

# Learning to QUIT

A simple guide  
to quit smoking.



**Smoking is an addiction.** Get support.  
Conquer cravings. Learn to quit.



**It's true –**  
it is never too early  
or too late to quit

**Q**uitting smoking at any age can help.

Quitting by 35 means your health can recover as well as someone who has never smoked. Cutting your risk of early death in half!

35 and beyond – Quitting smoking at any age means decreasing your risk or stopping the progress of many chronic diseases caused by smoking; such as heart disease and COPD.

Each time you smoke a cigarette, you're exposed to more than 70 cancer-causing chemicals or carcinogens.

When you quit smoking, your body begins to repair itself almost immediately.

Within just 20 minutes, your heart rate calms. After 8 hours breathing becomes easier. And within just 24 hours after quitting, your chance of heart attack decreases.



Even smoking five or fewer cigarettes per day can result in early signs of heart disease.



**CIGARETTES, NOT YOUR FRIEND** | Smoking can increase anxiety and stress. That relaxing feeling you get from smoking is just relief from nicotine withdrawal.

# Getting a plan – preparing for the journey



**1 Know your reasons for quitting smoking.** This can help you through tough times.



**2 Set your quit date –** avoid stressful dates.



**3 Line up support –** your health care provider, a Quitline Coach, family, or friends.



**4 Get your quit-smoking medications** before your quit date.



**5 Build a quit kit –** distractions like toothpicks, sunflower seeds, games, books.



**6 Know what makes you want to smoke** and plan coping strategies to help manage or prevent cravings or urges.



**7 Mini-quits,** practice helps! Try “quitting” your first cigarette of the day – take a shower or walk instead. Try different times and coping skills.



**8 Throw out all your tobacco.** Yes, all of it.



**9 Stressed? Remember to breathe.** Slowly breathe in deeply through your nose and out through your mouth. Repeat.



**10 Slip up or relapse? Don't give up!** It takes a few tries before quitting for good. Get back on track and remember your reasons to quit.



Take it one craving at a time. Cravings only last about 5 to 10 minutes.



**NICOTINE DOES NOT CAUSE CANCER | Tar in cigarette smoke causes cancer.** Nicotine in cigarettes keeps you smoking, but the other harmful chemicals in cigarettes make smoking dangerous.

# Setting yourself up for success – support and medication

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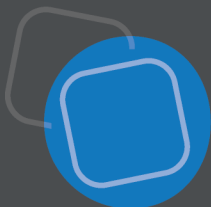
Medication plus support from a Quitline Coach and/or your health care provider can double your chances of quitting smoking successfully.

Smoke 10 or more cigarettes per day?  
Try combination nicotine replacement therapy to improve your chances of quitting and staying quit.

## What is combination therapy?

Using the nicotine patch with the gum or lozenge.  
For the best results, **use your medications as directed and don't cut the treatment short.**

## How it works



The patch gives you a steady dose of nicotine throughout the day.



The gum or lozenge work fast to stop cravings in their tracks!

Take this card with you on your next health care appointment.

## TALKING WITH YOUR HEALTH CARE PROVIDER:



Increase your success in quitting smoking! Try saying –

1

I'm thinking about quitting smoking, can you help me?



2

What quit-smoking medications would you suggest?



3

Could you prescribe me medications covered by my health plan?

Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline.





# Support –

why you should consider  
your health care provider.

**Health plan benefits** – Most health insurance, including Medicaid, can cover the cost of quit-smoking medications like the nicotine patch. When you talk with your health care provider for support, they can also provide you with a prescription for medications required by most health plans.

**\*Not insured?** Try generic nicotine replacement therapies. They cost less and are as useful as brand-name products. Put the money you save by quitting smoking towards these medications.

**THINKING ABOUT  
QUITTING?**  
**TALK HEALTH CARE  
WITH YOUR PROVIDER**

For additional support:  
**1-866-697-8487 | [nysmokefree.com](http://nysmokefree.com)**



Carry this card  
with you on your  
next health care  
appointment.

A stylized brain outline filled with various symbols including a plus sign, a question mark, an exclamation mark, and a speech bubble. The background is a solid blue color with faint white icons of a stethoscope, a target, a speech bubble, a cross, a pill, a stopwatch, a laptop, a Wi-Fi signal, a dollar sign, and a smartphone.

For additional support:

**1-866-NY-QUITS**  
(1-866-697-8487)

**nysmokefree.com**

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**\*Not insured?** Check out the New York State of Health by visiting **nystateof-health.ny.gov**. Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline. Located in Roswell Park Comprehensive Cancer Center | Buffalo, NY | **1-866-NY-QUITS** (1-866-697-8487) | **nysmokefree.com** | Deaf, Hard of Hearing and Speech Disabled: Call the NY Relay Service at **7-1-1** (Voice or TTY), give the operator the Quitline number.