NEUROLOGY GROUP of BERGEN COUNTY

STOP SMOKING RECOMMENDATIONS

It's not easy to quit smoking. You may have already tried more than once without success. When this happens, most tobacco users feel frustrated and are sometimes reluctant to try again. Quitting is hard because nicotine is a very addictive drug. Your doctor wants to help you to quit smoking, because of all of the proven health benefits that come from this.

Good Reasons for Quitting:

- You will live a longer and healthier life.
- Quitting will lower your chances of having a heart attack, stroke, or cancer.
- Because of the dangers of secondhand smoke, the people you live with, especially your children, will be healthier.
- If you are pregnant or are thinking about becoming pregnant, quitting smoking will improve your chances of having a healthy baby.
- You will have extra money to spend on things you want and need, rather than spending money on cigarettes.

Keys for Quitting:

- **Get Ready:** Set a quit date; Get rid of all cigarettes and ashtrays in your home, car, and at work. Review your past attempts to quit and figure out what worked and what did not. Once you quit, don't smoke - not even a puff.

- **Get Support:** Tell your family and friends that you are quitting and want their support. Ask people around you not to smoke. Get individual, group, or telephone counseling - the more support you have, the better your chances of quitting.

- **Learn New Skills and Behaviors:** Distract yourself from urges to smoke - talk to someone, exercise, go for a walk, or get busy with a task. Change your routine - drink tea instead of coffee, take a different route to work, etc. Do things to reduce your level of stress - take a bath, exercise or read a book. Do something enjoyable everyday. Drink a lot of water and other fluids.

- **Get Medication:** There are a variety of different medications (pills, patches, gum, nasal spray, etc) available to lessen the urge to smoke. Ask your primary care physician which medication would work best for you. Carefully read the instructions that come with the medication and follow them. All of these medications double your chances of quitting for good.

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- **Be Prepared for Difficult Situations:** Most relapses occur within the first 3 months of quitting. Some difficult situations to watch for include: Alcohol (drinking lowers your chances of success), other smokers (being around other smokers can make you want to smoke), weight gain (many people gain weight when they quit, usually less than 10 pounds - don't let weight gain distract you from your main goal of quitting smoking), depression (there are much better ways of dealing with depression than smoking).

For More Information:

American Heart Association	www.americanheart.org 1-800-AHA-USA1
American Stroke Association	www.strokeassociation.org 1-888-4-STROKE
American Cancer Society	www.cancer.org 1-404-320-3333
American Lung Association	www.lungusa.org 1-212-315-8700
Center for Disease Control and Prevention	www.cdc.gov/tobacco 1-800-CDC-INFO
National Cancer Institute	www.cancer.gov www.smokefree.gov 1-800-4CANCER; 1-800-QUIT-NOW
Nicotine Anonymous	www.nicotine-anonymous.org 1-877-879-6422
Action on Smoking and Health	www.ash.org 1-202-659-4310
QuitNet	https://www.c4tbh.org/