

If you decide to quit smoking...



Get ready

This is number three 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.

› Get ready

Plan and prepare—that's the first key to quit-smoking success.

- › Choose a specific quit date—perhaps your birthday or anniversary, or your child's birthday—and mark it on your calendar. If you give yourself at least a month to prepare, you're more likely to succeed than if you decide New Year's Eve to quit the next day. Pick a week when your stress level is likely to be low.
- › Think about all the ways that quitting smoking will improve your life and your health. Make a list to remind yourself.
- › Get rid of temptations and reminders of smoking. Throw out all of your cigarettes. Remove ashtrays from your home, car, and workplace.
- › If you've tried to quit before, think about what you learned from those attempts. Are there certain people, places, feelings, or activities that encourage you to smoke? Plan to avoid them as much as you can.

For more tips like these, go to
www.ahrq.gov/clinic/tobacco/tearsheet.pdf

(continued)



“The main reason I quit was because my wife got pregnant. Also, I noticed my younger brother was starting to pick up the habit. I said, ‘Man, don't do it. It's not good.’ And he says, ‘Well, you stop.’ So it was a brotherly challenge kind of thing, too.”

—Curtis, smoke-free almost 3 years

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.

You can do it

It doesn't matter whether you've tried to quit a dozen times. You are not a bad person or a failure if you slip. You are taking on a big challenge. Learn from it and start again. If you take time to prepare and plan and get support from others, you can break free from smoking.

Here are some questions to think about as you get ready to quit.* (Write down your answers.)

1. Why do I want to quit?

2. When I tried to quit in the past, what helped and what didn't?

3. What will be the most difficult situations for me after I quit? How will I plan to handle them?

4. Who can help me through the tough times? My family? Friends? Health-care provider?

5. What pleasures do I get from smoking? What ways can I still get pleasure if I quit?

*Quoted from: The U.S. Public Health Service; www.surgeongeneral.gov/tobacco/quits.htm

Here are some questions to ask your doctor or other health-care provider.*

- How can you help me to be successful at quitting?
- What medication do you think would be best for me and how should I take it?
- What should I do if I need more help?
- What is smoking withdrawal like?
- How can I get information on withdrawal?

*Quoted from: The U.S. Public Health Service; www.surgeongeneral.gov/tobacco/quits.htm

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

—Robert Collier



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