



## **The Great American Smokeout®**

# **BE A QUITTER**

## **Here's How to Start Now**

You already know smoking is bad for your health. You want to quit, but need some help. Here are steps you can take to begin to quit:

### **Pick a Quit Day**

- Pick a date to start the process of quitting smoking.
- Mark the date on your calendar.
- Give yourself time leading up to your Quit Day to prepare.

### **Prepare for Quit Day**

- Make a strong commitment to quit smoking.
- Start getting rid of cigarettes, ashtrays and smokeless tobacco at home, work, and in the car.
- Slowly start cutting back on cigarettes.
- Plan distractions so you don't give in to cravings.
- Plan on eating 6 very small meals a day versus 2-3 big ones.

### **Know Your Options**

- Get advice about the various supports from healthcare professionals, family, friends, self-help materials.
- Quit cold turkey. [Here](#) are the pros and cons.
- Consider [nicotine replacement therapy](#) (gum, patch, lozenges, nasal spray, inhalers) or [prescription drugs](#). Click here to find out more.





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## **Here's What to Expect**

As smoking is a physical and emotional addiction, be prepared for nicotine cravings. The good news is the urge to smoke will pass.

### **Nicotine Withdrawal Timeline**

- First 10 hours: Expect craving, restlessness, irritability, more craving
- First 24 hours: increase of appetite, irritability, craving
- First 3 days: All of the above plus insomnia, fatigue, anxiety
- First week: You've passed GO! Stick to the plan; keep strong!

### **Emotional Reactions**

As your body adjusts to the lack of nicotine, you may experience some of these strong emotional reactions:

- Anxiety
- Irritability
- Frustration
- Sadness
- Lack of concentration
- Restlessness
- Anger





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## Here's How to Cope

### Fight the Urge to Smoke: Do the 4 D's

- Deep breathe
- Drink water slowly
- Distract yourself and do something else
- Decide on substitutes: chew on gum; nibble on apples, raisins, nuts, vegetables

### Call a Help-line: 1-800-QUIT NOW

### Find a NicA Support Group Near You

[nicotine-anonymous.org/find-a-meeting](http://nicotine-anonymous.org/find-a-meeting) or call 1-877-879-6422

**Check out** the American Cancer Society's [Guidelines for Diet and Physical Activity](#) and the [Great American Smokeout®](#) site

### Make Contact

- Get advice from former smokers among your friends, colleagues, or family.
- Talk to your primary care physician about quitting. Need a physician? Call 914-849-MyMD
- Learn about lung cancer screening at White Plains Hospital. Screenings are standard of care now for patients 50-80 with a 20-pack year smoking history.
- Lung cancer screenings can be authorized by a primary care physician or by contacting our Department of Thoracic Surgery at 914-849-7655.

