

Quit tips

Quitting tobacco is difficult for multiple reasons. First, nicotine is a highly addictive drug; as addictive as cocaine and heroin. Second, tobacco use is often associated with common daily events such as driving, drinking coffee or talking on the phone. Most people attempt to quit many times before finding success. If at first you do not succeed, try, try again. It is never too late to quit.

Reasons to quit

- If you are pregnant, quitting smoking will improve your chances of delivering a healthy baby. It is important to remain quit, as babies who are exposed to secondhand smoke after birth are more likely to die from sudden infant death syndrome.
- The average smoker spends \$1,500- \$3,000 a year on cigarettes, imagine what you could do with the extra money.
- Children with parents who smoke are twice as likely to smoke. Secondhand smoke exposure in infants and small children can cause ear infections, bronchitis, and pneumonia and causes more frequent and severe attacks for children with asthma.
- Tobacco use can cause cancer, heart disease and emphysema. After one year of quitting, the likelihood of a heart attack is cut in half.



Get Ready

- Set a quit date.
- Get rid of all tobacco supplies including cigarettes, lighters, matches and ashtrays.
- Post your reasons for quitting in locations where you will see them often.
- Talk with your health care provider for advice and to discuss the option of medications. These medications are approved to help you quit:
 1. Nicotine patches, gum and lozenges are available over the counter at a drug store.
 2. Nicotine inhaler, nasal spray, Varenicline (Chantix) and Bupropion (Wellbutrin, Zyban), are available with a prescription.

Get Support and Encouragement

You have a better chance of success with help. You can get support in many ways:

- Tell your family, friends and co-workers you are going to quit and need their support.
- Invite other tobacco users to quit with you.
- Ask others not to use tobacco around you.
- Find a quit specialist. Counseling doubles the chance your quit attempt will be successful. Call the Ohio Tobacco Quit Line at 1-800-QUIT-NOW (1-800-784-8669) for free telephonic counseling.

Tips for a successful quit:

- Take deep breaths.
- Drink lots of water and avoid caffeine.
- Do something to avoid focusing on tobacco cravings.
- Avoid drinking alcohol which can lower your chances of success.
- Avoid gaining weight during the quit attempt by snacking on healthy foods.
- Avoid situations where tobacco use is likely to occur.



Everyone can quit smoking. Call the Ohio Tobacco Quit Line today at 1-800-QUIT-NOW (1-800-784-8669), for TTY: 1-888-229-2182; or log on to <https://Ohio.quitlogix.org>.