

You Can Quit

*Most people try several times before they quit for good. Quitting is hard, But—
You Can Quit Smoking.*

Good news for ex-smokers:

- Ø After 1 year off cigarettes, the excess risk of heart diseases caused by smoking is reduced by half.
- Ø After 15 years of abstinence, the risk is similar to that of persons who have never smoked.
- Ø In 5 to 15 years, the risk of stroke for ex-smokers returns to the level of those who have never smoked
- Ø Male smokers who quit between ages 35 to 39 add an average of 5 years to their lives. Female quitters in this age group add 3 years.
- Ø Men and women who quit at ages 65 to 69 increase their life expectancy by 1 year.

The 1990 Surgeon General's Report.

*For more Information Contact IC Bureau,
Ministry of Health
Tel No. 975-2-323116, 324663, Fax 323832.
Thimphu Bhutan*

You can Quit Smoking!

There Has Never Been a

Better Time to Quit



*Designed and Produced by: IC Bureau, Ministry of Health,
Thimphu Bhutan and
Issued in Interest of the Public Dec 2004*

Good Reasons for Quitting:

Globally more than 4 million deaths occur in a year from tobacco related causes. Tobacco claims a life every 8 seconds! Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.

When you quit:

- Ø Your chances of getting sick from smoking will be less.
- Ø You will have more energy and breathe easier and smell better.
- Ø If you are pregnant, your baby will get more oxygen and be healthier.
- Ø The people you live with, especially your children, will be healthier. Breathing in other people's smoke can cause asthma and other health problems.
- Ø You will have more money to spend on things other than cigarettes.

Get Ready to Quit:

1. Set a quit date.

My quit date: _____

2. Change the things around you.

- Get rid of all cigarettes and ashtrays in your home, car, and place of work.

- Do not let people smoke in your home.
- Distract yourself from urges to smoke.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.

3. After you quit, don't smoke—not even a puff!

Get support and encouragement:

- Tell your family, friends, and co-workers you are quitting.
- Ask for their support
- You can talk to your doctor or other health care provider.
- Get together with other people who are trying to quit.

Helpful Hints to Stay Quit:

If you "slip" and smoke, don't give up. Set a new date to get back on track.

- Ø Avoid alcohol.
- Ø Avoid being around smokers.
- Ø Eat healthy food and get exercise.
- Ø Keep a positive attitude. You can do it!

stop. In the course of attempting to quit, smokers may have slip-ups (a brief resumption of smoking, followed by renewed abstinence) or relapses (a slip-up which initiates a complete resumption of smoking, resulting in an unsuccessful attempt). According to the stages of change model, relapse is often a normal part of the cessation process, and should not be viewed as a failure.

Question: *How do most people stop smoking? What is the 'natural history' of smoking cessation?*

Response: Research has shown that people move through a number of distinct stages in the process of quitting. Surveys have shown that over 90% of ex-smokers quit alone, without any professional help whatsoever.

Question: *If you make cigarettes hard to buy for youth, might not this add to their mystique and make them all the more attractive?*

Response: There is little if any quality experimental evidence on this because it would require a controlled trial of similar populations where children were given free access to tobacco products, comparing this with a control group subject to restrictions. This has never happened and is unlikely to.



*For more Information Contact IC Bureau,
Ministry of Health.
Tel.No. 975-2-323116, 324663, Fax.No. 323832
Thimphu Bhutan.*

Frequently Asked Questions about Quitting Smoking



*Designed/Produced by: IC Bureau, Ministry of Health
Thimphu Bhutan and
Issued in Interest of the Public, Dec 2004.*

. Are you or someone you know trying to quit Smoking? If so, the following information may help you.

Question: *Why should I quit?*

Answer: You will live longer and feel better. Quitting will lower your chances of having a heart attack, stroke, or cancer. The people you live with, especially children, will be healthier. If you are pregnant, you will improve your chances of having a healthy baby. And you will have extra money to spend on things other than cigarettes.

Question: *What is the first thing I need to do once I've decided to quit?*

Answer: You should set a quit date—the day when you will break free of your tobacco addiction. You can even consider visiting your doctor or other health care providers. They can provide you with practical advice and information.

Question: *How will I feel when I quit smoking? Will I gain weight?*

Answer: Many smokers gain weight when they quit, but it is usually less than 10 pounds. Eat a healthy diet, stay active, and try not to let weight gain distract you from your main goal—quitting smoking.

Question: *Some of my friends and family are smokers. What should I do when I'm with them?*

Answer: Tell them that you are quitting, and ask them to assist you in this effort. Specifically, ask them not to smoke or leave cigarettes around you.

Question: *What kinds of activities can I do when I feel the urge to smoke?*

Answer: Talk with someone, go for a walk, drink water, or get busy with a task. Reduce your stress by taking a hot bath, exercising, or reading a book.

Question: *How can I change my daily routine, which includes smoking a cigarette with my breakfast?*

Answer: When you first try to quit, change your routine. Eat breakfast in a different place, and drink tea instead of coffee. Take a different route to work.

Question: *I like to smoke when I have a drink. Do I have to give up both?*

Answer: It's best to avoid drinking alcohol for the first 3 months after quitting because drinking lowers your chances of success at quitting. It helps to drink a lot of water and other nonalcoholic drinks when you are trying to quit.

Question: *I've tried to quit before and it didn't work. What can I do?*

Answer: Remember that most people have to try to quit at least 2 or 3 times before they are successful. Review your past attempts to quit. Think about what worked—and what didn't—and try to use your most successful strategies again.

Question: *How many serious attempts to stop does the typical smoker make before finally stopping for good?*

Answer: In general, it takes a number of attempts to quit successfully. On average, those who finally succeed will have made about three or four unsuccessful attempts to

Exercise regularly and moderately.

Regular exercise helps.

Get more sleep.

Try to go to sleep earlier and get more rest.

Take deep breaths.

Distract yourself. When cravings hit, do something else immediately, such as talking to someone, getting busy with a task, or taking deep breaths.

Change your habits.

Use a different route to work, eat breakfast in a different place, or get up from the table right away after eating.

Do something to reduce your stress.

Take a hot bath or shower, read a book, or exercise.

Psychological Needs

Remind yourself every day why you are quitting.

Avoid places you connect with smoking.

Develop a plan for relieving stress.

Listen to relaxing music.

Watch a funny movie.

Take your mind off a problem and come back to it later.

Rely on your friends, family, and support group for help.

Avoid alcohol. It lowers your chances for success.

*For more Information Contact ICBureau,
Ministry of Health.*

*Tel.No. 975-2-323116, 324663, Fax.No. 323832,
Thimphu Bhutan*

YOU CAN
QUIT
SMOKING



*Designed/Produced by: ICBureau, Ministry of Health,
Thimphu Bhutan and
Issued in Interest of the Public, Dec 2004.*

You Can Quit Smoking

The Countdown

4 Days Before Your Quit Date

- Think about your reasons for quitting.
- Tell your friends and family you are planning to quit.
- Stop buying cigarettes.

3 Days Before Your Quit Date

- Pay attention to when and why you smoke.
- Think of other things to hold in your hand instead of a cigarette.
- Think of habits or routines to change.

2 Days Before Your Quit Date

- What will you do with the extra money when you stop buying cigarettes?
- Think of who to reach out to when you need help.

1 Day Before Your Quit Date

- Put away lighters and ashtrays.
- Throw away all cigarettes and matches.
- Clean your clothes to get rid of the smell of cigarette smoke.

Quit Day

- Keep very busy.

- Remind family and friends that this is your quit day.
- Stay away from alcohol.
- Give yourself a treat, or do something special.

Smoke Free

Congratulations!!!

If you “slip” and smoke, don’t give up. Set a new date to get back on track.

- Eat healthy food and get exercise.

You Can Quit Smoking

Tips for the First Week

Nicotine is a powerful addiction. If you have tried to quit, you know how hard it can be. People who are trying to quit smoking go through both physical and psychological withdrawal. Here are some tips for quitting.

Cravings

Drink a lot of liquids, especially water.

Try herbal teas or fruit juices. Limit coffee, soft drinks, or alcohol—they can increase your urge to smoke.

Avoid sugar and fatty food.

Try low-calorie foods for snacking—carrots and other vegetables, sugarless gum, air-popped popcorn, or low-fat cottage cheese - Don’t skip meals.