

How to stop smoking

This handout offers a step-by-step approach to quit smoking or using tobacco.

1. Make a list of your smoking habits

- When do you smoke
 - Morning
 - Afternoon
 - Evening
 - Other: _____
- Where do you smoke
 - Home
 - Work
 - Driving
 - Eating
 - Visiting with friends
 - Other: _____

2. Make a list of why you want to stop

- Bad breath or stained teeth
- Bad smell in clothes, hair, and skin
- Cough or sore throat
- Fast heartbeat or high blood pressure
- Makes your disease worse
- Other: _____

3. Make a list of good changes

- More energy
- More money
- Fewer sick days
- Less likely to get
 - Gum disease
 - Face wrinkles
 - Serious breathing problems
 - Serious stomach problems like ulcers
 - Heart disease
 - Lung and other cancers
- Other: _____

4. Take the list to your doctor

- Go over the list with your doctor
- Pick a quit date
- Pick a way to quit
 - Drugs
 - Nicotine gum
 - Nicotine patch
 - Nicotine nasal spray
 - Pills (Bupropion SR)
 - Other: _____
 - Counseling
 - Other: _____

5. Go home with a plan

- Quit date
- List of drugs you can take
- List of other things you can do to help
- Date to see your doctor again

The content in this letter is intended as general information and may not apply to you or your condition. Talk to your doctor about how to best use this information and how to take care of your medical condition. This information is not intended to provide or replace professional medical advice or services.
