

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: _____

How to Stop Smoking Cont'd

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