

Kick The Habit!

Your Roadmap to **QUITTING**

Margarita
Camche
Smoking
Cessation
Program



**Mount
Sinai**

Let's start you on the road to being smoke-free!

So, you're thinking about quitting cigarettes. Congratulations! Many people have done it before and you can do it, too.

There are two paths to successfully quit:

- **Start by cutting down.** Even if you are not ready to completely quit yet, cutting down can give you manageable goals and build your confidence. Over time, this can be a bridge to quitting completely.
- **Quit completely right now.** If you're ready, there's plenty of help available to succeed right now. And your frame of mind and motivation are your biggest weapons in this fight.

Either way, here's what you need to do:

- 1. Keep your thoughts positive.** It's tough to separate from cigarettes, but **YOU CAN DO IT!**
- 2. Take your medicines.** They help you quit or cut back and feel better while you're doing it.
- 3. Find pleasure** in things other than cigarettes.

Starting is the most difficult part, but by reading this, you're already on your way!

If You're Not Ready to Quit, But Want to Cut Down

Start by talking to your doctor. Your doctor may want you to try medicine or nicotine replacement (nicotine gum or similar) to help you cut down. You may not be used to the idea of using medicine for cutting down rather than quitting, but we know

this is safe and has helped many people. While you're cutting down, you can use some of the tricks listed below to find other ways to relax and handle stress.

If You're Ready to Quit Now!

Here are three tools to help you quit:

- Use medicine and/or nicotine replacement to handle your nicotine addiction.
- Replace your smoking with new ways to have fun, relax, and handle stress.
- Avoid triggers like stressful situations that make you want to smoke.

1. Take Your Medicine

Discuss a medication plan with your doctor. Taking your medicines is the most important key to success in quitting smoking. There are many options and combinations of different medicines will help you quit.

Remember, it is not how fast you quit or how little medicine you use. The goal is a long-lasting success—one that lets you continue to work and care for your family without being in distress.

Smoking cessation medicines include:

- **Varenecline (Chantix)**
- **Bupropion (Wellbutrin)**
- **Nicotine replacements** such as nicotine gum, lozenge, inhaler or a patch.

Varenicline (Chantix)

The most effective medicine for quitting smoking is Varenicline (Chantix). It is a non-nicotine medicine that you take as a pill for several months.

*With these tools, you're building new habits.
And when it comes to smoking, staying
stopped is the healthiest habit of all!*

Bupropion (Wellbutrin)

Bupropion is another non-nicotine pill that is used to help stop smoking. Like Varenicline (Chantix), it affects the centers in the brain that make you want to smoke. It also has an antidepressant effect.

Nicotine Replacement

Nicotine replacement is the old stand-by for stopping smoking. It takes care of the nicotine withdrawal that you feel when quitting. It consists of using a nicotine patch, gum, lozenge, or inhaler in some combination until you no longer need them. When the dose is correct, nicotine replacement really works!

2. Find New Ways to Have Fun and Handle Stress

If you think cigarettes are your only pleasure, substitute a few of these instead:

- **Listen to music**
- **Call a friend or grandchild**
- **Munch on healthy fruit**
- **Read a favorite website or magazine**
- **Play a game on your phone**
- **Take a walk**
- **Go to the gym**
- **Plan something fun to do**
- **Fix things**
- **Ride the bus**
- **Stay busy**
- **Meditate**
- **Pray**
- **Breathe deep (this will be a lot easier as you quit!)**
- **Chew gum**

Finding new pleasures helps change habits. It is important that you don't feel deprived and find other ways of having fun that will become your new healthy habit instead of smoking.

3. Avoid Smoking Triggers

Triggers are situations and moods that tell your brain that it's time to smoke. A lot of the time, they cause cravings. One of the most important tricks to help you to quit is to avoid those moments that make it hard not to smoke.

What can you do about them? The first step is to identify what your triggers are. Common ones include:

- **Coffee**
- **Meals**
- **Alcohol**
- **Stress**
- **Others who smoke**
- **Break time at work**
- **Boredom**

Write your triggers down and then make a plan for how to handle them.

For example: maybe you always have a cigarette with your coffee in the morning. Here's a trick to decrease the smoking craving: Substitute a tea that you like, and you won't get such an intense craving. This helps especially in the first few days. After a while, not smoking with coffee will be a lot easier.

Avoid friends who would smoke around you. Explain to them that it is really important for your health that you stop. Tell them that your doctor insists that you can't be around any person or gathering that would make it harder. Suggest going to a movie instead of to a club for drinks.



Think positive. Use the tools and we'll be there to help.

If you want to quit, that's a great first step! The desire to quit is your biggest ally in your fight. But you've got other tools available—from strategies, medications, and new habits. And we're here to help.



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Have a plan for stress!

Stress management has two parts:

What do I do in the moment?

- Make a plan now so that when stress hits later, you'll know just what to do. Before, cigarettes helped you relieve stress. Now that you've quit, you'll need to substitute something else. You might try something from the list of stress relievers above, like meditation or a walk. Distraction works. Have a plan that you can use at a moment's notice. Keep in mind that a craving only lasts a few minutes, so hold on and it will pass.
- Use your quick relief medication: the Nicotine lozenge or gum or the Nicotrol inhaler work well. You can use them before a moment that you know will be hard or in the moment when you have a craving. They contain straight nicotine and so will relieve the craving. However, since they don't give you the same pleasure that the cigarette does, they help break the addiction.

How can I decrease my stress level in general?

What if you have difficult problems with work, family, health, loneliness, or other things?

- Make a plan to give yourself a regular, daily break. Exercise really helps and there are many affordable options to explore.
- Develop new skills and habits that give you real pleasure, and make them part of your life.

**To learn more about the services
available at Mount Sinai, please call:**

212-523-3606