

Independence from Tobacco: Strategies to Lead You to a Tobacco-Free Lifestyle





Congratulations
on your decision
to quit tobacco!

Quitting tobacco is the single most important change you can make to improve your health and prolong your life. Whether this is your first time or you have tried to quit before, this booklet was made to help you increase your chances of success. Use it to find strategies that will help you become a nonsmoker.

My Reasons for Quitting

You may have many reasons for wanting to quit tobacco, such as improving your quality of life, saving money, or being around for your loved ones. Write down your own reasons for quitting and review them often as you make steps toward being a nonsmoker.

What are the benefits to you for becoming tobacco-free?

Health Benefits	Lifestyle Benefits
<i>Breathe easier</i>	<i>Clothes don't smell like smoke</i>
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Health benefits of quitting

12 hours	The carbon monoxide level in your blood drops to normal
5 days	Most nicotine is out of your body
1 week	Your sense of smell and taste improves
1 month	Your skin is likely to look better
3 months	Your lung function begins to improve
1 to 9 months	Your coughing and shortness of breath decrease
1 year	Your risk of heart disease is cut in half
5 years	Your stroke risk goes down to the level of a nonsmoker's
10 years	Your risk of lung cancer is cut in half
15 years	Your risk of heart disease and lung cancer and overall risk of death returns to about the same level as a person who has never smoked

How much money will you save?

Smoking hurts not only your health, but also your finances. How much money will you save by becoming tobacco-free?

1. _____	Average number of cigarettes you smoke a day.
2. _____	Multiply the number in line 1 by 0.47 (average 2017 cost in cents per cigarette in California).
3. _____	Multiply the number in line 2 by 365.

Example for someone who smokes 20 cigarettes a day:

$$20 \times 0.47 = 9.40$$

$$9.40 \times 365 = \mathbf{\$3,431}$$

This will be your yearly savings when you become a nonsmoker.

What else could you do with this money?

PART 1: PREPARING TO QUIT

Tobacco-Use Diary

Keeping a tobacco-use diary helps you be aware of when, where, and why you use tobacco. By noting how high the need was for each cigarette (or chew or vape) on a scale of 1 to 5 (1 = could take it or leave it, 5 = very strong urge), you can decide which ones to cut out as you prepare to quit, or how to plan for trigger situations.

Example of a tobacco-use diary:

Time	Number of cigarettes	Place or activity	With whom	Mood	Need (based on 1–5 scale)
1 p.m.	2	Parking lot / break	Other smokers on break	Happy / tired	3
4:30 p.m.	4	Driving home in car	Self	Stressed	4

Triggers and Coping Strategies

If smoking has become a habit, chances are you smoke at certain times and in certain situations. These situations can trigger the urge to smoke, so try to avoid your triggers for a while and have plans for coping with them as you cut back on and quit tobacco.

What are your triggers? _____

What else could you try instead of smoking? _____

When you're...

Try this instead of smoking.

Around others who smoke	<ul style="list-style-type: none">• Practice saying, “No, thanks. I’ve quit.”• Avoid places where smoking is allowed
Feeling bored	<ul style="list-style-type: none">• Read a book or a magazine• Do something with your hands (squeeze a stress ball, doodle)• Call or message a friend
Feeling stressed or anxious	<ul style="list-style-type: none">• Practice deep breathing or other relaxation techniques, such as meditation• Take a walk or do some other form of physical activity
Finished with your meal	<ul style="list-style-type: none">• Do the dishes• Chew gum or a strong mint• Brush your teeth
Talking on the phone	<ul style="list-style-type: none">• Doodle on paper• Talk somewhere different from your usual spot
Drinking coffee	<ul style="list-style-type: none">• Hold the cup in a different hand• Drink in a different place• Consider switching to tea
Drinking alcohol	<ul style="list-style-type: none">• Avoid drinking and bars while you are trying to quit
Driving in the car	<ul style="list-style-type: none">• Take a different way to work• Play relaxing music• Have snacks, water, or gum on hand

More Strategies to Prepare to Quit

Check off the strategies that you would like to try, or write your own in the space that follows this section.

Mentally prepare to build motivation and support.

- Set a quit date and share it with friends and family.
- Read your list of reasons for quitting aloud at least once a day. Each day, pick one reason and repeat it at least 10 times throughout the day.
- Picture yourself as a nonsmoker. Imagine how you will handle situations when you would have smoked in the past, confidently and without tobacco.
- When you buy cigarettes, get them by the pack instead of by the carton.

Change your routine and decrease your tobacco use.

- **Look back at your tobacco diary and find ways to decrease the number of cigarettes (or chews or vapes) you have each day.**
 - Cut specific cigarettes from your day (while drinking coffee, after dinner, while commuting).
 - Add other activities, such as taking a brisk walk, reading a book, or calling a friend.
- **Keep reminders out of sight.**
 - Keep chew, cigarettes, e-cigarettes, or lighters in a hard-to-reach place.
 - Leave chew, cigarettes, or e-cigarettes at home when you go out.
- **Make using tobacco harder.**
 - Switch from your regular brand of tobacco to one you like less.
 - Smoke with the hand you don't usually use.
 - Keep cigarettes and lighters in two separate locations.

→ Overcome cravings.

☐ Practice the 5 Ds:

- Deep breathe.
- Drink 8 to 10 glasses of water every day.
- Delay smoking for 5 minutes when you feel a craving.
- Do something different—keep busy.
- Discuss your craving with someone.

My own strategies:

Other Forms of Tobacco—Smokeless Tobacco, Cigars, Hookah

There are no safe forms of tobacco use! Most strategies outlined in this booklet can be used to quit other forms of tobacco.

- Holding an average-sized dip in the mouth for 30 minutes delivers as much nicotine as smoking three cigarettes.
- A person who dips two cans of snuff a week gets as much nicotine as someone who smokes 1½ packs a day.
- One cigar has as much nicotine as several cigarettes and higher levels of cancer-causing substances and toxins.
- A 1-hour hookah session involves about 200 puffs, while an average cigarette involves about 20 puffs.
- Medications used to help smokers quit can also be used for quitting other types of tobacco products.



Be Kind to Yourself

Quitting tobacco is hard, but you can improve your chances of success by staying positive. Focus on your strengths and celebrate your successes. Answer the following questions to get in a positive mindset as you get ready to do the kindest thing for yourself—quit tobacco.

Review your strengths.

Being confident in your ability to quit will help you stay strong and focused. Think about something you are proud of, like a challenge you overcame or a goal you reached. It doesn't have to have anything to do with smoking or health. How did you do it? Which of your personal strengths helped you to get there? How can you use those qualities to help you quit tobacco?

Use positive statements.

Saying positive statements (also called *affirmations*) can help build confidence and strengthen your commitment to quit. Pick a positive statement that feels right for you, or create your own phrase that has personal meaning.

- The urge will pass.
- I deserve to be healthy, happy, and tobacco-free.
- My health is improving every day.
- I choose to be in control of my life.

Write your own positive statement and post it in a place you will see it, carry it with you in your wallet, or create pop-up reminders on your computer or phone.

Celebrate your achievements.

Keep motivation high by making a habit of noting what is going well along your journey. Your celebration can be as simple as saying to yourself, “I did great today!” as you cut back on tobacco, or as big as throwing a party or taking a trip to celebrate a milestone anniversary as a nonsmoker.

How will you celebrate your own successes, big and small, as you become a nonsmoker?

Learn from the Past

Most smokers try several times before they quit for good. Looking at what you tried in the past can help you make this time a success.

What was helpful in the past that you would like to try again?

What challenges did you face? How will you address them differently this time?

Get Support

Quitting can be easier with help and support from loved ones, professionals, and quit-smoking medication.

Get help from family, friends, or coworkers.

Which people in your life are going to give you the most support as you quit? What can they do to help you?

Get professional or group support.

See the Kaiser Permanente resources section at the end of this booklet to find out more about joining a group workshop, working with a wellness coach, or using an online program for support with quitting.

E-cigarettes or Vaping

- Electronic cigarettes, also known as e-cigarettes, are battery-powered devices that turn liquid nicotine into a vapor that is inhaled. Using an e-cigarette is called *vaping*.
- Just as with cigarettes, e-cigarettes contain the addictive drug nicotine as well as small amounts of harmful chemicals.
- We don't know if e-cigarettes are safe.
- Using these devices may keep your addiction to nicotine active, which could make it harder to quit.
- **Experts agree that there is not enough evidence to recommend using e-cigarettes to quit smoking.**

Learn about quit-smoking medication.

There are two main types of medications to help you quit. The first type, **nicotine replacement therapy (NRT)**, comes in several forms: **patch, gum, lozenge, nasal spray, and inhaler**. This medicine reduces withdrawal symptoms by giving your body a controlled amount of nicotine when you quit. In the weeks after you quit, you will slowly cut back on the amount of nicotine used in the medication, until you eventually stop using it altogether. **NRT medicines work best when used in combination** (for example, wearing the patch all day **and** using the gum, lozenge, inhaler, or nasal spray as needed for cravings). It is important to quit using tobacco when you begin NRT. Do not smoke or use tobacco while you are using NRT unless otherwise directed by your doctor.



The second type of medication is **prescription pills** that do not contain nicotine. Usually started 1 to 2 weeks before quitting, these medications can help reduce the cravings and symptoms of nicotine withdrawal. These medications include **bupropion** (Zyban or Wellbutrin) and **varenicline** (Chantix).

Success rates improve with medication use, but some people prefer to quit without it. The choice is yours, but talking about medication options with your doctor may help you make the best decision for yourself.

PART 2: YOUR QUIT DAY AND BEYOND

Congratulations!

Today is a milestone for you. You have already accomplished a lot, and you are well on your way to being tobacco-free.

Strategies to try on and after your quit day.

- Throw out all cigarettes and tobacco, and get rid of all reminders of it.
- Change your routines, activities, and even the order in which you do them (for example, drink tea instead of coffee, drive a different way to work).
- Commit to avoiding alcohol for the first few weeks or months after you quit.
- Continue to practice any strategies that were helpful while you prepared to quit.

My own strategies:

Avoid Weight Gain While Quitting

- Add more exercise to your routine.
- Make small changes to move more, like taking the stairs instead of the elevator or parking farther away from your destination.
- Be prepared in case you want to eat more when you first quit.
 - Stock your house with healthy snacks, like cut-up vegetables, fresh fruit, and air-popped popcorn without butter.
 - Buy foods that keep your hands busy and take longer to eat, like sunflower seeds or pistachios in the shell.
 - Carry water with you and sip it when you have the urge to eat.

What to Do If You Slip or Relapse

Slip	Relapse
<p>A slip is when you have an unplanned cigarette or part of a cigarette after your quit date. Having a slip doesn't make you a smoker again. Choose to re-commit to being tobacco-free!</p> <p><i>Having a slip?</i></p> <ul style="list-style-type: none">• Stop a slip from becoming a relapse by immediately getting back to your quit plan.• Use the experience to help prevent slips in the future.<ul style="list-style-type: none">→ What can you do differently the next time you face a similar challenge?→ What other challenges can you plan for?	<p>A relapse is what happens when you return to your old patterns of tobacco use following a slip. Continuing to use tobacco after an initial slip, even occasionally, is considered a relapse.</p> <p><i>Having a relapse?</i></p> <ul style="list-style-type: none">• Read your list of reasons for wanting to quit. Are these still meaningful to you?• If so, return to your quit plan and recommit to your goal.• Remember, it takes most tobacco users several tries before they successfully quit!

Resources for Kaiser Permanente Members

When you're ready to quit, we're here to help. *Most programs are offered at no charge to members.*

- ❑ Join the Freedom from Tobacco workshop for more strategies and group support. Find out more at kp.org/centerforhealthyliving.
- ❑ Work with a wellness coach to quit tobacco by creating a personal action plan. Call Wellness Coaching by Phone at **1-866-862-4295**, Monday through Friday, 7 a.m. to 7 p.m. to make a phone appointment.
- ❑ Visit kp.org/quitsmoking to enroll in Breathe, a personalized online program to help you quit.
- ❑ Pick up information on quitting tobacco from the Center for Healthy Living at your local medical center or medical office building.



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