

A Guide to Help You Quit Smoking

**THAT'S IT,
I QUIT!**

B R E A T H E
the lung association

INTRODUCTION

Often, what is holding us back from quitting is our belief that we are not strong enough to quit.

This guide will help you quit smoking in three steps:

1 Get Ready!
Learn about quitting
Page 2

2 Get Set!
Make a plan for quitting
Page 7

3 Go
Live as a non-smoker
Page 14

**QUITTING CAN BE EASIER THAN YOU
THINK. TAKE IT ONE STEP AT A TIME.
DO IT FOR YOU!**

This guide offers a variety of options to assist you in becoming smoke-free. It relates specifically to the use of commercial tobacco. Additionally, the information provided refers to cigarette smoking. The recommendations also apply if you want to quit the use of other tobacco products such as smokeless tobacco (spit, snus, snuff, etc.) or waterpipe/hookah use.

HEALTH BENEFITS OF QUITTING SMOKING

You don't have to wait long before good things happen!

Within **8 HOURS** of quitting

Oxygen levels in your body go back to normal.

Within **48 HOURS** of quitting

Your chances of having a heart attack go down, and your sense of taste and smell get better.

Within **72 HOURS** of quitting

Breathing is easier.

Within **2 WEEKS TO 3 MONTHS** of quitting

Blood flow through your body and air flow through your lungs gets better.

Within **6 MONTHS** of quitting

Coughing, tiredness, sinus congestion and shortness of breath all improve.

Within **1 YEAR** of quitting

Your risk of a heart attack from smoking drops to half of that of someone who still smokes.

Within **10 YEARS** of quitting

The chances of dying from lung cancer is cut in half.

Within **15 YEARS** of quitting

The risk of dying from a heart attack is equal to a person who has never smoked.

STEP 1: **GET READY!**

Getting ready is an important part of quitting. It can also be the longest part. Take some time to prepare your mind and body for this life change.

Here is what you can expect from this section:

LEARN ABOUT NICOTINE
DEPENDENCE

COMPARE THE
COSTS
OF QUITTING

UNDERSTAND NICOTINE
WITHDRAWAL
SYMPTOMS

WHAT ELSE TO EXPECT WHEN
QUITTING

NICOTINE DEPENDENCE

Understanding your dependence on nicotine is important. Some people are more dependent on nicotine than others. Being more dependent means you may need medication or other support to help you quit. Take this short quiz to learn how nicotine affects you.

Read each question, and circle an answer for each one.

How soon after you wake up do you smoke your first cigarette? Less than 5 minutes 3 6-30 minutes 2 31-60 minutes 1 After 60 minutes 0	How many cigarettes do you smoke on average? 1-10 in a day 0 11-20 in a day 1 21-30 in a day 2 30 or more in a day 3
Smoking isn't allowed in some places. Is it hard for you to visit places where you can't smoke? Yes 1 No 0	Do you smoke more first thing in the morning than during the rest of the day? Yes 1 No 0
Which cigarette do you need most? The first in the morning 1 Any other cigarette 0	Do you smoke when you are sick? Yes 1 No 0

Add up the numbers beside the answers you circled.

TOTAL: _____

Total is under 5

Your nicotine dependence is low. Act now!

Total is 5-7

You are dependent on nicotine. Quit now! It will be easier than quitting later.

Total is more than 7

You are **very** dependent on nicotine. It's time to make a change.

COST OF CIGARETTES VS. NICOTINE REPLACEMENT THERAPY

	20 Cigarettes per day	10 Cigarettes per day
Cigarettes* 	\$17.50	\$8.75
NicoDerm Patch** 	\$4.42 (Based on one patch per day)	\$4.42 (Based on one patch per day)
Nicorette Gum** 	\$5.32 (Based on 15 4mg pieces per day)	\$5.02 (Based on 15 2mg pieces per day)
Nicorette Lozenge** 	\$5.32 (Based on 15 4mg lozenges per day)	\$5.02 (Based on 15 2mg lozenges per day)
Nicorette Inhaler** 	\$5.44 (Based on 6 10mg cartridges per day)	\$2.72 (Based on 3 10mg cartridges per day)
Nicorette Quickmist** 	\$10.04 (Based on 40 sprays per day)	\$5.02 (Based on 20 sprays per day)
E-cigarette or Vaping Device Initial cost is approx. \$40 for the device 	67¢ (Approx. \$20 for one month's supply of e-liquid)	67¢

* Average price of a carton of 200 cigarettes (10 packs-20 cigarettes per pack) across Canada, compiled by Smoking and Health Action Foundation, Ottawa, as of October 2015.

** Based on NICORETTE and NICODERM national pricing data, Neilsen, January 2016

UNDERSTANDING NICOTINE WITHDRAWAL SYMPTOMS

Withdrawal is your body's response to being without nicotine. Everyone may feel different withdrawal symptoms. Remember, your body is healing itself from the damage caused by smoking.

Withdrawal Symptoms	Why you're feeling it
You want a cigarette badly.	Your brain is craving nicotine.
You feel dizzy.	Your body is getting more oxygen now and your body needs to get used to it.
You have a dry throat, cough, post-nasal drip.	Your lungs are clearing out the tar and dirt trapped inside.
You have trouble sleeping.	Your brain is changing to new sleep patterns.
You have trouble concentrating.	Your brain is learning to stay alert without nicotine.
Your chest is tight.	You may have sore muscles from coughing or tense muscles from cravings.
You have gas, stomach pain, and constipation.	Your bowels may move less often than before, but they will become regular.
You're in a sad or bad mood.	Your body craves nicotine, but it will go away as your body adjusts.
You feel tired and have low energy.	Your body is now learning how to stay alert without nicotine.
You feel hungry.	Your brain is confusing a nicotine craving for hunger.

WHAT ELSE TO EXPECT WHEN QUITTING

WEIGHT GAIN

You may be worried that you will gain weight when you quit smoking. Some people have temporary weight gain between five and ten pounds. Some people do not gain any weight. Even if you gain a little weight at the beginning, most often your weight will return to normal within a year of quitting.

TIPS TO MAINTAIN A HEALTHY WEIGHT

Although most people only gain a little weight, you may not feel comfortable with the extra weight. Here are some tips to help you maintain your weight while still quitting smoking:

BE ACTIVE

Being active helps with withdrawal symptoms, cravings, and prevents weight gain.

DRINK LOTS OF WATER

It will help to flush the nicotine from your system and it can help you stop a craving. Drinking water also helps with food cravings.

EAT WELL

Nicotine stops hunger. When you're quitting, you may feel hungry. Also, food can taste and smell better. Snack on healthy foods such as fruit, vegetables, seeds, and nuts to help with cravings.

STRESS

Stress is part of our daily lives. You may smoke to deal with stress. Even thinking about quitting smoking may cause you stress.

HERE ARE SOME WAYS TO HELP PROTECT YOURSELF FROM STRESS:

- Eat healthy foods
- Reduce alcohol consumption
- Take time to relax
- Enjoy a bath
- Go for walks regularly
- Get some sleep
- Talk to family, friends or elders
- Focus on what you can control

STEP 2: GET SET!

Here is what you can expect in this section of your training:

**SELECT YOUR QUITTING
OPTIONS**

**UNDERSTAND YOUR
TRIGGERS**

**PLAN YOUR
COPING
STRATEGIES**

**CREATE A
SUPPORT
PROGRAM**

**MAKE YOUR
QUIT
PLAN**

YOU HAVE OPTIONS FOR QUITTING

There are many ways to quit smoking. You can use more than one way to quit. Here are some ways to become smoke-free.

SMOKING LESS

Some people try to smoke less before they quit for good. They practice by smoking fewer cigarettes each day.

TRY THESE STEPS TO HELP YOU CUT BACK:

1. Write down how many cigarettes you smoke each day.
2. Start to smoke less.
3. Make rules for smoking less.
For example, start with two fewer cigarettes per day this week, or make a rule to only smoke outside your home and never in your car.
4. Tell a friend you are cutting back, and let them help you keep track.

COLD TURKEY

Quitting cold turkey means that one day you just stop smoking. Some people like to quit without anyone's help. To make this work, have a plan in place. This may not be the best choice if you smoke more than 10 cigarettes per day. You may need the extra help of nicotine replacement medication or switching to vaping.

SELF-HELP GUIDES

Reading self-help materials, like this one, can provide you with a lot of information and help you stay smoke-free. They are great to combine with other quit-smoking methods.

CESSATION COUNSELLING

Speak to your healthcare provider about where you can find a cessation counsellor in your community, or join an online support group.

For more information visit: mb.lung.ca/programs/quit-smoking/

WHAT TRIGGERS YOU?

You may smoke without thinking. You may reach for a cigarette at specific times. You may smoke on a coffee break, after a meal, or when you're stressed.

Think about the moments that "trigger" you to pick up a cigarette. Once you quit smoking, those moments are not going to go away. It is helpful to be prepared for how you will deal with them.

List all of your triggers. What are the situations, people, places and feelings that make you want to smoke?

TRIGGER

PLAN TO DEAL WITH IT

ex. At the bar, friends are going for a cigarette.

I'll take a bathroom break instead.

CHOOSE YOUR TREATMENT OPTIONS

Medications can double your chance of success. There are three types of medications for you to choose from. Some health plans, such as NIHB, cover the costs of these medications.

NICOTINE REPLACEMENT THERAPY (NRT)

NRT works by giving you some of the nicotine you used to get from cigarettes, helping you to smoke less. NRT is available in several forms: patch, gum, lozenge, mouth spray, or an inhaler.

You do not need a prescription for these and can buy them at your local drug store (although some drug benefit programs, for example NIHB, cover NRT with a prescription). Often two or more forms of NRT are used together.

Your pharmacist or other healthcare provider can help you choose the type, amount and length of NRT that is right for you.

COMBINATION NRT

You can benefit from using a combination of patch and one or more of the available short-acting NRTs. Use short-acting NRT as needed up to the maximum daily dose to manage your cravings.

LONG ACTING

Patch

SHORT ACTING

Inhaler, Gum, Lozenge, Mouth Spray





VARENICLINE TABLETS (CHAMPIX®)

Varenicline comes in pill form and is available with a prescription. It lessens your cravings for nicotine and takes away the satisfaction you get from smoking.

Varenicline should be started 8-35 days before your quit date.

The usual duration for either Varenicline or Bupropion is 12 weeks; however, some people may continue to take it for up to 24 weeks. Your doctor, pharmacist, or other healthcare provider can help you choose the right medication and length of prescription that is right for you.



BUPROPION TABLETS (ZYBAN®)

Bupropion is another pill option and is available with a prescription. It helps balance the chemicals in your brain to reduce nicotine cravings and withdrawal.

Bupropion should be started at least 7 days before your quit date.



VAPING AND QUITTING SMOKING

Vaping is less harmful than smoking. Many of the toxic and cancer-causing chemicals in tobacco and tobacco smoke form when tobacco is burned. Vaping products deliver nicotine in a less harmful way than smoking cigarettes and can be particularly effective when combined with extra quitting support.

While evidence is still emerging, some evidence suggests that vaping is 95% safer than smoking cigarettes,* and linked to improved rates of quitting success.

For guidelines on choosing the right vaping device and e-juice or e-liquid for you, contact us at: mb.lung.ca/programs/quit-smoking/

*McNeill A, Brose LS, Calder R, Bauld L & Robson D (2018). Evidence review of e-cigarettes and heated tobacco products 2018. A report commissioned by Public Health England. London: Public Health England.

CREATE A SUPPORT PROGRAM

Quitting is easier if you take part in a follow-up support program. Here are some options:



HEALTHCARE PROFESSIONAL SUPPORT

Ask your healthcare professional or pharmacist for help with quitting. They can answer questions about medications and provide resources.



ONLINE SUPPORT GROUPS

Join an online peer support group for people looking to quit or who have already quit.

For more information, visit: mb.lung.ca/programs/quit-smoking/



QUITLINES

Smokers' Helpline is a free, confidential service offering support and information about quitting smoking and tobacco use. Bilingual services are offered by phone and online.

1-877-513-5333 and smokershelpline.ca



FOLLOW-UP APPOINTMENT WITH YOUR HEALTHCARE PROVIDER (OR CLINIC)

Date: _____ Time: _____

Address: _____

YOUR QUIT PLAN

YOUR QUIT DATE:

Day Month Year

YOUR QUIT SMOKING TREATMENT OPTIONS



NICOTINE REPLACEMENT THERAPY (NRT)

☐ Patch ☐ Inhaler ☐ Gum ☐ Lozenge ☐ Mouth Spray



VAPING DEVICE & E-LIQUID



ORAL MEDICINE

☐ Varenicline (Champix) ☐ Bupropion (Zyban)

Oral Medication Start Date:

Dosing Information: Day Month Year

YOUR FOLLOW-UP SUPPORT



The Lung Association, Manitoba mb.lung.ca/programs/quit-smoking/



Follow-up Appointment with your Healthcare Provider (or Clinic)



Online Support Group ☐ Smokers' Helpline



Other Community Resources:

I WILL USE THE FOLLOWING STRATEGIES TO COPE WITH MY NICOTINE WITHDRAWAL:

STEP 3: GO!

This final section will prepare you for your first days and weeks as a non-smoker.

Here is what to expect in this section of your training:

PREPARING FOR QUIT DAY DEALING WITH CRAVINGS

PREPARE FOR YOUR QUIT DATE

There are some things you can do to make your first few days easier:

GET A WATER BOTTLE.

Drinking water can help with cravings. Water will help to clear your body of toxins.

CLEAN.

Clean out your car, home or other places where you usually smoke.

SET UP SUPPORT.

If you would appreciate the support of your friends, family and co-workers, let them know that you are quitting.

GET SUGAR-FREE GUM, SUNFLOWER SEEDS, OR CARROT STICKS.

Keep your mouth busy during those moments when you want a cigarette.

THE NIGHT BEFORE:

Throw out all your cigarettes along with ashtrays and lighters.

QUIT DAY

For the first few days, you may be grumpy, nervous, or feel stress. You may have a headache and have trouble focusing. This is normal and it *won't last long*. Things to remember:

- If you are using NRT, apply the patch first thing in the morning.
- Use the nicotine inhaler, gum, lozenge, or mouth spray to help you through cravings.
- Keep yourself busy at times you might normally smoke.
- Carry things to put in your mouth, like gum or toothpicks.
- Drink a lot of water.
- Cut your caffeine by at least half. Decreasing the cups of coffee, tea or colas you drink will help to avoid unpleasant effects like headaches and jitters.
- Avoid drinks like wine and beer as they can trigger you to smoke.

PRACTICE USING THE 4 **D**'S METHOD TO COPE WITH CRAVINGS WHEN THEY STRIKE.

Drink plenty of water - between 6 and 8 glasses per day.

Delay for 5 to 7 minutes. The urge should pass.

Do something else.

Do some deep breathing.

- 
- ☐ **I MADE IT FOR 24 HOURS!**
 - ☐ **I MADE IT THROUGH THE FIRST 3 DAYS!
THE WORST IS OVER.**
 - ☐ **YAY! I MADE IT FOR 1 WEEK.**
 - ☐ **YAY! I MADE IT FOR 2 WEEKS.**
 - ☐ **PROUD TO SAY I MADE IT 1 MONTH!**
 - ☐ **PROUD TO SAY I MADE IT 3 MONTHS!**
 - ☐ **PROUD TO SAY I MADE IT 6 MONTHS!**
 - ☐ **PROUD TO SAY I MADE IT 9 MONTHS!**
 - ☐ **I'M AMAZING! IT'S BEEN A FULL YEAR!**

You can also track your quit program online. There are many free apps that can help you. "Stop Smoking - EasyQuit Free" is a Google Play app that helps track your success.

NOTES

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MANITOBAQUITS FAST FACTS

75% of Manitobans who smoke
say they would like to quit.

In 2018, over **1000** people registered for
The Lung Association, Manitoba's quit smoking challenges.

Even people who have smoked for
over 40 years have registered to quit.

EVERY QUIT ATTEMPT COUNTS!

To learn about our outreach campaigns, visit:
mb.lung.ca/programs/quit-smoking/

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This publication is also distributed by

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B R E A T H E

the lung association

The Lung Association, Manitoba, has been helping Manitobans breathe since 1904. We support the 1 in 5 Manitobans living with lung disease such as asthma, lung cancer and chronic obstructive pulmonary disease (COPD).

Our efforts are focused on research, lung disease education and management, tobacco cessation and prevention, and helping to improve air quality in homes, workplaces and in our communities. Our primary belief is that no one should have to struggle to breathe.

Please consider supporting our work
by making a donation today at:

www.mb.lung.ca

Email: info@mb.lung.ca