

If you decide to quit smoking...



Skills for quitting

This is number five of eight sections of the QuitAssist® Resource Guide.



The more you know about how to quit, the better your chances for success²

When it comes to quitting smoking, there's no one way that works for everyone. A good way to start is to get as much information as you can, and decide on a plan that's right for you.

Welcome to QuitAssist®

QuitAssist® is an information resource sponsored by Philip Morris USA. It's designed to help you connect with a wealth of expert quitting information available—usually for free—from government agencies, universities, and respected nonprofit organizations. This QuitAssist® guide points the way to programs, telephone quitlines, websites, guides, and more that can help you find your own path to success.

You can also visit QuitAssist® Online at www.philipmorrisusa.com

From there, you can link directly to dozens of resources to help you move ahead and leave cigarettes behind.



"I carried a little notebook, and wrote down what was going through my mind. To write and reread it gave me perspective on the situation I was stressed about: 'Wow, day one I thought I was going to die. And now, it's day nine and I don't feel so bad.'"

—Nissa, smoke-free for 18 months

The quotes from ex-smokers throughout this guide are intended to offer insight as to why particular individuals chose to quit smoking and their experiences in doing so. Your own quitting experience may vary. The photographs and names are illustrative only and are not those of the quoted ex-smokers.

> Skills for quitting

You may not think of quitting smoking as a skill, but in some ways, it's like riding a bike. You figure out how to move forward, keep your balance, and get where you want to go. And if you should fall, you can get up and keep on going.

Learn and practice new routines and behaviors

- Plan ways to distract yourself when the urge to smoke strikes: Take a 2-minute walk, call a friend. Use nicotine gum or lozenges (*see the next section for more*).
- Have other things nearby that you can hold in your hands (*or put in your mouth*), like a pen, carrot sticks, or fat-free popcorn.
- Look for fun activities that don't include smoking to reward yourself and reduce stress: a hot bath, a walk with a friend.

For more help with changing your routines, go to www.myclearhorizons.com (under "Getting Ready;" click on "Try Habit Breaking")

Be prepared to manage withdrawal symptoms

- The first few days after quitting, your throat may feel dry and your cough may get worse. This is actually a good sign; your body is clearing mucous from your airways. You may even feel dizzy from the extra oxygen!

Skills for quitting *(continued)*

- Keep a glass of ice water or juice handy, and stock up on sugarless hard candy or gum to handle cravings for something in your mouth.
- In the first week or two, you may have trouble sleeping or be bothered by constipation or gas. Cut out caffeine in the afternoon and evening, and eat more raw fruits and vegetables or high-fiber cereal.
- Irritability and tiredness can last for two to four weeks. Don't push yourself too hard at this stage. Take naps if you can. You'll feel better soon as the nicotine clears from your system and your body adjusts.⁸
- Cravings for cigarettes are usually the worst during the first two or three days. You can wait out the urge by distracting yourself with something else. You might picture the urge as a big wave; if you can surf along with it and keep your balance, it will ebb away in a few minutes.
- Consider taking a class or reading a book about relaxation techniques or meditation. Or just take a ten-minute break: Close your eyes. Check for tense spots from head to toe, and relax those muscles. Now, breathe in and out naturally, and mentally repeat some calming words such as "relax, relax."

For more tips on managing withdrawal symptoms, go to http://cancercontrol.cancer.gov/tcrb/Clearing_the_Air/symptoms.html

"One of the nice things I noticed after I quit, even though I felt agitated, was that I could devote myself to a project for hours without having to say, 'Well, two more minutes and I can go out for a cigarette.' I like that freedom."

—Kyle, smoke-free for 30 months



References

- 1 Husten C, Jackson K, Lee C: Cigarette smoking among adults – United States, 2002. *Morbidity and Mortality Weekly Report*, May 28, 2004, p. 428.
- 2 Dunston A, August 2003. Kicking Butts in the Twenty-First Century: What modern science has learned about smoking cessation, New York: American Council on Science and Health, p. 8.
- 3 National Cancer Institute, NIH publication no. 03-1647: “Clearing the Air: Quit Smoking Today.” September 2003, p. 5.
- 4 U.S. Department of Health and Human Services: *Women and Smoking: A Report of the Surgeon General*. 2001, p. 307.
- 5 *You Can Quit Smoking. Consumer Guide*, June 2000. U.S. Public Health Service. www.surgeongeneral.gov/tobacco/quits.htm
- 6 Pederson L, Bull SB, Ashley MJ, Mac Donald JK: Quitting smoking: why, how, and what might help. *Tobacco Control*, vol. 5, 1996, p. 209-214.
- 7 Murray RP, Johnston JJ, Dolce JJ et al: Social support for smoking cessation and abstinence: The Lung Health Study. *Addictive Behaviors*, vol. 20, 1995, p. 159-170.
- 8 National Cancer Institute, NIH publication no. 03-1647: “Clearing the Air: Quit Smoking Today.” September 2003, p. 17.
- 9 National Cancer Institute, NIH publication no. 03-1647: “Clearing the Air: Quit Smoking Today.” September 2003, p. 18.
- 10 A clinical practice guideline for treating tobacco use and dependence: A U.S. Public Health Service Report. *Journal of the American Medical Association*, 283(24), June 28, 2000, p. 3244-3254.
- 11 Dunston A, August 2003. Kicking Butts in the Twenty-First Century: What modern science has learned about smoking cessation, New York: American Council on Science and Health, p. 15.
- 12 Fiore MC, Hatsukami DK, Baker TB: Effective tobacco dependence treatment. *JAMA*, 288(14), October 9, 2002, p. 1768-1771.
- 13 A clinical practice guideline for treating tobacco use and dependence: A U.S. Public Health Service Report. *JAMA*, 283(24), June 28, 2000, p. 3244-3254.
- 14 Dunn AL, Marcus BH, Kampert JB et al: Comparison of lifestyle and structured interventions to increase physical activity and cardiorespiratory fitness: A randomized trial. *JAMA*, 281(4), January 27, 1999, p. 327-334.
- 15 Stead, LF; Lancaster, T; Perera, R: Telephone counseling for smoking cessation. *Cochrane Database of Systematic Reviews*, 2004.



Success is the sum of
small efforts, repeated
day in and day out.

—Robert Collier



Editor/Writer
Cheryl K. Olson, Sc.D.
Harvard Medical School

Review Board
Jonathan Bloomberg, M.D.
University of Illinois College
of Medicine

Rafael Art. Javier, Ph.D., ABPP
St. John's University

Jed E. Rose, Ph.D.
Duke University Medical Center

Robert L. Sokolove, Ph.D.
Boston University School
of Medicine

The organizations that the Editor/Writer and Review Board members are affiliated with are listed for identification purposes only and do not imply the individual organizations' endorsement or participation in the creation of this guide.

This guide is not intended to offer medical or psychological advice.

This guide contains citations to a number of third-party information sources, including websites, telephone resources and other organizations with additional information. These third-party information sources are not maintained by Philip Morris USA and may change without notice. These third-party resources may have changed since this guide was created. For the most recent QuitAssist® information please visit www.philipmorrisusa.com. The inclusion of these sources in no way indicates their endorsement, support or approval of the contents of this guide or the policies or positions of Philip Morris USA.