



It's Never Too Late To

"Kick The Habit"

Smoking is the number one cause of preventable lung disease. Smoking is the major cause of COPD (e.g., chronic bronchitis, and emphysema) and aggravates other breathing problems such as asthma.

For those with chronic lung disease who continue to smoke, the number one thing that you can do to improve your future outlook is to stop smoking. Quitting will help to stabilize your lung function and may actually result in an improvement for a period. Follow these tips for an improved chance of success:



- **Set a Quit Date** - Write the date down and tell a few close friends. Although it is best to pick a time that is relatively calm, don't postpone quitting. Waiting for a "stress-free" time will likely never occur.
- **Prepare** - Write down your reasons for quitting. Include pictures of family who will be influenced by your decision. Keep these with you and look at it during weak moments. Make a list of alternate activities that you can use when an urge to smoke returns. List health reasons why you should quit.
- **Get Help** - Using nicotine replacement therapy (e.g., gum, patch) or bupropion (an antidepressant pill) has been shown to greatly increase success rates. Some are available over the counter and others require a physician prescription. Talk with your doctor about which is best for you.
- **Support Groups** - Participation in a smoking cessation program or even the support of close friends can increase your chances of quitting. Have a close friend (ex-smoker) or support group member that you can call when things get tough. Quit rates may be up to 8 times higher when using a support program and cessation aids (e.g., patches, medication) as when trying to quit on your own.
- **Go Cold Turkey** - Experts agree that stopping all at once is the way to go. Make the decision to quit and throw away your cigarettes and ashtrays. Expect that cravings will be greatest within the first 3-4 days and be prepared.
- **Change Your Lifestyle** - See quitting as a whole new lifestyle. Become more active, avoid the smoke break room at work, get up and walk after eating, avoid activities associated with smoking (e.g., drinking alcohol, coffee, etc.). Think of yourself as a nonsmoker, requesting nonsmoking seating in restaurants.
- **Never, Never, Never Give Up** - If you've tried before and failed, try again. Most people who quit have tried several times previous.

If you have tried several times before and failed, you may want to consider counseling. Depression, which is very common in those with chronic lung disease, may contribute to your inability to stop. If you have already quit, encourage your relatives and friends to stop. Point out the negative effects that smoking has had in your life.

Talk to your doctor if you have questions. And remember that stopping smoking is the best thing you can do to help you to Breathe Easy.

15 Activities to Try When You Have a Craving

Find the ones that work for you. Pick activities that are not associated with smoking.

1. Take a walk
2. Brush your teeth
3. Chew sugar-free gum
4. Take a bath or shower
5. Call a family member or friend that will encourage you
6. Go to a movie
7. Go to a nonsmoking restaurant
8. Go to church, pray, or read the scripture
9. Prepare low-cal snacks (e.g., carrot sticks) for munching
10. Suck on a toothpick or straw
11. Go see your children/grandchildren
12. Have a cup of tea rather than coffee (if you normally smoke with coffee)
13. Avoid alcohol.
14. Treat yourself to something special with the money you are saving.
15. Swim.
16. Review your list of why you quit.

Do anything, but DON'T SMOKE!