

You Can Quit Smoking!



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Call Parkland's Smoking Cessation Clinic at (214) 590-5603

If you are trying to quit smoking:



Congratulations! You have chosen to help yourself be more healthy! Cigarettes bring nicotine, tar, carbon monoxide, and other irritants into your body. Your lungs, heart and blood vessels will all be able to work better without these poisons.

There are lots of different ways to quit smoking, such as nicotine gum, nicotine patches, nicotine inhaler, nicotine nasal spray, hypnosis, support groups, medicines that help lessen the craving and pleasure of smoking, and going "cold turkey". Which ever way you are using, here are some tips that may help you.

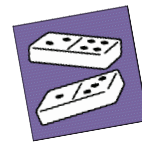
- Learn to predict your moods. Don't let a bad situation be your 'excuse' to have a cigarette. Some situations in your life might tempt you into wanting a cigarette. Have something planned to do right after eating or having a cup of coffee.

- Take a walk or get other exercise to perk you up. This will help to keep you from overeating.



- Try a relaxation exercise to calm you down and lessen your stress. Remember, you may be tense and nervous in the first two weeks after you quit, but this will pass.

- Find new activities to keep your hands busy. Play with a pen, coin or rubber band. Doodle, or draw things on paper.



- Brush your teeth right after eating. This will help cut down the craving for the taste of tobacco after meals. You can try mouthwash, too.



- Try gum, breath mints or diet candy to keep something in your mouth.



- Never have 'just one' cigarette.  It leads to wanting another and another.



- Remind yourself of your decision to quit. On a 3 x 5 card make a list of your reasons for not smoking. Read it at least the same number of times a day as you have a cigarette.

- Ask someone at home or work to help you with your plan to quit smoking.



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If you are still smoking:

- Don't stock up on cigarettes. Never buy a carton. Wait until one pack is finished before you buy another one.
- Never carry cigarettes with you at work or at home. Keep them as far from you as possible. Leave them with someone else.
- Never carry matches or a lighter with you.
- Always ask yourself "Do I need this cigarette or is this just a reflex?"
- Tell yourself "Today, I choose not to smoke", or "I don't want to smoke". This way you remind yourself of your decision to quit, even if you do smoke a cigarette.
- Bet with someone that you can quit. Put cigarette money in a piggy bank every morning. If you smoke, forfeit the money. If you don't smoke, by the end of the week, you keep the money.
- Don't give up – it takes 21 day to change a habit!



**Call Parkland's Smoking Cessation Clinic
(214) 590-5603
to make your appointment.**

**If you are a patient at one of Parkland's COPCs,
call Jacqui Stephens (214) 266-1222**