



THINKING ABOUT QUITTING?



Talk.



Get support.



Get
medications.



Today's visit with your healthcare provider can help.



YOU'RE HERE. TALK ABOUT IT.

When you talk with your healthcare provider about quitting smoking, he or she can give you support, talk with you about which quit-smoking medications are right for you, provide you with a prescription for stop-smoking medications usually covered by your health plan, and refer you to the New York State Smokers' Quitline (Quitline) for additional support.

Try asking your provider these three questions –

- **1** *I'm thinking about quitting smoking – how can you help me?*
- **2** *What quit-smoking medications would you suggest?*
- **3** *Could you prescribe me medications covered by my health plan?*

Uninsured? Try generic nicotine replacement therapies. They cost less and are as useful as brand-name products. Put the money you save by quitting smoking towards these medications. For information about affordable healthcare, check out the New York State of Health by visiting nystateofhealth.ny.gov.

QUITTING MAKES A DIFFERENCE

Quitting smoking and tobacco use can reverse or stop the progress of many chronic conditions. You can improve your treatment, manage your condition better, and even prevent symptoms.

High Blood Pressure (HBP)

– Smoking increases blood pressure. ***In just one day of quitting, your blood pressure begins to decrease.***

COPD – Smoking is the leading cause of Chronic Obstructive Pulmonary Disease (COPD).

Quitting smoking can slow down the progress of COPD and help those with COPD to live longer.

Asthma – Smoking irritates the airways and makes asthma worse. ***Asthma attacks can be reduced or even go away*** after quitting smoking.

Diabetes – Smoking increases your chance of diabetes and makes it harder to control. ***Quitting means better control over your blood sugar.***

Heart Disease – Smoking greatly increases the risk of a heart attack. Quitting immediately improves oxygen and heart rate while ***decreasing your risk of a heart attack in just one year.***

Cancer – Smoking can impact treatment. Making it harder for your body to recover and increasing the chance of cancer returning. ***Quitting can improve your response to cancer treatment,*** and increase your chance of living longer.

If you have been diagnosed with any chronic condition or are taking medications, remember to talk with your healthcare provider – the best person to help you quit while managing your condition or medications.



PLANNING YOUR QUIT



1

Know your reasons for quitting smoking

(family, health, money). This can help you through tough times.



7

Mini-quits – practice helps! Try “quitting” your first cigarette of the day; take a shower or walk instead. Try different times and coping skills.



2

Set your quit date – avoid stressful dates.



8

Throw out all your tobacco. Yes, all of it.



3

Line up support – your healthcare provider, a Quitline Coach, family, or friends.



9

Stressed? Remember to breathe. Slowly breathe in deeply through your nose and out through your mouth. Repeat.



4

Get your quit-smoking medications before your quit-date.

Slip up or relapse?

Don't give up! It takes a few tries before quitting for good. Get back on track and remember your reasons to quit.



5

Build a quit kit – distractions like toothpicks, sunflower seeds, games, or books.



10



6

Know what makes you want to smoke and plan coping strategies to help manage or prevent cravings or urges.



Take it one craving at a time. Cravings only last about 5 to 10 minutes.



SETTING YOURSELF UP FOR **SUCCESS** —

Smoke 10 or more cigarettes per day?
Try combination nicotine replacement therapy to
improve your chances of quitting and staying quit.

What is combination therapy?

This means using both the nicotine patch and
gum or lozenge. For the best results, use medications
as directed and don't cut the treatment short.



The patch gives you a
steady dose of nicotine
throughout the day.

How it works



The gum or lozenge
works fast to stop
cravings in their tracks!

What about e-cigarettes?

While e-cigarettes have become popular, they are
not an FDA-approved medication to quit smoking.



For additional support:

1-866-NY-QUITS
(1-866-697-8487)

nysmokefree.com

f **t** **@** **p** **in** **v** /nysmokefree



Developed by Roswell Park Cessation Services for the New York State Smokers' Quitline, located in Roswell Park Comprehensive Cancer Center | Buffalo, NY | 1-866-NY-QUITS (1-866-697-8487) | nysmokefree.com | Deaf, Hard of Hearing and Speech Disabled: Call the NY Relay Service at 7-1-1 (Voice or TTY) and give the operator the Quitline number.