HOW CAN I STOP SMOKING?

• **It is difficult to quit smoking, but it may be one of the most important decisions you make for your health.** In addition to the many health benefits, you will also save money and look and feel better!

• **I don’t think I can quit “cold turkey.”**
  - Nicotine causes physical addiction, and your body may need help to quit.
  - There are a variety of medications that your doctor can prescribe to help:
    - Nicotine gum or patches
    - Bupropion (an oral medicine also used for depression that can help with nicotine cravings)
    - Chantix (an oral medicine that reduces your desire for nicotine)

• **What else can help me quit?**
  - Support from friends, family, or other people trying to quit
  - Changing your routine – smoking is a habit as well as an addiction, and your desire to smoke may be triggered by certain times of day or events.
  - Come up with ways to reward yourself for not smoking
  - Ask your family and friends not to smoke around you
  - Take up a new healthy activity to replace your smoking time
  - Post reminders around the house or on your phone of why you want to quit

• **MAKE A PLAN:**

  MY QUIT DATE: ___________________________

  WHY AM I QUITTING? ____________________________________________________________

  __________________________________________________________

WHAT CAN I DO INSTEAD OF SMOKE?

- Go for a walk
- Call a friend
- Chew sugarless gum
- Deep breathing exercises
- Eat a piece of fruit
- Your idea _______________

**REMEMBER – the urge to smoke usually passes in 2-3 minutes, and withdrawal symptoms usually only last 1-2 weeks after quitting.**

Get additional assistance from the Nevada Tobacco Quitline: 1-800-QUIT NOW