526-5448

Leave a message and someone will get back to you
within 3 business days.

National Cancer Institute

1-800-784-8669

www.smokefree.gov

Be Well Arkansas

1-833-283-WELL (9355)



4301 West Markham Street • Little Rock, Arkansas 72205

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Consumer Guide

Learn how to get help to quit smoking or vaping and improve your chances of quitting.

This document explains the best ways for you to quit as well as new treatments to help. It lists new medications that can double or triple your chances of quitting and quitting for good. It also tells about ways to avoid relapses and talks about concerns you may have about quitting, including weight gain.

All information is based on scientific research about what will give you the best chances of quitting.

Nicotine: A Powerful Addiction

If you have tried to quit smoking or vaping, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.



No “Butts” About It...

Quitting takes hard work and a lot of effort, but you CAN quit smoking!

Quitting is hard. Usually people make 2 or 3 tries, or more, before finally being able to quit. Each time you try to quit, you can learn about what helps and what hurts.

Vaping can actually be harder to quit than smoking cigarettes. It is not as easy to determine how much nicotine you are ingesting.

Good Reasons for Quitting

Quitting smoking/vaping is one of the most important things you will ever do:

- You will live longer and live better.
- Quitting will lower your chance of having a heart attack, stroke, or cancer.
- If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- The people you live with, especially your children, will be healthier.
- You will have extra money to spend on things other than cigarettes.
- Have better control over blood sugar levels, blood pressure and pain management.
- Decreased wound infections and splitting open of the wound after general surgery or joint replacement.
- Better healing and decreased tissue death after mastectomy, breast reconstruction and plastic surgery.
- Better bone healing after orthopaedic surgery.

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Five Keys for Quitting

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

1. Get ready.
2. Get support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly.
5. Be prepared for relapse or difficult situations.

1. Get Ready



- Set a quit date.
- Change your environment.
 1. Get rid of ALL cigarettes, e-cigs, vape pens etc. and ashtrays in your home, car, and place of work.
 2. Don't let people smoke or vape in your home.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, don't smoke or vape – NOT EVEN A PUFF!

2. Get Support and Encouragement

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- Tell your family, friends, and coworkers that you are going to quit and want their support. Ask them not to smoke or vape around you. Ask them to not leave cigarettes out or vape pens sitting around.
- Talk to your health care provider (for example, doctor, dentist, nurse, pharmacist, psychologist, or tobacco treatment specialist).
- Get individual, group, or telephone counseling. The more counseling you have, the better your chances are of quitting. Programs are given at local hospitals and health centers. Call your local health department for information about programs in your area.



3. Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke or vape. Talk to someone, go for a walk, or get busy with a task.
- When you first try to quit, change your routine. Use a different route to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.



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4. Get Medication and Use It Correctly



Medications can help you stop smoking or vaping and lessen the urge.

- The U.S. Food and Drug Administration (FDA) has approved five medications to help you quit smoking or vaping:
 1. Bupropion SR – *Available by prescription.*
 2. Nicotine gum – *Available by prescription or over-the-counter.*
 3. Nicotine inhaler – *Available by prescription.*
 4. Nicotine nasal spray – *Available by prescription.*
 5. Nicotine patch – *Available by prescription and over-the-counter.*
 6. Nicotine lozenge – *Available by prescription or over-the-counter.*
 7. Varenicline – *Available by prescription.*

- Ask your health care provider for advice and carefully read the information on the package.
- All of these medications will more or less double your chances of quitting and quitting for good.
- Everyone who is trying to quit may benefit from using a medication. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.

Check with your insurance plan! Most will cover nicotine replacement therapy without a co-pay!

5. Be Prepared for Relapse or Difficult Situations

Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking or vaping again. Remember, most people try several times before they finally quit. Here are some difficult situations to watch for:

- **Alcohol.** Avoid drinking alcohol. Drinking lowers your chances of success.
- **Other smokers/vapers.** Being around it can make you want to do it.
- **Weight gain.** Many smokers/vapers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal – quitting! Some of the above medications may help delay weight gain.
- **Bad mood or depression.** There are a lot of ways to improve your mood other than smoking or vaping.



If you are having problems with any of these situations, talk to your doctor or other health care provider.

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Special Situations or Conditions

Studies suggest that everyone can quit smoking/vaping. Your situation or condition can give you a special reason to quit.

- **Pregnant women/new mothers:** By quitting, you protect your baby's health and your own.
- **Hospitalized patients:** By quitting, you reduce health problems and help healing.
- **Heart attack patients:** By quitting, you reduce your risk of a second heart attack.
- **Lung, head, and neck cancer patients:** By quitting, you reduce your chance of a second cancer.
- **Parents of children and adolescents:** By quitting, you protect your children and adolescents from illnesses caused by second-hand smoke.

Visit the American Lung Association for more special considerations and for much more information/resources. www.lung.org

THINK POSITIVELY...
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Watch a Video

To view a video, call 8-526-4766 from your hospital phone and enter the number of the video you wish to view:

389 Smoking: Your Plan to Quit

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Questions to Think About

Think about the following questions before you try to stop smoking/vaping. You may want to talk about your answers with your health care provider.

1. Why do you want to quit?
2. When you tried to quit in the past, what helped and what didn't?
3. What will be the most difficult situations for you after you quit? How will you plan to handle them?
4. Who can help you through the tough times? Your family? Friends? Health care provider?
5. What pleasures do you get from smoking or vaping? What ways can you still get pleasure if you quit?

Here are some questions to ask your health care provider:

1. How can you help me to be successful at quitting?
2. What medication do you think would be best for me and how should I take it?
3. What should I do if I need more help?
4. What is withdrawal like? How can I get information on withdrawal?

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Tips to Help You Cope with Urges to Smoke or Vape

1. **First, remind yourself that you've stopped and you're a non-smoker. Then, look closely at your urge to smoke or vape and ask yourself:**
 - Where was I when I got the urge?
 - What was I doing at the time?
 - Who was I with?
 - What was I thinking?

2. **Think about why you've stopped:**
 - Repeat to yourself (aloud if you are alone) your three main reasons for stopping.
 - Write down your three main reasons for stopping, then three reasons for smoking or vaping.

3. **Anticipate triggers and prepare to avoid them:**
 - Keep your hands busy – doodle, knit, type a letter.
 - Avoid people who smoke or vape; spend more time with friends who do not smoke or vape.
 - Find activities that make smoking or vaping difficult – gardening, exercise, washing the car, taking a shower.
 - Put something other than a cigarette, e-cigs or vape pen in your mouth. Keep oral substitutes handy – try carrots, sunflower seeds, apples, celery, raisins, or sugarless gum. Cut a drinking straw into cigarette-sized pieces and inhale air. Use a mouthwash.
 - Change your surroundings when the urge hits – get up and move about, or do something else.
 - Avoid places where smoking is permitted. Sit in the non-smoking section in restaurants, trains, etc.
 - Look at your watch whenever an urge to smoke or vape hits you. You'll find the urge will only last a few minutes.
 - Wear a rubber band around your wrist. When you really feel like you want a cigarette or a puff, snap the rubber band a few times and say, "STOP." While you do this, picture in your mind a red stop sign. You might try this at home aloud a few times and then do it silently when in public.
 - Be prepared for "First Times" as a non-smoker – your first vacation, first time home alone, first long car ride, first period of boredom. If you know you will be in a *high-risk* situation, plan how you will get through it without smoking or vaping.

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4. Change your daily routine in order to break your habits and patterns:

- After meals, get up from the table; brush your teeth or take a walk.
- Change the order in which you do things, particularly your morning routine.
- Don't sit in your favorite chair.
- Eat your lunch in a different location.

5. Use positive thoughts:

- If self-defeating thoughts start to creep in, remind yourself again that you're a non-smoker, that you don't want to smoke or vape, and that you have good reasons for it.
- Keep a daydream ready to go. For example, start planning a perfect vacation; work on that plan when thoughts about nicotine start to give you trouble.
- Look around at all the people who don't smoke or vape, including children. Remind yourself that they feel normal and healthy without cigarettes, e-cigs, or vape pens.

6. Use relaxation techniques:

- Breathe in deeply and slowly, while you count to five; breathe out slowly, counting to five again.
- Take ten deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette, and crush it out in an ashtray.
- If you can't concentrate, don't worry. You'll be able to when you *need* to, when the adrenaline flows.

Relapse Prevention:

It's okay if you slip!! A slip up does not mean that you have failed, it just means that you are one step closer to quitting for good. Don't beat yourself up! *Withdrawal symptoms:*

- Varies by individual but includes, irritability, increased frustration, difficulty concentrating, sleep difficulties and increased appetite
- Symptoms gradually decrease over 2-3 weeks after quitting. Some even start feeling better after 2-3 days!
- Withdrawal symptoms might worsen in the evening hours

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Relapse Prevention Continued...

What do I do if I slip up?

Use ACE:

A = Avoid

C = Cope

E = Escape

Avoid any people, places, events or things that may trigger any cravings.

Cope, Sometimes it is impossible to avoid a situation or leave an environment that may trigger the urge to smoke so the only option then becomes to cope with the urge. This can look like, self-talk, changing your routine or even just keeping your hands busy.

Escape, if you find yourself in a situation that is too overwhelming... **ESCAPE!!!** Leave the situation either permanently or temporarily.

As the withdrawal symptoms decrease the need to use ACE will become less frequent.

If you slip up, recommit yourself to not smoking and **GO ON**. Resume your abstinence and your quit plan, setting yourself a new quit date and continuing to work towards your goal. After a slip and choosing to continue on your quit journey, congratulate yourself!

Smoking Cessation Resources - National

- **American Heart Association**
7272 Greenville Avenue
Dallas, Texas 75231
Tel: (800) AHA-USA1 [(800) 242-8721]
- **American Lung Association**
55 W Wacker Dr. Suite 1150
Chicago, IL 60601
Tel: 1-(800) 586-4872
- **American Cancer Society**
1599 Clifton Road, NE
Atlanta, Georgia 30329
Tel: (404) 320-3333
- **National Cancer Institute**
Bethesda, Maryland 20892
Tel: 1-(800) QUIT NOW (784 8669)

Smoking Cessation Resources - Local

- **Arkansas Employee Assistance Program**
1123 South University Ave.
Little Rock, Arkansas 72204-1609
Tel: (501) 686-2588
FAX: (501) 686-2576
Toll-free: (800) 542-6021
- **UAMS Medical Center**
Patient Education Department
4301 W. Markham, #526
Little Rock, Arkansas 72205
Tel: (501) 686-8084
FAX: (501) 296-1576
- **Be Well Arkansas for FREE patches and lozenges!**
Tel: (833) 283-WELL (9355)
- **UAMS Medical Center Tobacco Quit Line**
Tel: (501) 526-5448

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Online Resources

- **Smoke Free**
www.smokefree.gov
Offers: online guide to quitting, materials, talk to an expert, etc.
- **WhyQuit?**
www.whyquit.com
Offers: smoking cessation resources, bulletin boards, etc.
- **The Stop Smoking Center**
www.stopsmokingcenter.net
Offers: nicotine dependency test, online support group, quitting buddies, quitting tips, etc.
- **Medline Plus**
www.medlineplus.gov/tutorials
Offers: tutorial on smoking cessation facts
- **QuitNet**
www.quitnet.com
Offers: free membership, online support groups, resources, tools, email reminders, etc.
- **American Lung Association**
www.lungusa.org
Offers: fact sheets, resources, etc.
- **American Cancer Society**
www.cancer.org
Offers: fact sheets, resources, etc.
- **Try to Quit**
www.trytoquit.org
Offers: quit wizard, quit calendar, quit plan, etc.

Apps Resources

- **Quit Vaping**
iPhone
Offers: a buddy system, community forum, future quit date, pod tracker, puff tracker, money calculator
- **QuitNow!**
iPhone and Android
Offers: achievements, community and health improvements
- **Smoke Free**
iPhone and Android
Offers: a log for cravings and tips to manage cravings, graphs monitoring progress and community forums