

Smoking and Tobacco Cessation Advice

Thank you for choosing Wake Forest University Baptist Medical Center. Please let us know if you have questions or concerns or do not understand the information we give you. Always ask us to explain words or phrases you do not understand.

Are you tired of hurting your health? Spending your money on cigarettes, cigars, chewing tobacco, or snuff? Having bad breath and stained teeth? Then you may be ready to quit smoking or using tobacco products.

Smokeless does not mean harmless. If you hold an average size dip or chew in your mouth for 30 minutes, you get as much nicotine as you do from about 3 cigarettes. It's hard to quit smoking, chewing or dipping and it will take effort to quit. But your health is worth it!

What Can You Do?

If you are one of the many people who want to quit, try some of these tips:

- ♦ Set a "quit date." Tell your family and friends you are going to quit so they can support you.
- ♦ Throw away all tobacco products, lighters, and ashtrays, including the one in your car.
- ♦ Know when you will crave tobacco. A craving will last only about 3 to 5 minutes. Write down things you can do during those times. For instance, you might walk the dog, ride a bike, brush your teeth, call a friend, read, take deep breaths to relax, watch TV. Know that the urge to smoke, dip, or chew will pass.
- ♦ Think of things you can do with your hands if you do smoke.
- ♦ Carry things to put in your mouth such as sugar-free gum or candy, a toothpick, sunflower seeds, raisins, etc.
- ♦ The first few days after you quit, don't hang around people who smoke or use tobacco. Avoid places where you used to smoke or want a chew or dip.
- ♦ Ask others not to smoke, chew, or dip around you or leave tobacco products where you can find them.
- ♦ If your family smokes, have at least one room in the house that is a non-smoking room.
- ♦ Take quitting one day at a time. Pat yourself on your back or reward yourself for getting through the day without using any tobacco.
- ♦ Get help if you need it. Resources are listed on the last page. You can find more information on how to quit, group classes to help you quit, and counselors you can contact by phone or on a computer. Most of the phone and computer sessions are free.
- ♦ We have several videos with tips on how to quit smoking. You can ask your nurse how you can watch these videos on the TV in your room or you can call in your request. Using the phone in your room, dial 6-7891.



Follow the voice prompts. Press number 1 to “watch a video.” The voice prompt will ask for a three digit code for the video you wish to watch. The code numbers and video titles are listed below:

413 – Guide to Stop Smoking
421 – How to Beat Cigarettes

435 – Smoking: Getting Ready to Quit
440 – Teens and Tobacco

What are the Benefits of Quitting? _____

Write down why **you** want to quit. When you feel yourself slipping, review your list. Some reason’s to quit might be to:

- ♦ Have better health and lower the risk for cancer, lung, and heart disease.
- ♦ Feel in control of your life.
- ♦ Set a good example for your children.
- ♦ Protect your family’s health from second-hand smoke.
- ♦ Have more energy.
- ♦ Breathe better; no more coughing.
- ♦ Better smelling breath and less stain on your teeth.
- ♦ Save money by not buying tobacco products.
- ♦ Smell and taste food better.

How Can You Cope with Withdrawal? _____

Not everyone who quits using tobacco products will have withdrawal symptoms. For those who do have withdrawal, the symptoms will not last long. They may last for a few days after quitting to a week or so. Here are some tips to help you cope with withdrawal.

- ♦ Exercise and get plenty of rest if you feel grouchy or nervous, have trouble sleeping, or feel tired and weak.
- ♦ Sit down if you feel dizzy. The feeling will soon pass.
- ♦ Eat foods high in fiber, such as grain products, fruits and vegetables to prevent constipation.
- ♦ Try to avoid stress. Relax or take deep breaths through your nose and breathe out slowly through your mouth if you feel stressed. We have a channel with soothing music and nature scenes to help you relax. Turn to Channel 5 any time you feel stressed or restless while you are in the hospital.
- ♦ Call a friend if you feel depressed.
- ♦ More than likely you will gain some weight. Most people do not gain more than about 10 pounds. To decrease your weight gain you should:
 - Eat regular meals.
 - Eat things like fresh fruit, popcorn, vegetable sticks for snacks.
 - Drink extra water to help you feel full.
- ♦ Drink plenty of fluids like water and fruit juice to help flush nicotine out of your system. But don’t drink fluids with caffeine in it like sodas, coffee, and tea.

What are some Resources to Help You Quit?

Most people have trouble quitting. Some people quit several times before they stop for good. If you start smoking, dipping, or chewing again, you are not a failure. Remember your reasons for quitting and what helped you quit before. Then, Quit Again! Each time you quit tobacco products, it will be easier. Don't give up! If you have trouble quitting, ask your doctor if other treatments/medicines might be right for you.

There are lots of people alive today who quit using tobacco products. Get help if you need it. Ask your doctor for advice. Also, there are many groups that offer written materials, programs and advice to help you quit for good. For more information, try:

American Cancer Society
1-800-ACS-2345 (1-800-227-2345)
www.cancer.org

American Heart Association
1-800-AHA-USA-1 (1-800-242-8721)
www.americanheart.org

American Legacy
(For pregnant smokers, but will help anyone.)
www.americanlegacy.org/greatstart/html -
(online counselor)
1-866-667-8278 (phone counselor)

American Lung Association
1-800-892-5662
www.lungusa.org/tobacco
www.lungnc.org
www.ffsonline.org (online counselor)

Breath of Fresh Air (for women)
Wake Forest University School of Medicine
(336) 713-4720 (Phone Counseling)

Cardiac & Pulmonary Rehab.
Wake Forest University
Baptist Medical Center
Smoking program (336) 713-8855

Centers for Disease Control and Prevention
www.cdc.gov/tobacco

Boston University School of Public Health
www.quitnet.com

Forsyth County Public Health Dept. (smoking program)
(336) 703-3219

Fresh Start
American Cancer Society (smoking program)
(336) 834-0844

National Cancer Institute
<http://cancer.gov/cancerinfo/tobacco> (online counselor)
www.smokefree.gov (online counselor)
1.877.44U-Quit (phone counselor)

www.smokeclinic.com

National Oral Health Information Clearinghouse
www.nohic.nidcr.nih.gov/health/newsandhealth/spitTobacco

National Spit Tobacco Education Program
www.nstep.org

N.C. Tobacco Use Quit Line
1.800.784.8669
8 am – 12 noon
(multiple languages)
www.quitnowNC.org (online counselor)

Office of the Surgeon General
www.surgeongeneral.gov/tobacco

Wake Forest University Tobacco Intervention Clinic
Department of Family Medicine (smoking program)
(336) 716-4479

