

## Helpful Tips to Quit<sup>1</sup>

1. Carry sugar-free gum or hard candy with you at all times.
2. Visualize yourself never smoking again.
3. If you have a quit-smoking friend, check in with him or her often.
4. Stay away from smoke-filled places.
5. Think positively and take it one day at a time.
6. Decide how to say no when people offer you tobacco products.
7. Stay away from other smokers; it will be hard but see if they are willing to refrain from smoking when you're around.
8. Know your triggers and try to avoid them.



## Extra Resources

The following is a list of resources available to help you quit using tobacco products:

1. Belmont University Health Services Department
2. Belmont University Pharmacy
3. Primary Care Physician
4. American Lung Association  
[www.ffsonline.org](http://www.ffsonline.org)
5. TN Health Department  
[health.state.tn.us/tobaccoquitline.htm](http://health.state.tn.us/tobaccoquitline.htm)



### Contact Information

**Belmont University Health Services:**

Phone: 615.460.5506

**Belmont University Pharmacy:**

Phone: 615.460.6040

## A Tobacco Free Life



## The Facts

Quitting tobacco is the most important thing you can do to protect your health.<sup>3</sup> Tobacco use is the single largest preventable cause of disease and premature death in the United States.<sup>2</sup> However, smokers who quit can expect to live approximately 10 years longer than those who continue to use tobacco.<sup>2</sup> The following chart will help you begin the journey:<sup>4</sup>

START 5 Important Steps Toward Quitting for Good	
<b>S</b>	Set a quit date
<b>T</b>	Tell family, friends, and coworkers you plan to quit
<b>A</b>	Anticipate & plan for the challenges you will face while quitting
<b>R</b>	Remove tobacco products from your home, car, and workplace
<b>T</b>	Talk to your healthcare professional about getting help to quit

## Immediate and Long-Term Benefits

The minute you decide to quit using tobacco products, your health improves. The longer you stay away from those products the more benefits you will see.<sup>1</sup>

Time After Last Cigarette	Beneficial Effect
20 Minutes	Your blood pressure and pulse rate drop
24 Hours	Your chance of having a heart attack decreases
48 Hours	Your nerve endings adjust to the absence of nicotine
72 Hours	Your lung capacity increases, making it easier to breathe

Over a longer period of not smoking you can reduce your risk of heart disease, stroke, cancer, and lung disease. The risk of heart attack and high blood pressure decreases to that of a nonsmoker 15 years after quitting tobacco.<sup>2</sup> Quitting will also benefit the people around you as they won't be hurt by second-hand smoke anymore. There are other benefits besides improved health. The financial savings for a pack per day smoker could be more than \$1400 a year if the cost was \$4 per pack!

## Quitting

Quitting will definitely be hard. Set a date within the next two weeks to stop using tobacco products and write it down:<sup>1</sup>

**I will quit on:** \_\_\_\_\_

You are one step closer! Doing this will help you stick with your plan. Try to have a quit-smoking friend who can be available to help you through the difficult times and keep you motivated. They can be a former tobacco user, but be sure to pick someone who knows you well and is committed to helping you quit. Also, be sure to use the resources available to you. Talk to your local pharmacist, physician, or the Belmont University Health Services to learn more about quit smoking aids such as nicotine gum and if they are right for you. There are prescription medications that could help as well.



1. *Power to Quit Smoking* Kit. Learn To Live. Accessed: aa-health.org/ltl\_pdf/roadmaptoquitting.pdf.
2. The Great American Smokeout. Interactive Quizzes.
3. *Helping Smokers Quit; A Guide for Clinicians*. U.S. Department of Health and Human Services. Revised May, 2008.
4. *Cleaning the Air*. National Cancer Institute. NIH Publication No. 08-1647. Printed October, 2008.