



**Are You  
Ready?**

Developed by  
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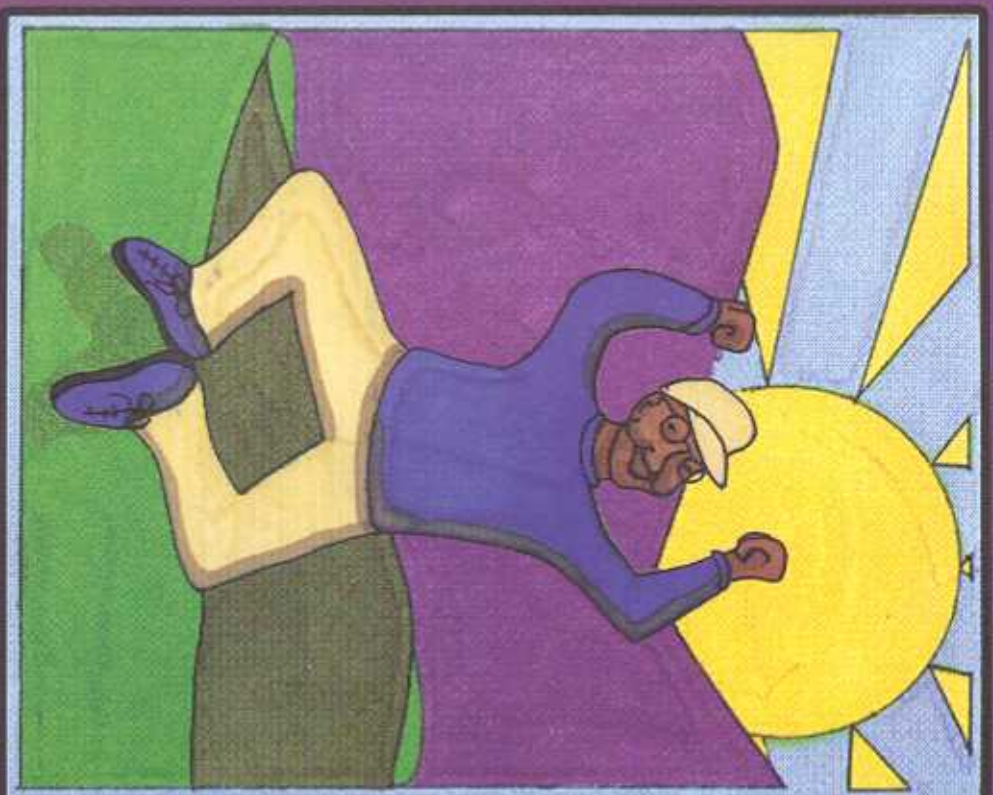


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A partnership of rural health centers and churches working to  
promote innovative ways to help people experience the benefit  
of taking control of their diabetes and other chronic diseases.

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**Kick the  
Habit**

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# Kick the Habit



## Thinking About Quitting ?

**WITHIN 20 MINUTES....**Your blood pressure, pulse rate and temperature of hands and feet return to normal.

**WITHIN 8 HOURS....**The carbon monoxide levels in the blood drops and the oxygen level increases.

**WITHIN 24 HOURS...**Your chance of having a heart attack decreases.

**WITHIN 48 HOURS...**Smell and taste improve.

**WITHIN 72 HOURS...**Breathing is easier because your windpipe is more open and lungs are fuller. Withdrawal symptoms lessen or are gone..

**WITHIN 2 WEEKS TO 3 MONTHS..**Blood moves through the body easier, doing activities like walking is easier, and lungs work 30% better.

**WITHIN 1 TO 9 MONTHS...**Your energy level increases and shortness of breath and tiredness improve.

**WITHIN 5 YEARS...**Lung cancer and heart disease death rate cut in half.

**WITHIN 10 YEARS...**Cancer-causing cells are gone and healthy cells take their place.

# Preparing to Quit

- **Congratulate yourself!** You have made a personal pact with yourself to quit.
- Make a note on your calendar that shows your quit date.
- Prior to quitting, rid yourself of tobacco in your home, car, office, or most common places.
- Spend a little time each day seeing in your mind what you will do instead of using tobacco during stressful times.
- Tell everyone you know that you plan to quit and when! Ask them to help you.
- Find different things to do instead of using tobacco, like chewing gum, sucking on mints/cinnamon sticks, eating carrots, etc.
- Go slow. **TAKE IT ONE DAY AT A TIME!** Prepare to Succeed! Do whatever it takes.
- Start believing that you are becoming a non-tobacco user. Believe your reasons to quit are more important than anything else!
- Ask people you live and work with not to smoke around you.

## Nicotine Replacement & Cessation Medications

If you are interested in using nicotine replacement or medications to assist with your cessation, here are the FDA approved options. Talk to your health care provider before beginning any of these therapies.

### **Nicotine Replacement Therapy**

This method gives you a small dose of nicotine to help cut down the urge to use tobacco once you quit.

#### **Over the Counter Options**

**Nicotine Patches** - patches provide a measured dose of nicotine through the skin.

**Nicotine Gum** - a fast-acting form of replacement that acts through the mucous membrane of the mouth. Available in 2mg and 4mg strengths.

**Nicotine lozenges** - the newest form of nicotine replacement on the market. Available in 2mg and 4mg strengths.

#### **Requires Prescription**

**Nicotine Nasal Spray** - delivers nicotine quickly to the bloodstream as it is absorbed through the nose.

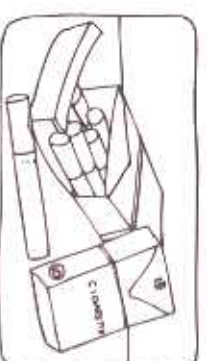
**Nicotine Inhalers** - a plastic tube with a nicotine cartridge inside. When you puff on the inhaler, the cartridge provides a nicotine vapor.

# Quitting: **The First 2 Weeks**

- Spend lots of time in places that do not allow tobacco (theaters, libraries, smoke-free restaurants, etc.)
- Try to limit food or sugar products in place of tobacco. Use low calorie foods, sugarless gum, ice water, mouthwash, brushing teeth instead
- Make an appointment to have your car detailed or invite someone who is supportive of you to help you clean the signs and smells of tobacco from your car
- Make an appointment to get your teeth cleaned
- Increase or start your regular exercise program

**Reward yourself  
for 2 weeks  
without tobacco!**

## What Are Your Triggers for Tobacco Use?



Triggers are anything that tells your brain that you should be using tobacco right now. You may or may not have a craving or urge. The time, activity and place may just be the habit for you.

- Driving
- Golfing
- Drinking alcohol
- Parties
- Morning awakening
- Waiting
- Watching TV
- Bowling
- Work breaks
- Finishing a meal
- Talking on phone
- Emotions
- Being bored
- Uncomfortable situations
- Using the bathroom



# What Can I Do?

## My Triggers

Quitting tobacco is hard! Sometimes thinking about cutting something else from your life is just too much to think about!

### So give yourself something instead!

## Weight & Exercise

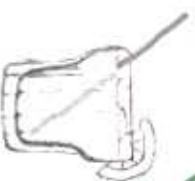


Here are some helpful suggestions for exercise and management:

- 1 Start an exercise program such as walking 15 minutes every day. If you are already exercising, make your routine consistent 4-5 times a week
- 2 Keep healthy snacks ready to eat!
- 3 Eat slowly; try to identify different tastes or seasonings
- 4 Drink eight 8 oz glasses of water a day

## REMEMBER

Triggers are temporary!  
They will go away. Planning what to do will help you be more successful. Keep up the good work!



- 5 Sip ice cold water through a straw all day
- 6 Count the number of vegetables and fruits you eat a day. Make sure you take in 5 servings in a combination.  
*Servings: 1 medium fruit; 1 cup raw or 1/2 cup cooked vegetables.*  
*(Make sure you do not add high fat sauces)*
- 7 Keep busy with hobbies such as woodworking, yard work, house work, needle-point, cross stitch, etc.
- 8 Take a walk for 5 minutes every time you have an urge or craving
- 9 Take your measurements and weigh yourself. Consider yourself successful if your measurements decrease or your clothes fit better, even if the scale does not change.



# Kick the Habit

## Making a Plan to Stop Tobacco Use

### All My Reasons

I will write down all my reasons not to use tobacco on the lines below. They will be things I can see change and something I feel strongly about. I will also list people that care about me as my reasons to quit.

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Things I can Do Instead  
of Using Tobacco

### Places it will be hard

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### What I can do instead

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### Avoids

Sometimes there are people, places, or things I need to avoid for a short period of time until I feel stronger as a non-smoker. I will write those on the lines below.

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# How do I begin to

## Kick the Habit?



### Make an Action Plan !

1. *Decide* what you want to accomplish.
2. Start making *short-term* plans by making an action plan for this week.
3. *Carry out* your action plan.
4. *Check* the results.
5. Make *changes* as needed and repeat each week.
6. Remember to *reward* yourself.

#### Action Plan Example

This week I will:

*Makes an appointment with my health care provider to*

*find out more about nicotine replacement therapy.*

How confident are you? 9

0 = not confident 10 = totally confident

Next week I will:

*Quit smoking*

How confident are you? 10

0 = not confident 10 = totally confident

#### Action Plan Form

This week I will:

How confident are you? \_\_\_\_\_

0 = not confident 10 = totally confident

Next week I will:

How confident are you? \_\_\_\_\_

0 = not confident 10 = totally confident

