

How To Fight The Urge To Smoke

When the urge to smoke strikes remember the

5 D's:



- 1. DELAY** a minute or two and the urge will pass.
- 2. DRINK WATER** to fight off cravings.
- 3. DO SOMETHING ELSE** to distract yourself... walk, call a friend, clean a closet.
- 4. DEEP BREATHE** It will relax you. Close your eyes and take 10 slow, deep breaths.
- 5. DISCUSS** your thoughts and feelings with someone close to you.

It's Never Too Late To Stop!

When you stop, your body begins to repair itself immediately:

Within 20 minutes:

- Your heart rate calms down.

Within 8 hours:

- There is more oxygen in your blood.
- Mucous begins to clear out of your lungs. This makes breathing easier.

Within 24 hours:

- Your chance of heart attack decreases.

Within 48 hours:

- Things smell and taste better.

Within 3 months:

- Your blood circulation improves.
- Your body is better able to fight infection.

Within 9 months:

- You have less sinus congestion, wheezing and shortness of breath.

After 1 Year:

- Your risk of dying of a heart attack is cut in half.

After 5 Years:

- You have much less of a chance of having a stroke.

After 10 Years:

- You have much less chance of having lung cancer. Your risk is cut in half.



There is help available...

Call or click to quit



1-866-NY-QUITS
(1-866-697-8487)



Free patches and personal online quit plan
www.nysmokefree.com

Deaf, Hard of Hearing and Speech Disabled: Call the NY Relay Service at 7-1-1 (Voice or TTY), give operator Quitline number: 1-866-697-8487

This guide was developed by the Tobacco Control Program at Roswell Park Comprehensive Cancer Center Buffalo, NY. Support for production of this material was provided by the New York State Department of Health

BREAK LOOSE

FACTS & TIPS TO HELP YOU STOP SMOKING



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Know the Facts about Smoking

Tobacco kills more Americans each year than alcohol, cocaine, crack, heroin, suicide, car accidents, fire and AIDS combined.

The most common diseases caused by smoking are:

Lung Cancer is caused by the tar in tobacco smoke. Healthy lungs are pink. Years of smoking cause your lungs to turn black.



A healthy pink lung

Smoking also increases your chances of developing cancers of the lip, mouth, throat, larynx, bladder, pancreas, stomach, kidney and cervix.



A black lung after years of smoking

Heart Disease and Stroke are caused by nicotine and carbon monoxide in tobacco smoke.

Emphysema and Chronic Bronchitis make it very difficult to breathe.

Need a Few More Reasons to Stop?

Smokers are more likely to:

- ...get colds and flu
- ...have gum disease and yellow teeth
- ...have shortness of breath and wheezing
- ...have problems getting pregnant
- ...get cataracts in their eyes
- ...become impotent



Think Smoking Affects Only You?

A pregnant woman who smokes can make her baby be born too soon or too small.



Children exposed to secondhand smoke... are more likely to get...

- Pneumonia
- Bronchitis
- Ear Infections
- Severe Asthma



Adults exposed to secondhand smoke are more likely to have...

- Heart Disease
- Lung Cancer



Why Do You Smoke? The answer is Nicotine.

As one tobacco scientist put it – *"No one has ever become a cigarette smoker by smoking cigarettes without nicotine."*

What's in a Cigarette?

There are over **7,000** chemicals in tobacco smoke.

Each puff on a cigarette delivers nicotine to your brain within a few seconds. However, nicotine levels in your blood drop quickly after your cigarette is done, so after 20 or 30 minutes you may feel the urge to smoke again.

The longer you go without smoking, the stronger the urge gets and the more stressful it seems. A puff on a cigarette delivers nicotine to your brain, making you feel better again. However, don't be fooled! Nicotine speeds up your system – it doesn't slow it down. The relaxing feeling you get from smoking a cigarette is really just relief of withdrawal from nicotine.



Are Low Tar cigarettes less dangerous? No.

People who switch to low tar cigarettes usually end up smoking **MORE** cigarettes in order to get their nicotine fix.

Nicotine does NOT cause cancer. Cigarettes cause cancer because you inhale the dirty tobacco smoke.

Medications That Can Help You Stop

Stop-smoking medications help take the edge off nicotine withdrawal symptoms. Most insurance plans including Medicaid and Medicare cover some or all stop-smoking medications. Check with your plan.

The medications shown below contain nicotine

THE PATCH



Place the patch on your arm to slowly get nicotine into your body.

No prescription needed.

NICOTINE GUM



Chew, chew, and hold between your cheek and gum to give you a little nicotine.

No prescription needed.

NICOTINE LOZENGE



Place the lozenge in your mouth and allow it to dissolve.

No prescription needed.

INHALER



Breathe in the nicotine through a mouthpiece.

Prescription needed.

NICOTINE SPRAY



Spray into your nose for fast nicotine craving relief.

Prescription needed.

The following medications **DO NOT** contain nicotine

Chantix



Take this pill as directed. Contains no nicotine. *Prescription needed.*

ZYBAN



Take this pill as directed. Contains no nicotine. *Prescription needed.*

Combining Medications

Heavier smokers may increase quitting success by using the nicotine patch along with the gum or lozenge. Ask your doctor what medications are right for you.