

Ready to quit smoking?

Your support guide for becoming tobacco free



 **Salem Cancer Institute**
Affiliated with OHSU Knight Cancer Institute

Smoke signals

The more you understand about why you reach for a cigarette and your smoking behaviors, the better you can control your habit. Why, when and where do you smoke? With whom do you smoke? Understanding your triggers and what fuels your desire to smoke will help you in your journey to become tobacco free.

Common triggers

Physical and emotional dependences from a nicotine addiction can make it hard to quit smoking. But, other factors commonly cause smokers to pick up a cigarette. These include:

- Frustration
- Fatigue
- Anger
- Stress
- Hunger
- Boredom or loneliness
- Drinking or socializing
- Watching others smoke





Helpful tips to quit smoking

Congratulations. You have decided to quit. To help you achieve success, here are some effective suggestions.

- **Track your habits.** Before you quit, take a week to track your smoking habits. Keep a small notebook with your cigarette pack. Record when and where you smoke, who you are with and how you feel. This information will help you change the habits and triggers that lead you to smoke.
- **Line-up help.** Assemble support from your family, friends and coworkers. Ask your physician about medications that can help you quit. Join a support group or a quit-smoking program.
- **Set a quit date.** Choose a date in the next two to four weeks and mark it in bold on your calendar. Avoid a date that may be stressful already.
- **Set limits.** Limit where you smoke to one place, such as the porch. Make smoking outdoors a house rule. Set realistic goals so you have a better chance for success. Hang a list of “quit benefits” where you smoke, on the refrigerator and on your car dashboard.
- **Choose a healthy substitution.** Instead of reaching for a cigarette, pipe or cigar, chew gum or a straw. Eat vegetables or even hard candy.

Pros of living smoke free

In addition to the health benefits of not smoking, there are many personal and financial pros. Benefits include:

- Better smelling hair, clothes, breath, house and car.
- More time—no need for smoke breaks.
- Reduced risk of cancer in family members.
- Reduced risk of respiratory tract infections in children.
- Lower medical bills.
- Lower life, health and auto insurance premiums.
- Savings from the cost of cigarettes.

It pays to live smoke free

Cigarettes are expensive. Use this formula to find out how much you will save by not smoking.

$$(\$ \text{ ______ per pack}) \times (\text{ ______ number of packs per day}) \times (365 \text{ days}) = \text{yearly cost}$$



Lung cancer is the **most preventable** form of cancer death in our society.

It's never too late to quit

No matter how old you are or how long you have smoked, the health benefits from quitting start within minutes and continue for years.*

Time since quitting	Health benefits
Within 20 minutes	Your heart rate and blood pressure drop.
12 hours	The carbon monoxide level in your blood drops to normal.
2-12 weeks	Your circulation improves and your lung function increases.
1-9 months	Coughing and shortness of breath decrease.
1 year	Your risk of coronary heart disease is about half that of a smoker.
5 years	Your stroke risk is reduced to that of a nonsmoker five to 15 years after quitting.
10 years	Your risk of lung cancer falls to about half that of a smoker. Your risk of mouth, throat, esophagus, bladder, cervix and pancreas cancer decreases.
15 years	The risk of coronary heart disease is that of a nonsmoker's.

By quitting, you can live longer and enjoy fewer wrinkles, softer skin, an improved sense of taste and smell, whiter teeth and a reduced risk of some cancers and heart disease.

**Cigars, pipes, chewing tobacco and snuff also contain nicotine and have harmful effects on your body. Stopping smoking means giving up all tobacco products.*

Support and resources*

Local and national resources can help you in your effort to quit smoking. Some may even provide nicotine patches or gum at no cost.

Oregon Tobacco Quit Line

1-800-QUIT-NOW (784-8669)
Español: 877-2NO-FUME (266-3863)
quitnow.net/oregon

American Lung Association

800-LUNG-USA (586-4872)
lung.org/stop-smoking/how-to-quit

National Cancer Institute

877-44U-QUIT (448-7848)
smokefree.gov

Nicotine Anonymous

503-507-7949 or 503-851-6055
nicotine-anonymous.org

Salem Hospital Community Health Education Center (CHEC)

Freedom from Smoking class
503-814-2432
salemhealth.org/chec

Salem Cancer Institute

Salem Hospital campus
Building C, first floor
890 Oak St. SE
Salem, OR 97301
503-562-4321 Toll free: 877-562-4321
cancer.institute@salemhealth.org
salemhealth.org/cancer

**The above list does not include all smoking cessation programs.*



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