

Prakash Patel, MD
Smyrna Pulmonary and Sleep Associates
300 Stonecrest Blvd suite 430
Smyrna, TN 37167
Phone: 615-355-5105

Quit Smoking: Your Guide to Kicking the Habit

From **WebMDHealth** with **THE CLEVELAND CLINIC** 

Q What should I do first?

A Pick a date to stop smoking and then stick to it.

Write down your reasons for quitting. Read over the list every day, before and after you quit. Here are some tips to think about.

- Write down when you smoke, why you smoke and what you are doing when you smoke. You will learn what triggers you to smoke.
- Stop smoking in certain situations (such as during your work break or after dinner) before actually quitting.
- Make a list of activities you can do instead of smoking. Be ready to do something else when you want to smoke.
- Ask your doctor about using nicotine gum or patches. Some people find these aids helpful.
- Join a smoking cessation support group or program. Call your local chapter of the American Lung Association.

Q How can I avoid relapsing?

A

- Don't carry a lighter, matches or cigarettes. Keep all of these smoking reminders out of sight.
- If you live with a smoker, ask that person not to smoke in your presence.
- Don't focus on what you are missing. Think about the healthier way of life you are gaining.
- When you get the urge to smoke, take a deep breath. Hold it for 10 seconds and release it slowly. Repeat this several times until the urge to smoke is gone.
- Keep your hands busy. Doodle, play with a pencil or straw, or work on a computer.
- Change activities that were connected to smoking. Take a walk or read a book instead of taking a cigarette break.
- When you can, avoid places, people and situations associated with smoking. Hang out with non-smokers or go to places that don't allow smoking, such as the movies, museums, shops or libraries.
- Don't substitute food or sugar-based products for cigarettes. Eat low-calorie, healthful foods (such as carrot or celery sticks, sugar-free hard candies) or chew gum when the urge to smoke strikes so you can avoid weight gain.
- Exercise. Exercising will help you relax.
- Get support for quitting. Tell others about your milestones with pride.
- Work with your doctor to develop a plan using over-the-counter or prescription

nicotine-replacement aids.

 How will I feel when I quit?

 You may crave cigarettes, be irritable, feel very hungry, cough often, get headaches or have difficulty concentrating. These symptoms of withdrawal occur because your body is used to nicotine, the active addicting agent within cigarettes.

When withdrawal symptoms occur within the first two weeks after quitting, stay in control. Think about your reasons for quitting. Remind yourself that these are signs that your body is healing and getting used to being without cigarettes.

The withdrawal symptoms are only temporary. They are strongest when you first quit but will go away within 10 to 14 days. Remember that withdrawal symptoms are easier to treat than the major diseases that smoking can cause.

You may still have the desire to smoke, since there are many strong associations with smoking. People may associate smoking with specific situations, with a variety of emotions or with certain people in their lives. The best way to overcome these associations is to experience them without smoking.

If you relapse do not lose hope. Seventy-five percent of those who quit smoke again. Most smokers quit three times before they are successful. If you relapse, don't give up! Plan ahead and think about what you will do next time you get the urge to smoke.

Reviewed by the doctors at the The Cleveland Clinic Heart Center.

Edited by Cynthia Haines, MD, WebMD, October 2005.

Copyright © 2005, The Cleveland Clinic.



Home > Freedom From Smoking® Online

Freedom From Smoking® Online

Welcome to the American Lung Association's free online smoking cessation program! The American Lung Association's popular smoking cessation program has just been revamped and upgraded.

Having trouble accessing Freedom From Smoking Online? We are aware that some members of the FFS Online community have been experiencing difficulties logging in to the program. We are working to resolve these problems but we need *your help*. If you are someone who has experienced difficulties accessing FFS Online, please take a few moments to fill out this questionnaire. The information provide will help us to address the problem. Thank you for your patience.

Congratulations on taking a vital step to improve your health!

Quitting smoking can evoke a lot of feelings: fear, resentment, relief, and so on. If you committed to the program and complete all of the assignments you have a good chance remaining smoke-free for good. Millions of people have quit smoking and you can do it.

Find out more about Freedom From Smoking® Online by reading the Program Overview

How to get access to the new Freedom From Smoking® Online:

- You must first have an account with this site. If you do not have one already, please click here to sign up. It's free.
- Then, while logged in to your account, click here to register for Freedom From Smoking® Online.
- When you have an account with the site and have registered for Freedom From Smoking Online®, please use the fields below to log in.

Login to Freedom From Smoking® Online

Access to this section of the site is restricted.

Login Name:

Password:

Remember Me

JOIN THE ASTHMA WALK

COPD CENTER

ACT NOW LUNGACTION

GET IT LETTER

Lung Helpline
800.LUNG.USA

Or contact us online

LIVING WITH LUNG DISEASE
Stories of Hope >

