

CUT OUT CIGARETTES



Reasons to Quit Smoking:

- Smoking is linked to increasing risks of developing heart disease, cancer, and COPD.
- Smoking is considered the most preventable cause of disease or death in the United States.
- 50% of long term tobacco users have an increased chance of dying early.

How to Quit:

1. Write down the reasons that you want to quit.
2. Set a quit date.
3. Make a list of your “triggers” (when do you want to have a cigarette) and what could you do instead of smoking).
4. Talk to your doctor or a counselor about a “Quit Smoking Class” and nicotine replacement therapy such as the gum or patch. Ask about other medications that might be helpful.
5. Ask your family and friends to help you.
6. Practice the Four D's
 - Do something else
 - Delay having each cigarette
 - Deep breathing
 - Drink water

What can your community pharmacist do to help you quit?

- Assist you finding the appropriate choice in nicotine replacement therapy (patch, gum, lozenge, etc.)
- Educate you on proper usage of nicotine replacement therapy
- Address any concerns you have with quitting
- Help you to avoid triggers to smoking
- Be available to assist you in motivating you to quit smoking and staying tobacco free

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