

Kick your tobacco habit



You know that tobacco is bad for you. This is true whether you smoke, or use chewing tobacco or snuff. So, why not quit today? It's hurting your health, draining your wallet and leaving you behind in a world that's becoming tobacco-free. When you're ready, set a date to quit. And, stick to it. Don't let tobacco control you for one more day. Take charge of your habit and your health.

These quitting tips can help you stop smoking or chewing for good:

- ▶ **Go "cold turkey."** Tapering down is usually less successful than stopping all at once. Clear the air. Clean your clothes, car, carpet, furniture and draperies to get rid of any smoke smell. Also toss any smoking-related items such as ashtrays, matches and lighters. Get rid of these and any other triggers that may cause you to start up again.
- ▶ **Make a "no-strings" commitment.** Most people who quit for good do it alone. That is, they don't make a pact with a fellow quitter. If you team up with a buddy, his or her failure might make it easier for you to fail, too. On the other hand, quitting with someone can provide support and encouragement. Just keep in mind that you can quit even if your friend doesn't.
- ▶ **Reward yourself. Set goals.** Celebrate when you've reached a day, a week and a month tobacco-free. Do something nice for yourself when you meet each goal.
- ▶ **Spread the word.** Let everyone know that you're quitting. This will confirm your commitment. And, the support from those around you may help lift your spirits.
- ▶ **Talk with your doctor about aids for quitting.** Using a nicotine replacement therapy can greatly increase your chances of quitting. The nicotine patch and gum are popular choices that you can get over-the-counter. Nicotine lozenges, sprays and inhalers are also available. Be sure to ask your doctor if prescription medicines are right for you.
- ▶ **Consider speaking with a counselor or wellness coach, or joining a support group.** Get a little moral support from someone who understands. It can really help when your willpower is weakening.

When the going gets tough...

The first few weeks can be hard. Try to remember that it will get easier. In the meantime:

- ▶ **Plan ahead.** Cravings will hit when you least expect them, but will often come when you'd normally reach for tobacco. This could be when you're nervous, angry or sad. Instead, call a friend, run in place or munch on a healthy snack. Find out what distractions work best for you. Cravings should pass after a few minutes.
- ▶ **Create new daily routines.** Start exercising, revive an old hobby or start a new one. Go to places where you can't smoke or chew tobacco.
- ▶ **Keep your mouth busy.** Chew sugar-free gum or suck on a lollipop.
- ▶ **Keep your hands busy.** Doodle, snap a rubber band or play with a ball.
- ▶ **Watch your "tobacco money" pile up.** Keep track of everything you're saving, and plan to spend it on something you've always wanted.



Don't become discouraged if you slip up.

Many people try several times before they successfully quit. Just think of it as practice for when you quit for good.

Facts about the effects of smoking

- ▶ **Lung cancer is the leading cause** of cancer death among both men and women in the United States, and 90 percent of lung cancer deaths among men and about 80 percent of lung cancer deaths among women are due to smoking.¹
- ▶ **Smoking causes many other types of cancer, including cancers** of the throat, mouth, nasal cavity, esophagus, stomach, pancreas, kidney, bladder, and cervix, as well as acute myeloid leukemia. Men with prostate cancer who smoke may be more likely to die from the disease than nonsmokers.¹
- ▶ **It is never safe to smoke while pregnant.** Smoking lowers the amount of oxygen to you and your growing baby, and increases the risk of your baby being born prematurely or having respiratory problems, and the chances of stillbirth. It also increases the risk of certain birth defects like cleft lip or cleft palate, and the risk for sudden infant death syndrome (SIDS).²
- ▶ **There is no safe exposure to secondhand smoke.** When you are around a person who is smoking, you inhale the same dangerous chemicals they do. Breathing even a little secondhand smoke can be dangerous since it can cause lung cancer in nonsmoking adults.³
- ▶ **Chewing and smokeless tobacco also present risks to your health.** While the available evidence shows that smokeless tobacco may be less dangerous than cigarettes, long-term use of chewing tobacco and other smokeless tobacco products can cause serious health problems. There's no safe level of tobacco use. That's because chewing tobacco and other smokeless tobacco products can contain about 30 cancer-causing substances. Like cigarettes, smokeless tobacco also contains nicotine, which can cause you to become addicted.⁴
- ▶ **Cigarettes, cigars, smokeless tobacco and almost all e-cigarettes contain nicotine,** a substance as addictive as heroin, cocaine, or alcohol. Nicotine is not safe. During pregnancy, nicotine exposure harms the developing fetus, and can result in low birth weights, preterm delivery and stillbirth. It also negatively impacts brain development in

children, and nicotine use during adolescence and young adulthood has been associated with lasting cognitive and behavioral impairments, including effects on working memory and attention. In high enough doses, nicotine is also a poison – children have been harmed or even died from drinking e-cigarette liquid.⁵

E-cigarettes

E-cigarettes, e-pens, e-pipes, e-hookah and e-cigars are known collectively as electronic nicotine delivery systems (ENDS). According to the FDA, these devices allow users to inhale an aerosol (vapor) containing nicotine and/or other substances. The refillable cartridges used to load e-cigarettes and similar devices contain an e-liquid, made of nicotine extracted from tobacco and mixed with a base (usually propylene glycol), and may also include flavorings, colorings and other chemicals.

Early studies show that e-cigarettes may contain harmful chemicals as well, including carcinogens (substances capable of causing cancer in living tissue).⁶

The American Lung Association is concerned about e-cigarettes becoming a gateway to regular cigarettes, especially in light of the aggressive industry marketing tactics targeted at youth—including the use of candy flavors and the glamorization of e-cigarette use. For the first time ever, a national study released in December 2014 found e-cigarette use among teens exceeds traditional cigarette smoking. The study also found that e-cigarette use among eighth and tenth graders was double that of traditional cigarette smoking. Separate CDC studies have shown e-cigarette use among high school students increased by 61 percent from 2012 to 2013.

Please note: The FDA's Center for Drug Evaluation and Research has not approved any e-cigarette as a safe and effective method to help smokers quit. If you're ready to quit, call the toll-free Smokers Quitline in your state or talk with your doctors about using one of the seven FDA-approved medications proven to be safe and effective in helping smokers quit.⁷

Counseling and resources

To receive free phone counseling and information from specialists, complimentary self-help booklets, and a list of smoking cessation programs near you, call the toll-free Smokers Quitline in your state or one of the national organizations listed below.

- ▶ **State of Connecticut**
www.ct.gov/dph • 1-866-END-HABIT (1-866-363-4224)
- ▶ **State of New Jersey**
http://njquitline.org • 1-866-NJSTOPS (1-866-657-8677)
- ▶ **State of New York**
www.nysmokefree.com • 1-866-NY-QUITS (1-866-697-8487)
- ▶ **American Cancer Society**
www.cancer.org • 1-800-ACS-2345 (1-800-227-2345)
- ▶ **American Lung Association**
www.lung.org • 1-800-LUNGUSA (1-800-586-4872)
- ▶ **American Heart Association**
www.heart.org • 1-800-AHA-USA1 (1-800-242-8721)

¹ "Tobacco Facts and Figures." Facts About Smoking and Tobacco Use. Web. February 9, 2015. <<http://betobaccofree.hhs.gov/about-tobacco/facts-figures/index.html>>.

² "Tobacco Use and Pregnancy." Tobacco Use and Pregnancy. Web. February 9, 2015. <<http://betobaccofree.hhs.gov/health-effects/pregnancy/>>.

³ "Secondhand Smoke." Secondhand Smoke Health Effects. Web. February 9, 2015. <<http://betobaccofree.hhs.gov/health-effects/secondhand-smoke/index.html>>.

⁴ <http://www.mayoclinic.org/healthy-lifestyle/quit-smoking/in-depth/chewing-tobacco/art-20047428?pg=2>

⁵ <http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

⁶ <http://www.lung.org/stop-smoking/smoking-facts/nicotine.html>

⁷ "American Lung Association Statement on E-Cigarettes: <http://www.lung.org/our-initiatives/tobacco/oversight-and-regulation/statement-on-e-cigarettes.html>.

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