

TIPS to Help You Become & Remain Smoke-Free

The more strategies you use, the higher your odds of staying smoke-free.

Cigarette smoking is the single biggest cause of illness and death in the United States. A great time to quit is when you are in the hospital, because of the change in routine, inability to smoke, and concern about your health. Quitting takes effort, but you can quit smoking (Three million people quit every year)!

How do I quit?

- Set a quit date.
- Ask your friends and family to help you quit.
- Sign up for a quit smoking class.
- Reduce your stress with exercises like deep breathing, meditating or walking.
- Ask your doctor about medicines that help you stay smoke-free.

At home

- List all the reasons you want to quit smoking. Read it often.
- A craving lasts only 10 minutes, so do something else until it passes.
- Get a friend or spouse to quit with you.
- Use over-the-counter nicotine patches, gum or lozenges; they are proven to increase your success.
- Be proud of yourself for not smoking!

On the day you quit:

- Throw out cigarettes and ashtrays.
- Make your home and car smoke- and tobacco-free area.
- Avoid things that trigger the urge to smoke (coffee, alcohol, stress).

- Exercise – even a short walk – can make you feel better.
- Keep healthy snacks nearby (carrot or celery sticks, sunflower seeds, etc.).
- Drink lots of water.
- Mark your success on the calendar and reward yourself.
- Save the money you would have spent on cigarettes. Use it for something special instead.

Resources to help you

- Baptist Medical Center Nassau's Tobacco Free and Addicted to Life program is free to employees and patients – and their families – who live in Nassau County. It includes counseling, education, Quit Smoking Now classes and Nicotine Replacement Therapy. For information visit www.addictedtolife.info or call Sheryl Gerhardt, RN, certified tobacco treatment specialist, at 904.321.3892.
- American Heart Association 1.800.242.8721 www.americanheart.org
- American Cancer Society 1.800.227.2345 www.cancer.org
- Northeast Florida AHEC, Quit Smoking Now classes, 1.877.Quit-It-Now, www.quitsmokingnowfirstcoast.com
- Florida Quitline, 1.877.U-Can-Now

Ask your nurse or doctor if you would like to receive more information.



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AND TOBACCO
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