

Want to quit smoking?

.....▶ **YOU CAN.**

▶ You CAN quit smoking.

Quitting smoking can be hard, but there are ways to make it easier.

Using quit-smoking medicines or counseling support can make you **twice as likely** to quit for good!

Ask your doctor about medicines to help you quit smoking. You can also ask a pharmacist about over-the-counter stop-smoking medicines like the nicotine patch.

You can get free help through the Massachusetts Smokers' Helpline at **1-800-QUIT NOW**. You can also go to counseling sessions or stop-smoking groups in your area.

▶ Plan ahead.

1. **Pick a date to stop smoking: your *quit date*.** This is the day you will quit smoking completely. A date two to four weeks away from today will work well.
2. **Use your past experience.** Think about what happened in the past when you tried to quit. What will you do differently this time?
3. **Know your triggers.** *Triggers* are certain times, places, people, or feelings that make you want to smoke. Driving, coffee breaks, and boredom trigger some people to smoke. What are your triggers? How will you beat them?
4. **Plan for withdrawal symptoms.** When you stop smoking, you may feel sick or nervous for a few weeks. You can take medicines to help you with these symptoms.

▶ Using a stop-smoking medicine **doubles your chances of quitting for good.**

These medicines can help you stop smoking. They are not addictive.

- **Nicotine Replacement Therapy (NRT)** includes the nicotine patch, gum, and lozenge, which are available without a prescription. NRT helps you with cravings by giving your body a small, steady amount of nicotine.
- **Zyban (Wellbutrin SR)** is a pill that can help with cravings and other withdrawal symptoms. You start taking it about one week before you quit smoking. Your doctor must prescribe it.
- **Chantix** is a pill that helps with cravings and other withdrawal symptoms. It also blocks the part of the brain that gives smoking its kick. Your doctor must prescribe it.

▶ Using counseling support makes you **twice as likely to quit smoking.**

FREE one-on-one support is available over the phone through the Massachusetts Smokers' Helpline at **1-800-QUIT NOW** (1-800-784-8669). You can set up times for a quit coach to call you during your first few weeks of quitting.

In-person quit-smoking groups and one-on-one support options are also available. Find support near you at www.makesmokinghistory.org or by calling **1-800-QUIT NOW**.

Your doctor, family, friends, and co-workers can also help you quit smoking. Tell them you are quitting, and ask for their support.

▶ Prevent weight gain.

There are two proven things you can do to keep your weight down as you quit smoking: be active and eat healthy foods.

- Take the stairs, go for a quick walk, or play ball with the kids. Try a new active hobby like gardening, or get back to a sport you used to enjoy.
- Don't diet. Instead, eat plenty of fruits and vegetables. Eat smaller servings, more often. Drink more water – 6 to 8 glasses a day.
- Drink less alcohol and sugary sodas. They can make withdrawal symptoms worse and also have a lot of calories.

Try making some changes in your diet and activities before your quit date so you are not trying to make too many changes at once.

▶ Have you tried to quit before?

Then you are more likely to quit for good this time! Every time you try to quit, you learn.

Most smokers have to try a few times before they quit for good. But it pays off – half of all people who have ever smoked have quit!

▶ Keep trying!

Write down your reasons for quitting and look at them often.

Take one day at a time. Focus on getting through just one day – today – without smoking.

If you have smoked a cigarette, don't give up! You are not the only one who has ever done this, and it does not mean you have failed.

Talk with a friend or counselor and keep moving forward with your plan to quit.

▶ Ready to quit? Make sure to contact:

- ❑ **Your doctor.** Your healthcare provider can help you with medicines to help you quit.
- ❑ **Your health plan.** Your health insurance may cover medicines and counseling to help you quit.
- ❑ **The Massachusetts Smokers' Helpline.** For free support and advice to help you quit, call:
1-800-QUIT NOW (1-800-784-8669)
Spanish: **1-800-8-DÉJALO**
(1-800-833-5256)

makesmokinghistory.org



"My life is worth more than a pack of cigarettes!"

- Kendyl, Everett
Smoke-free 6 years

"Quitting has been a life-changing experience. Using group counseling and medication worked for me."



- Ramon, Lawrence
Smoke-free 2 years



"I stopped smoking so I could share more birthdays with my daughter."

- Martha, New Bedford,
Smoke-free 14 years

