



Tobacco

fact sheet

Quitting Tobacco: Keys to Success

What is the affect of tobacco use in the U.S.?

Tobacco is to blame for 438,000 early deaths each year. In 2009, the American Cancer Society called tobacco use the most avoidable cause of early death. Tobacco accounts for at least 30 percent of all cancer deaths. Almost half of those who continue to smoke will die from a smoking related death. The best way to reduce your risk of getting cancer, or living a shorter life is to not start using tobacco. If you do smoke or chew, it is never too late to quit, no matter how long you have used tobacco.

If I plan to quit, what should I do?

You can quit on your own with a strong desire and by following a plan.

- Talk with your doctor.
- Set a quit date.
- Throw away lighters, ashtrays, or other items that remind you of tobacco.
- Ask family and friends for support.
- Keep busy.
- Exercise.



Did you know that using quit-smoking aids like the patch will double your chances of quitting?

Nicotine is found naturally in the tobacco plant. When you smoke a cigarette, nicotine releases chemicals in your brain within 7-10 seconds of the puff. These chemicals may cause you to feel good, more awake, and calmer. Nicotine does not cause cancer, unlike nail polish remover, lead, and rat poison which also are found in cigarette smoke.

What do I need to do to take care of myself?

Quitting is hard.
Remember to:

- Get enough sleep.
- Eat healthy foods.
- Drink water.
- Exercise.
- Reward yourself.
- Take your medicine as prescribed by your doctor or nurse.

Using quit-smoking aids like nicotine gum can help ease the unpleasant feelings people can have when they quit tobacco. A quitter may feel moody, experience headaches, hunger, and urges to smoke. The following is a list of approved quit aids.

Prescriptions

- Nicotine Nasal Spray
- Nicotine Inhaler
- Chantix
- Zyban

Over-the-Counter

- Nicotine Patch
- Nicotine Gum
- Nicotine Lozenge

What might make me start again?

Below is a list of high risk times and ideas to deal with them:

1. Stress
 - Breathe deeply a few times, in through the nose and out through the mouth.
 - Use positive statements such as: “I am strong” or “I can get through this.”
2. After meals
 - Be active. Take a walk, wash the dishes, or play with your children or pets.
 - Brush your teeth or use mouthwash.
3. Alcohol
 - Find different ways to hang out with friends.
 - Choose not to go to the bar or drink alcohol the first 3-4 weeks after quitting.
4. Driving
 - Clean the inside of your car.
 - Put your list of reasons to quit where you can see them.
5. Morning Routine
 - Change the order of how you get ready for the day.
 - Eat breakfast if you usually don't.



What are some benefits of quitting smoking?

No matter how long you've been smoking, you can benefit from quitting.

- Quitting smoking increases your blood flow, energy level, and your general health.
- Your risk for heart disease is cut in half after only one year without smoking.
- Quitting smoking lowers the chance of breathing problems, as well as lung and other cancers.

Smoking Hurts Others

Each year secondhand smoke is to blame for as many as 3,000 lung cancer deaths and another 35,000 deaths due to heart disease in nonsmokers. Secondhand smoke can cause problems like chronic bronchitis, asthma attacks, and ear infections in both adults and children. Secondhand smoke can also cause sudden infant death syndrome (SIDS).

For Help:

The University of Michigan Health System's MHealthy Tobacco Consultation Service (TCS) works with employees, students, patients, and community members who wish to be free of tobacco. TCS offers support programs which address the physical, social, mental, and emotional issues accompanying tobacco use. We focus on unlearning tobacco habits and learning how to live tobacco-free again. Our services are free to U-M employees and UMHS patients with a doctor's referral. A fee is required for all others.

- **Web site:** www.mhealthy.umich.edu/tobacco
- **Email:** quitsmoking@med.umich.edu
- **Phone:** 734-998-6222 (99 T-OBAC)