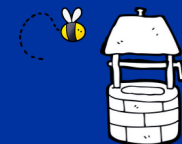


TIPS TO QUIT SMOKING



STEP 1: SET A QUIT DATE

Is your favorite day the middle of the week? What about the end? Pick your best day from the next couple of weeks. Plan to do something fun for yourself and plan to stop smoking on that day.

STEP 2: TELL FRIENDS AND FAMILY

Who do you go for support? Seek them out and tell them you are quitting. Join Freedom From Smoking classes. Call 1-800-QUIT-NOW. There are lots of ways to get support when you quit.



STEP 3: PLAN FOR ROUGH MOMENTS

Plan ahead for what you will do when you get stressed or when you crave or experience nicotine withdrawal. You can do it! Keep trying until you find what works for you. A walk. Music. Something funny.



STEP 4: GET RID OF ALL TOBACCO AND TOBACCO PRODUCTS

Having a fresh, clean house free of tobacco makes it easiest to stay quit. Get rid of tobacco, ashtrays, lighters, and anything else associated with smoking.



STEP 5: TALK TO A HEALTH PROFESSIONAL

Health care professionals can discuss what medicines might be best to help you manage nicotine withdrawal when you quit. They can also discuss whether other medicines you take might work differently once you quit.



MEDICINES TO HELP YOU QUIT SMOKING

You can quit. Medicine may help you quit.



Nicotine is addictive. When you stop smoking, you might:

CRAVE cigarettes feel NERVOUS get CRANKY
get HEADACHES have trouble SLEEPING feel DEPRESSED

This could be nicotine withdrawal. There are medicines that can help you deal with these symptoms and help you adjust when you quit.

.....
When you quit smoking, you:

improve  health

 signs of aging

 cancer risk

 LUNG health

.....
Other Medicines to Help You Quit

There are prescription medicines that may help you quit.



They may help you with withdrawal symptoms. Talk to your health professional to discuss if this is right for you.

For more information, visit www.bhwell.uky.edu or contact Chizimuzo Okoli, PhD, RN, MSN, MPH, CTTS at ctokoll@uky.edu or 859-323-6606

Nicotine Replacement Products



Nicotine Replacement Therapy, helps manage nicotine withdrawal symptoms while quitting. It replaces the nicotine from the cigarette without the other harmful chemicals in cigarettes and other tobacco products.

Check with your health provider to see what product might work best for you.

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FDA-Approved Nicotine Replacement



Nicotine Patch



Nicotine Lozenge



Nicotine Gum

Talk to your health provider about a prescription for nasal spray or an inhaler.

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Other Things To Consider

Talk to your healthcare provider BEFORE taking Zyban (Bupropion) or Chantix (Varenicline) if you have depression or other mental health problems.

Talk to your healthcare provider about other times you may have tried to quit and experienced symptoms.

Talk to your healthcare provider if you experience any side effects including thoughts or attempts of suicide, new or worse depression, and any other unusual change in behavior.