



## Frequently Asked Questions about Quitting

**Are you or someone you know trying to quit smoking?** If so, the following information may be helpful.

### Question: Why should I quit?

**Answer:** You will live longer and feel better if you quit tobacco use. Quitting will lower your chances of having a heart attack, stroke, or cancer. The people you live with, especially children, will be healthier. If you are pregnant, you will improve your chances of having a healthy baby. In addition, you will have extra money to spend on things other than cigarettes.

### Question: What is the first thing I need to do once I have decided to quit?

**Answer:** You should set a quit date, the day you plan to break free of your tobacco and nicotine addiction. Then, consider visiting your doctor or other healthcare provider before your quit date. Your doctor can help by providing practical advice and information about the best quit method (e.g. medication, NRT) for you.

### Question: What medication would work best for me?

**Answer:** Different people do better with different methods. You have six choices of medications that are currently approved by the U.S. Food and Drug Administration (FDA):

- Non-nicotine pill (Bupropion, Chantix)

- Nicotine patch
- Nicotine gum
- Nicotine lozenge
- Nicotine inhaler
- Nicotine nasal spray

The gum, patch, and lozenge are available over-the-counter at your local pharmacy. You could also ask your healthcare provider to write you a prescription for one of the other medication options. The good news is that all six medications have been shown to be effective in helping smokers who are motivated to quit.

### Question: How will I feel when I quit smoking? Will I gain weight?

**Answer:** Many smokers gain weight when they quit, although it is usually less than 10 pounds. Eating a healthy diet, staying active, and trying not to let weight gain be a distraction from your main goal of quitting are important considerations. Some of the available medications to help you quit may also help to delay weight gain.

### Question: Some of my friends and family members are smokers. What should I do when I am with them?

**Answer:** Tell them that you are quitting and ask them to assist you in this effort. Specifically, ask them not to smoke or leave cigarettes around you.

**Question:** What kinds of activities can I do when I feel the urge to smoke?

**Answer:** Talk with someone, go for a walk, drink water, or get busy with a task. Reduce your stress by taking a hot bath, exercising, or reading a book.

**Question:** How can I change my daily routine, which includes smoking a cigarette with my breakfast and coffee?

**Answer:** When you first try to quit, change your routine. Eat breakfast in a different place and/or drink tea instead of coffee. Take a different route to work as well.

**Question:** I like to smoke when I have a drink. Do I have to give up both?

**Answer:** It is best to avoid drinking alcohol for the first 3 months after quitting because drinking lowers your chances of success at quitting. It helps to drink a lot of water and other non-alcoholic beverages when you are trying to quit.

**Question:** I have tried to quit before and it did not work. What can I do?

**Answer:** Remember that most people have to try quitting at least 2 or 3 times before they are successful. Review your past quit attempts to determine what worked as well as identifying barriers.

**Question:** What should I do if I need more help?

**Answer:** Seek out individual, group, and/or telephone counseling for additional support. The more counseling you obtain, the better your chances are of quitting for good. Programs are provided at local hospitals and community health centers. Contact your local health department for information about programs in your area. In addition, consult with your doctor or healthcare providers with regards to establishing a quit plan and/or obtaining additional support.

