



SENIOR HEALTH

Smoking

HOW TO QUIT

It's never too late to quit smoking. Quitting will reduce your risk of coronary artery disease, stroke and many cancers. When you quit smoking your



senses of taste and smell will improve significantly, and your physical stamina will increase, making walking, climbing stairs and doing household activities much easier.

TIPS TO HELP YOU QUIT

- Gather information about quitting and plan ahead. Look for programs, classes and support groups.
- Begin an exercise program before you set a quit date. Physical activity will help you relax and can help prevent weight gain after you quit smoking. Try to quit smoking after you've become comfortable with your exercise program.
- Talk to friends who have quit to find out how they did it.
- Keep a journal to identify your smoking triggers and behavior. Record when and where you smoke. Note if you're eating, drinking, with friends, etc. List all the reasons you want to quit.
- Modify your smoking habits. Stop buying cartons of cigarettes and buy one pack at a time.
- Set a quit date.
- Sign a stop-smoking contract.
- Sit in the nonsmoking section of restaurants.
- **During the first 24 hours:**
 - ✓ Schedule healthful activities.
 - ✓ Brush your teeth frequently.
 - ✓ Drink plenty of water.
 - ✓ Throw out all ashtrays and other smoking-related items from your home and workplace.
 - ✓ Pamper yourself as much as possible.
 - ✓ Avoid drinking alcohol.
 - ✓ Chew gum, carrots, celery, crackers or hard candy.
 - ✓ Exercise frequently.
 - ✓ Keep your hands busy.
 - ✓ Review your list of reasons why you want to quit.
 - ✓ Call up a supportive friend.
 - ✓ Practice stress reduction techniques, such as deep breathing and creative visualization.
 - ✓ Go to places where smoking is prohibited (the museum, cinema, theater, library, etc.).