

## Quitting Tobacco in the New Year



The prospect of the New Year makes many tobacco users think about giving up tobacco. How can you stop using tobacco?

The good news is that you do not have to do it alone. Ask your family, friends and doctor to help you.

- Quitting is hard, but if you have a plan it is much easier.

### How can you stop using tobacco?

First, make a firm commitment to quit.

- Get Ready
  - You don't have to stop right away, but set a date to quit. Pick a time when you won't have a lot of stress in your life. Get rid of ashtrays, lighters or spit cups before you quit. Don't let people smoke in your house.
- Change your routine.
  - For example, if you smoke after eating, take a walk instead.
- Use medicine.
  - It can help with cravings and stress. You can buy nicotine gum, lozenges or patches without a prescription. Your doctor may also prescribe medicine, such as bupropion (Zyban) or varenicline (Chantix). Using nicotine replacement products and/or medicine doubles your chances of quitting tobacco for good.
- Get support.
  - Seek help from:
    - The Ohio Tobacco Quit Line 1-800-QUIT NOW (1-800-784-8669).
    - Counseling from doctors, nurses or therapists.
- As soon as you stop, stay committed.
  - Don't use tobacco at all. One cigarette never helps. It only makes it harder.

### How can the Ohio Tobacco Quit Line help?

The Ohio Tobacco Quit Line is the Ohio Department of Health's statewide toll-free telephone counseling service.

Available free of charge to all Ohio healthcare providers and residents, Ohio Tobacco Quit Line provides individualized tobacco-quitting guidance from trained, experienced counselors.

## **Ohio Tobacco Quit Line is a genuine lifeline that consists of:**

- A comprehensive tobacco use history completed by a tobacco cessation counselor.
- A seven-day-per-week bilingual intake call center with TTY service for the deaf and hard of hearing.
- Proactive, positive counseling sessions including at least two weeks of free Nicotine Replacement Therapy (NRT) patches.
- Relapse prevention strategies.
- Comprehensive printed materials.

## **Ohio Tobacco Quit Line success**

- The chances of being quit after six months going “cold turkey” are only about 5 percent.
- With counseling from the Ohio Tobacco Quit Line, the chance increased to 26 percent.
- Counseling plus nicotine patches increase the chance to 42 percent!

## **Why is it so hard to quit?**

- Quitting is hard because your body craves the nicotine or is addicted to tobacco.
- Giving it up is more than just kicking a bad habit. Your body has to stop craving the nicotine. Nicotine gum, lozenges, patches and other medicines can help reduce the cravings without the harmful effects of tobacco.
- You also have to change your habits. You may not even think about using tobacco. You just do it. You may chew tobacco when you are stressed. Or maybe you have a cigarette with coffee.
- Before you quit, think of new ways to handle these things. For example, call a friend or practice deep breathing when you feel stressed. Try chewing sugarless gum instead of lighting up.

## **What if you feel bad when you are trying to quit?**

- You may feel grouchy, restless or sad when you first quit. Or you may have trouble sleeping and want to eat more. But you won't feel bad forever, and medicine can help.
- Using medicines and products like nicotine gum can help with cravings and let you feel more like yourself.

## **Will you gain weight?**

- You may worry about gaining weight when you stop using tobacco. Don't let this stop you.
- You have a lot more to gain by quitting than a few extra pounds. You will feel better and save money. You may also have fewer health problems.

### **Bottom Line:**

- Quitting tobacco will improve your health, not to mention your pocket book. At four dollars a pack, the pack a day smoker will save \$1,460 a year.
- Quitting also improves the health of those around you. Secondhand smoke cause many adverse health effects.
- Secondhand smoke exposure causes disease and premature death in children and adults who do not smoke. Secondhand smoke contains hundreds of chemicals known to be toxic or carcinogenic.
- Call the Ohio Tobacco Quit Line today at 1-800 QUIT NOW or (1-800-784-8669).

### **References:**

Web MD:

<http://www.webmd.com/>

American Lung Association:

<http://www.ohiolung.org/quit.htm>

Healthy Ohio/Tobacco Use Prevention and Cessation Program:

<http://www.healthyohioprogram.org/tobc/tob1.aspx>

