

## TIPS TO STOP SMOKING FOR GOOD

**Anyone can quit smoking.** The decision to quit is greatly influenced by how much someone wants to stop smoking. If you fail on the first or second try, you should not give up. Chances for success will be greater the next time.

**Nicotine is a very addictive drug.** Withdrawal symptoms like mood swings or light-headedness are common. These should decrease a few days after quitting. Products on the market such as a nicotine patch, gum or special medication may be used to gradually decrease the body's craving for nicotine. This is much more beneficial when done with a support group.

**Smoking is a habit.** People trying to quit should be aware of things that may "trigger" a need to smoke, such as being around other smokers, stress, or drinking alcohol. To replace the need to hold a cigarette:

- v Keep a pen, smooth stone, or rubber band handy.
- v Other substitutes, such as chewing on a toothpick or coffee stirrer, and sucking on sugarless candy or cinnamon sticks will help.
- v Counseling or smoking cessation groups can help people learn to live life as a nonsmoker.

### FIVE KEYS TO QUITTING SMOKING

1. **GET READY:** Set a date to quit and stick with it.
2. **GET SUPPORT AND ENCOURAGEMENT:** Tell your family and friends you are quitting. Join a smoking cessation group or support group.
3. **LEARN NEW SKILLS AND BEHAVIORS:** When you first quite, change your routine. Distract yourself from urges to smoke, and try to stay aware from stressful situations. Plan something enjoyable to do each day. Drink a lot of water and other fluids.
4. **GET MEDICATION AND USE IT CORRECTLY:** Ask your doctor about which medication will work best for you. Nicotine patches and gum are available without a prescription.
5. **BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS:** Avoid alcohol. Be careful around other smokers. Eat a healthy diet and stay active. Find ways other than smoking to improve your mood.

(Sources: National Institutes for Health. National Heart, Lung and Blood Institute; Guide to Living with Heart Disease booklet: SJHS)

#### **For more information:**

St. John Hospital and Medical Center Pulmonary Rehab Program – Smoking cessation assistance – **313-343-8308**

St. John Macomb Cardio-Pulmonary & Cardiac Rehab Program – Smoking cessation assistance – **586-573-5233**

Valade Healing Arts Center for Hypnosis Sessions for a safe, natural, healthy way to quit smoking – **313-647-3320**

St. John Eastwood Clinics – **800-626-3896** for a location near you

American Lung Association [www.americanheart.org](http://www.americanheart.org)

1. **800-548-8252** from 7am to 7 pm
2. **800-480-7848** for available smoking cessation products
3. [www.ffsonline.org](http://www.ffsonline.org)

National Cancer Institute <http://www.cancer.gov/cancertopics/smoking>

1. Smoking Quit Line **800-44U-QUIT (8-7848)**
2. **800-4Cancer (422-6347)**
3. Smoke Free Tips <http://smokefree.gov/>

Lung USA [www.lungusa.org](http://www.lungusa.org)

1. 800 LUNGUSA (586-4872)
- 2.

#### **Other Internet Resources:**

Surgeon General

[www.surgeongeneral.gov/tobacco](http://www.surgeongeneral.gov/tobacco)

Center for Disease Control

[http://www.cdc.gov/tobacco/quit\\_smoking/index.htm](http://www.cdc.gov/tobacco/quit_smoking/index.htm)

Agency for Healthcare Research & Quality

<http://www.ahrq.gov/consumer/tobacco/helpsmokers.htm>

American Health Association [www.onelife.americanheart.org](http://www.onelife.americanheart.org)

St. John Healthy Living (Revised 11 2008)

#### **Michigan Department of Community Health**

<http://www.michigan.gov/mdch/>

**Smoking & Pregnancy – March of Dimes, Michigan Chapter** 248-359-1550

#### **Programs and Support Group:**

Smokeless – Quit smoking for good  
St. John Physician Referral Line **888-757-5469**

Oakland County Health Department Adult & Adolescent Smoking Cessation Resource **248-424-7124**

Michigan Quit Line **800-480-7848**

(Nicotine Replacement Therapy – "I can quit program" tool kit)

The Michigan Tobacco Prevention & Cessation Phone Line

- Free smoking cessation kits/Literature

Call **800-537-5666** or **800-358-9295**

Acupuncture:

1. Neuroprobe Therapy – **734-671-1400**
2. St. John Healing Arts Center – **313-647-3320**

Nicotine Anonymous - **877 879-6422**

[http://www.nicotine-anonymous.org/about\\_us.php](http://www.nicotine-anonymous.org/about_us.php)

Become an Ex-Smoker

[http://www.becomeanex.org/#learn\\_overview](http://www.becomeanex.org/#learn_overview)

Nicotine Replacement (covered by some prescription plans)

Available Over the Counter

Nicotine Polacrilex Gum  
Transdermal Nicotine Patch

Require Prescription:

Nicotine Nasal Spray  
Nicotine Inhaler  
Zyban (by prescription only; may be covered by insurance)  
Chantix

St. John Health has reviewed this information accuracy, but cannot guarantee success with any one option. Different methods may be effective for each smoker. Consult your physician regarding which method would work best for you.