

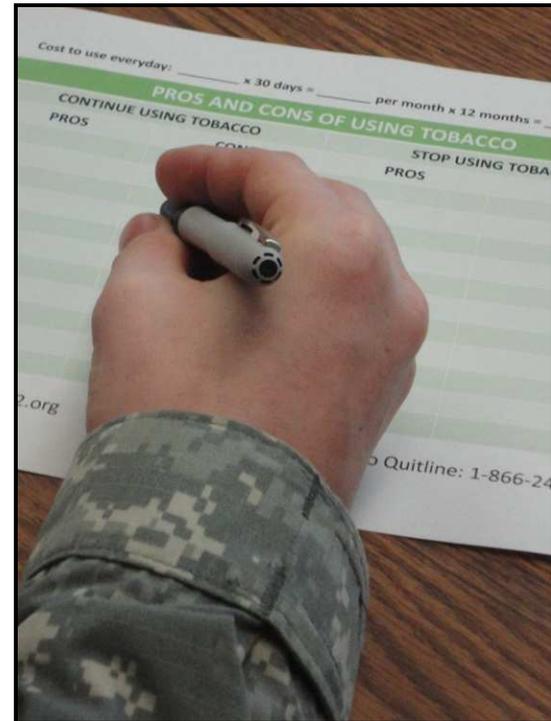
TIPS FOR QUITTING TOBACCO

Madigan Army Medical Center
Army Public Health Nursing



Decide Why You Want to Quit

- What are the reasons behind your desire to quit tobacco?
- List the reasons
- Carry the list with you and update as needed



Make a Quit Plan

- Set a quit date and tell everyone
- Anticipate and plan for challenges
- Remove cigarettes and other tobacco products from your environment
- Talk to your doctor about getting help to quit



Learn New Coping Skills

- Learn new coping skills to help manage stress, boredom or being agitated without using tobacco
- Medication does not teach coping skills
- Carry an activity, something to distract you during a craving – crossword puzzles, sudoku, texting
- Carry substitutes – gum, hard candies, straws

Clean your House and Vehicle

- Get rid of ashtrays and lighters
- If you're used to sitting in a certain chair and smoking, rearrange the furniture
- Thoroughly clean out your car, use an air freshener, keep lollipops in the ashtray



Avoid Caffeine and Alcoholic Beverages

- Break the association/triggers for tobacco use which can increase risk of relapse
 - Replace coffee with juice or hot chocolate
 - Switch from your normal alcoholic beverage to a different one or don't drink any alcohol



MOVE

- Activity releases “endorphins” which can reduce stress
- Do stretches instead of going to the smoking area
- Create an activity area in your work place for non-tobacco users
 - Set up horseshoes
 - Badminton net
- www.cdc.gov/physicalactivity/index.html



Eat Healthy

- Drink plenty of water
- Keep your blood sugar stable
 - Avoid highly processed foods
 - Eat low sugar fruit such as apples or plums
 - Eat whole grains
- www.smallstep.gov
- <https://www.us.army.mil/suite/page/248187>
- www.sparkpeople.com



Don't go it alone . . . Get support

- Support groups and quitlines can significantly increase your chances of success!
 - American Lung Association: 1-877-695-7848
 - www.becomeanex.org
 - www.ucanquit2.org
 - www.smokefree.gov

Speak with your Provider about Cessation Medications

- There are many types of cessation medications available today
 - Anti-depressant
 - Anti-craving
 - Nicotine Replacement Therapy (NRT)
 - Patches
 - Gum
 - Lozenges



Quitting Tobacco Will . . .

- Increase your:
 - Stamina and endurance (especially at high altitudes)
 - Night vision
- Improve:
 - Your Fitness Test score
 - Your memory
 - Your sense of smell and taste
 - Your's and your family's health
- Put more money in your wallet (\$7/day-\$210/month-\$2,520/year)
- Give you a more youthful appearance



Never Quit Trying to Quit

- On average, it can take 8 – 11 serious quit attempts before any long term success
- Stay positive, take it one day or one hour at a time
- Use the FREE on-line or quit line resources

**YOU CAN DO THIS –
YOU CAN QUIT TOBACCO**



TOBACCO CESSATION APPOINTMENT OPTIONS



**Okubo Family Medicine patients:
call 966-7547**

**Family Medicine patients:
call 968-2637/6512**

**Winder Family Medicine patients:
sign-up inside at the “Specialty Clinic”**

McChord Clinic patients: 982-6947

All other patients: 1-800-404-4506

On-line resources:

www.ucanquit2.org

www.becomeanex.org

www.smokefree.gov

