

# Tools to Quit

## Quit Tips:

- **Why Quit?** Write down ALL the reasons to quit that are important to you and think beyond health reasons.
- **Create your own smoke-free space.** Ask others not to smoke near you, in your home or car.
- **Plan ahead.** Picture yourself dealing with stress without smoking.
- **Relax and breathe.** Calm yourself and remember that urges to smoke don't last.
- **Rely on others.** Use a strong support network of family and friends.
- **Exercise.** Working out helps reduce urges to smoke.
- **Stay Positive.** Recommit everyday. Promise yourself that you won't smoke each day.
- **Jot it down.** Write down the day you want to quit and remember to keep trying!

## Counseling & Group Support:

Many smokers quit with support from individual counseling or group treatment. This should include regularly scheduled one-on-one or group meetings, or quitlines. The support group may take these steps to help you quit:

- Discuss smoking habits and willingness to quit
- Give self-help materials
- Offer success stories from peers
- Recommend drug treatment

## Over-the-Counter Remedies:

Nicotine replacement therapy (NRT) products can increase your success with quitting. NRT products contain small amounts of nicotine but not the hundreds of other harmful chemicals found in all tobacco products. They can help break nicotine addiction by slowly reducing cravings for nicotine and withdrawal symptoms.

Over-the-counter options to help you quit smoking:

- Nicotine gum
- Nicotine patches
- Nicotine lozenges

## Prescription Medication:

Your doctor can prescribe medications to help you quit smoking. Some inhalers and nasal sprays act much like over the counter nicotine replacement therapy. Other medications do not contain nicotine and work differently to help reduce your urge to smoke.

Prescription medications to help you quit smoking:

- Zyban® (Bupropion)
- Chantix® (Varenicline tartrate)
- Nicotine nasal spray
- Nicotine inhaler

Combining counseling with a prescription or over-the-counter medications proves most effective. To increase chances of success and to "Stay Quit," smokers should combine all forms of treatment.

**See Back for Available Resources**



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## **Quitlines:**

Quitlines are free, telephone based counseling programs that are available nationwide. When you call, you are teamed with a trained counselor who can help you develop a strategy for quitting or help you stay on your current program.

### **Quitlines Available:**

National Cancer Institute's Smoking Quitline: 1-877-44U-QUIT (1-877-448-7848)

Ohio/National Quitline: 1-800-QUITNOW (1-800-784-8669)

The Ohio Tobacco Quit Line offers free cessation services to uninsured individuals, Medicaid recipients and pregnant women.

*In Lorain County, there are several programs and facilities focused on quitting and prevention through counseling and family support. For further information contact:*

*Sue Keller, EMH Medical Center: 440-329-7512*

*Mara Barnes, Mercy Regional Medical Center - Pulmonary Rehab: 440-960-3812*

*Lorain County Alcohol & Drug Abuse Services: 440-282-4777 (x2230)*

*Alternative to Suspension: Tobacco classes/counseling for teens instead of school suspension due to tobacco use.*

*Saturdays 8am-12pm (\$40)*

## **For More Useful Information Visit:**

**American Lung Association:** [www.lungusa.org](http://www.lungusa.org)  
Lung HelpLine: 1-800-LUNGUSA (1-800-586-4872)  
Freedom From Smoking: [www.ffsonline.org](http://www.ffsonline.org)  
Quitter in You: [www.quitterinyou.org](http://www.quitterinyou.org)

**National Alliance for Tobacco Cessation:**  
Become an Ex: [www.becomeanex.org](http://www.becomeanex.org)

**National Cancer Institute:** [www.cancer.gov](http://www.cancer.gov)  
Cessation: [www.smokefree.gov](http://www.smokefree.gov)  
Hotline: 1-800-4-CANCER (1-800-422-6237)

**American Cancer Society:** [www.cancer.org](http://www.cancer.org)

**Centers for Disease Control and Prevention (CDC):**  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

**American Heart Association:** [www.heart.org](http://www.heart.org)

### **Resources:**

The National Cancer Institute—"Cleaning the Air"  
Centers for Disease and Control (CDC) - [http://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/you\\_can\\_quit/five\\_keys/](http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/you_can_quit/five_keys/)  
American Heart Association  
American Cancer Society—"When Smokers Quit," "The Smoke Around You," and "Living Smoke-free for You and Your Baby."

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