

# Quitting takes hard work and a lot of effort, but you can quit smoking.

## Nicotine: A Powerful Addiction

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

**Quitting is hard.** Usually people make many quit attempts before finally being able to quit for life. Each time you try to quit, you can learn about what helps and what hurts.

## Good Reasons for Quitting

- ▶ Quitting smoking is one of the most important things you will ever do.
- ▶ You will live longer and live better.
- ▶ Quitting will lower your chance of having a heart attack, stroke, or cancer.
- ▶ If you are pregnant, quitting smoking will improve your chances of having a healthy baby.
- ▶ The people you live with, especially your children, will be healthier.
- ▶ You will have extra money to spend on things other than cigarettes.

## Five Key Steps for Quitting

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. Get ready—Set a quit date!
2. Get support—Talk to family, friends, and your health care provider. Get individual, group, or telephone counseling. The **Florida Quit-for-Life Line (1-877-822-6669)** is only a toll-free phone call away! Or you can call your local health department for information about programs in your area.

3. Learn new skills and behaviors—Change your routine. Go for a walk. Drink lots of water. Plan something enjoyable to do every day.

4. Get medication and use it correctly—Medications can help you stop smoking and lessen the urge to smoke. Ask your health care provider for advice and carefully read the information on the package. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other health care provider before taking medications.

5. Be prepared for relapse or difficult situations—Most relapses occur within the first 3 months after quitting. Don't be discouraged if you start smoking again. Remember, most people try several times before they finally quit.

### Here are some difficult situations to watch for:

**Alcohol.** Avoid drinking alcohol. Drinking lowers your chances of success.

**Other Smokers.** Being around smoking can make you want to smoke.

**Weight Gain.** Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking. Some quit-smoking medications may help delay weight gain.

**Bad Mood or Depression.** There are a lot of ways to improve your mood other than smoking.

**If you are having problems with any of these situations, talk to your doctor or other health care provider.**



**1-877-822-6669**

FLORIDA QUIT FOR LIFE LINE  
1-877-U-CAN-NOW toll free

- ▶ Toll-free telephone-based tobacco use cessation Quitline for adults and youth
- ▶ A service of the Florida Department of Health and the American Cancer Society
- ▶ 5 pro-active counseling sessions (8 for pregnant women)
- ▶ Self-help materials
- ▶ Coupons for pharmacotherapy assistance
- ▶ Counseling and materials in English and Spanish; translation service for all other languages; TDD service for the hearing-impaired
- ▶ ANYONE living in Florida who is ready to make a quit attempt can use the Quitline!

## Quit Smoking and Live Your Life!

For more information, contact the Florida Department of Health, Division of Health Access and Tobacco at (850) 245-4144.

The information in this brochure was taken from You Can Quit Smoking, the Consumer Guide to Treating Tobacco Use and Dependence, a U.S. Public Health Service-sponsored Clinical Practice Guideline. June 2000. U.S. Public Health Service. <http://www.surgeongeneral.gov/tobacco/consquits.htm>

Florida Department of Health  
Division of Health Access and Tobacco Prevention Program

DH 150-786, 6/04; 5730-786-0150-7



*Freedom is within reach.*



Tobacco Use Cessation Quitline

**1-877-U-CAN-NOW** (1-877-822-6669) toll free

FLORIDA QUIT-FOR-LIFE LINE