

Quit Smoking

Quitting is hard. Many people try several times before they quit for good. But they do succeed. This sheet tells you about ways you can quit. You can do it!

Why should I quit?

- You will feel better.
 - You will have more energy and breathe easier.
 - Your chances of getting sick will go down.
- If you are pregnant, your baby will be healthier.
 - Your unborn baby will get more oxygen.
 - Your newborn will not go through withdrawal.
- The people around you, especially children, will be healthier.
 - Breathing in other people's smoke can cause asthma and other health problems.
- Quitting can save your life.
 - More than 480,000 Americans die each year from smoking.
 - Smoking causes serious illnesses. This includes cancer, heart disease, stroke, problems with pregnancy, and lung disease.
 - Quitting can add four to eight years to your life.
- You will have more money. If you smoke one pack per day, quitting smoking could save you up to \$240 a month.

Average savings per month and year in Wisconsin (2018)

If you smoke (packs per day)	You pay (per day)	Quit and you can save (per month)	Savings per year
1	\$8.00	\$240	\$2920
2	\$16.00	\$480	\$5840
3	\$24.00	\$720	\$8760

What is the best way to quit?

Use this 3-step process.

1. Set a quit date.
2. Get help.
3. Take medicine.

Get Ready
Get Help
+ Get Medicine
Stay Quit!

Get ready

Set a quit date. No smoking after: _____

Change the things around you.

- Get rid of all cigarettes and ashtrays in your home, car, and place of work.
- Do not hang out with people who smoke or let people smoke in your home.
- Replace tobacco with healthier options to keep your hands and mouth busy. Try eating carrots or pretzel sticks, chewing gum, and drinking water.

Get help

- Know that there will be times in the first couple weeks that will be very hard.
- Tell your family, friends, and people you work with that you are going to quit. Ask for their support.
- Talk to your doctor, nurse, or other health care worker. They can help you quit.
- Use the resources listed below.

Get medicine

- Buy nicotine gum, the nicotine patch, or the nicotine lozenge at a drug store.
- Ask your pharmacist for more information.
- Ask your doctor about other medicines that can help you. Most health insurance will pay for these medicines.
 - Nicotine nasal spray – Zyban®
 - Nicotine inhaler – Chantix®

You can quit

Many people try 2 or 3 times before they quit for good. It is hard, but it can be done!

- Change your routine and keep busy.
- Reward yourself.
- Avoid places you connect with smoking.
- Take deep breaths when you have the urge to smoke.

Resources

These programs can help people who want to quit smoking. Some of the programs offer free coaching, assistance creating a quit plan, medicine and other resources.

- **Wisconsin Tobacco Quit Line**
1-800-Quit-Now (1-800-784-8669) or <https://ctri.wisc.edu/quit-line/>
- **Freedom from Smoking Program (American Lung Association).**
1-800-LUNGUSA (1-800-586-4872) or <http://www.lungusa.org/stop-smoking/>
- Visit **Smokefree.gov** for access to free information and resources, including smartphone apps, and text message programs.
 - Smokefree Teen: <https://teen.smokefree.gov/>
 - Smokefree Women: <https://women.smokefree.gov/>
- **Children's Community Health Plan (CCHP) Medicaid Members Only.** 414-266-3173
- **Children's Community Health Plan (Pregnant Women).** 414-266-3173

ALERT: Call your doctor, nurse, or clinic if you have any questions or concerns or if you have special health care needs that were not covered by this information.

This teaching sheet is meant to help you care for yourself. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.