

# QUIT SMOKING

## WHAT'S IN THOSE CIGARETTES ANYWAYS?

- + **NICOTINE** – It's what makes you feel good when you smoke. Problem is, the good feeling goes away quickly, which is why it is so addicting. It may take several times to quit for good
- + Not to mention, cigarettes contain: **4,000 chemicals, hundreds of toxins, and 70 known cancer causing agents**

## WHAT ARE THE RISKS?

- + We all know smoking is **BAD**, but did you know it is the **#1** cause of preventable deaths in the US?
- + Every organ in the body is damaged by smoking, making it harder for your body to heal

## WHAT ARE CRAVINGS?

- + Cravings are those urges to smoke, in other words, it is what makes you want to smoke

## WHY CAN'T I STAY QUIT?

- + Shortly after quitting or cutting back you may feel “the blues” or your “nerves” acting up. You may feel hungrier and even gain a few pounds. You may have problems sleeping and even breathing as your body gets rid of the gunk in your lungs! The good news is that you'll start feeling better soon!
- + You'll want a plan to deal with **TRIGGERS** to smoke, which may include:
  - feeling stressed or bored
  - the sight, smell, or feel of smoking
  - loved ones who still smoke
  - the routine or habit of smoking

## WHAT CAN I DO INSTEAD OF SMOKING?

- + Take a few deep breaths and remind yourself that the craving will pass!
- + **Why** do you want to quit, is it for your health, family, or to save money?
- + Chew on toothpicks, gum, straws or healthy snacks to keep your hands busy
- + Go for a brisk walk or jog; or do other regular exercise
- + Ask your family and friends to help support you
- + Go to smartquit.org for a quit smoking app or call 1-800-QUIT-NOW
- + Visit the website: <http://www.doh.wa.gov/YouandYourFamily/Tobacco>



## WHY SHOULD I STAY QUIT?

- + Not smoking can **free** you up to do more of the things you like to do! See other benefits below:
  - Quit 2 - 3 weeks: improved breathing and heart health
  - Quit 1 - 9 months: little hairs in lungs regrow to help prevent infection
  - Ex-smokers report feeling better and having less coughing, wheezing, & shortness of breath
- + After quitting, there are long term benefits!
  - Quit 6.5 years - chances of getting lung cancer is that of a nonsmoker
  - Quit 5 - 15 years - risk of stroke is that of a nonsmoker
  - Quit 10 years - pre-cancerous cells get replaced
  - Quit 15 years - risk of heart disease is that of nonsmoker

