

SHEBOYGAN COUNTY QUITTING TOBACCO GUIDE



T **TOBACCO•FREE** **E**
SHEBOYGAN COUNTY COUNCIL

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ABOUT QUITTING TOBACCO

- Quitting tobacco now is the most important thing you can do for your health and the health of those around you.
- Tobacco usage is the #1 cause of **preventable** death and illness (cancer, heart disease, stroke, emphysema, etc.)
- No matter how old you are or how long you have smoked, your health risks will decrease after you quit smoking. Some important health benefits start immediately!
- There is no **one** way to quit tobacco use. Some people quit on their own, but many people need instruction and support to help them. This booklet details some of the many options available.
- Thousands of people quit each year. **You can too!** Join the 50 million (and growing) Americans who are ex-smokers.
- For most tobacco users, quitting involves breaking the brain's addiction to nicotine and breaking habits. For some, it also means finding other healthier ways to cope with stress or boredom.
- Chewing tobacco, E-cigarettes, hookah, and other tobacco products are not safe alternatives to cigarettes.
- If you choose a cessation program or medications, there may be costs involved, but they are much lower than the amount you spend on cigarettes or chewing tobacco each year.
- Quitting smoking or chewing tobacco is an important change in your health status that you should report to your physician and dentist.
- Quitting is a process that takes many people several tries. **Do not be discouraged** if you have quit and restarted in the past.

KEYS FOR QUITTING

1. Deciding to Quit

- You've taken the first step...by reading information about how to quit smoking.
- Make an appointment with your doctor or healthcare provider as they may be able to assist you with determining if medications may help you successfully quit.

2. Prepare Yourself

- Make a list of all your reasons for quitting...put it somewhere you'll see often.
- Be aware of your routines...do they need changing to help you stay tobacco free?
- Set a quit date...give yourself about two weeks so you can mentally prepare.
- Get rid of the things that remind you of smoking...discard cigarettes, lighters, ashtrays, etc.

3. Start Spreading the News

- Let your family, friends, and co-workers know that you'll be quitting...their support could get you through those tough days.
- Find alternatives...as your quit day approaches have gum, suckers, toothpicks, low-calorie snacks (carrots, celery, apple wedges) available to fight the urge to use tobacco.

4. Reward Yourself

- Begin an exercise program....this will reduce stress, keep your mind off smoking, and improve your overall health.
- Build your savings...put your tobacco money in a jar, watch your savings—and confidence—grow as time passes, think of what you could use the savings for.

5. Stay the Course

- Avoid alcohol...it can weaken your resolve
- Keep healthy...follow a proper diet and drink plenty of water
- Avoid smoke...stay clear of others who smoke
- Stay active...the busier you are the less time to smoke
- Resist temptation...have a plan ready for those tough days

WHAT TO EXPECT AS YOUR BODY ADJUSTS TO BEING WITHOUT NICOTINE

Body and mood changes while quitting tobacco are natural and temporary. As your body adjusts to being without nicotine, you may experience some or all of the following:

IRRITABILITY – you may feel nervous, moody, or short-tempered. Try exercising or relaxation exercises to feel better.

DROWSINESS – nicotine is a stimulant. Without it, you may feel temporarily tired.

TROUBLE SLEEPING – you may wake up during the night or dream more, sometimes about smoking. Plan to get more sleep.

WEIGHT GAIN – don't mistake your urge for a cigarette for hunger. Extra snacking can result in weight gain. Keep yourself busy. Try going for a walk, drinking a glass of water, or chewing gum instead of snacking.

COUGH – coughing is natural. It is the way your body gets rid of the mucous and tar clogging your lungs.

DRY MOUTH – when you stop smoking, your body won't produce as much mucous, so your mouth may feel dry. Drink more water.

DEPRESSION – crying and sadness are common. These feelings will pass. Smoking is not the answer. Quitting with a friend is helpful.

IMPROVED TASTE AND SMELL – the smoke no longer irritates and burn nasal passages causing improvements in how food tastes and smells.

SATISFACTION – you are improving your health. Do something to celebrate your tobacco-free life every day!

CESSATION PROGRAMS

Telephone Education and Support:

Wisconsin Tobacco Quit Line

1-800-QUIT-NOW (784-8669)
6am-2am or leave a message

The Wisconsin Tobacco Quit Line offers free, confidential, non-judgmental coaching and information about how to quit. Quit coaches help each caller develop an individualized quit plan, including selecting a quit date. The Quit Line also sends callers a free quit guide with information about quitting methods, medications, and other tips.

Local Cessation Programs:

Freedom From Smoking®

St. Nicholas Hospital
920-451-7488 or 1-800-472-6710 ext. 7488

A facilitator trained in this American Lung Association program will lead group or individual sessions that will prepare you to quit, help you through the process, and teach you how to maintain your new, nonsmoking lifestyle.

First Breath

Sheboygan County Public Health
920-459-4382 or 1-800-596-1919 ext. 4382
<http://www.wwhf.org/>



Assists pregnant women in Sheboygan County who want to quit smoking.
Supported by the WI Women's Health Foundation.

SELF-HELP INFORMATION:

American Cancer Society

1-800-227-2345

www.cancer.org

American Heart Association

1-800-242-8721

www.americanheart.org

American Lung Association

1-800-586-4872

www.lungusa.org

Centers for Disease Control

1-800-CDC-INFO (232-4636)

www.cdc.gov/tobacco

www.cdc.gov/tobacco/data_statistics/sgr/2010/consumer_booklet

ChewFree

www.chewfree.com

Nicotine Anonymous

www.nicotine-anonymous.org

Quitnet

www.quitnet.com

UW-Center for Tobacco Research & Intervention

608-262-8673

www.ctri.wisc.edu

EX

www.becomeanex.org

OTHER CESSATION THERAPIES

CESSATION BY HYPNOSIS:

Wholistic Health Care Center

920-459-9277

Lighthouse Therapy Services, LLC

920-451-8667

CESSATION BY ACUPUNCTURE:

Wholistic Health Care Center

920-459-9277

BridgePoint Health, LLC

920-458-5557

Healthy Living Acupuncture

920-893-8796

JUST FOR TEENS!!!

Youth Tobacco Cessation Collaborative:

<http://www.youthtobacco cessation.org/>

My Last Dip: <http://mylastdip.com/>

Not on Tobacco (N.O.T.): Not On Tobacco (N-O-T) is a state-of-the-science, school-based program that provides assistance to teens who wish to quit smoking. For more information on the N-O-T program, please call the American Lung Association in Wisconsin at 800-LUNG-USA.

This brochure was designed and developed with the assistance of the



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re:TH!NK, the Lakeshore Tobacco Prevention Network and Tobacco-Free Sheboygan County Council cannot guarantee the success of the resources listed in the guide. Please note that the listings are as resources only, and tobacco cessation is an individual experience for each person.