

# Helpful Tips to Quit<sup>1</sup>

1. Carry sugar free gum or hard candy with you at all times.
2. Visualize yourself never smoking again.
3. If you have a quit-smoking friend, check in with him or her often.
4. Stay away from smoke-filled places.
5. Think positively and take it one day at a time.
6. Decide how to say no when people offer you tobacco products.
7. Stay away from other smokers; it will be hard but see if they are willing to refrain from smoking when you're around.
8. Know your triggers and try to avoid them.



## *More Resources*

**Amador Recovery  
Helpline (call/text):  
(575) 395-6953**

**NM Department of  
Health "QUIT NOW"  
Program:  
1-800-784-8669  
or online at  
[www.quitnownm.com](http://www.quitnownm.com)**

*\*Brochure Information from  
Belmont University\**

## A Tobacco Free Life



**AMADOR**

HEALTH CENTER

RECOVERY PROJECT

999 W. Amador Ave.

Annex, Suite D

Las Cruces, NM 88005

# THE FACTS

Quitting tobacco is the most important thing you can do to protect your health.<sup>3</sup> Tobacco use is the single largest preventable cause of disease and premature death in the United States.<sup>2</sup>

However, smokers who quit can expect to live approximately 10 years longer than those who continue to use tobacco.<sup>2</sup> The following chart will help you begin the journey:<sup>4</sup>

START	5 Steps Toward Quitting for Good
<b>S</b>	<b>Set</b> a quit date
<b>T</b>	<b>Tell</b> family, friends, and coworkers you want to quit
<b>A</b>	<b>Anticipate</b> and plan for challenges you'll face in quitting
<b>R</b>	<b>Remove</b> tobacco from home, car, and workplace
<b>T</b>	<b>Talk</b> to your healthcare professional about getting help to quit

# IMMEDIATE & LONG-TERM BENEFITS

The minute you decide to quit using tobacco products, your health improves. The longer you stay away from those products the more benefits you will see.'

Time After Last Cigarette	Beneficial Effect
20 Minutes	Blood pressure and pulse rate drop
24 Hours	Decrease in chance of heart attack
48 Hours	Nerve endings adjust to absence of Nicotine
72 Hours	Lung capacity increases

Over a longer period of not smoking you can reduce your risk of heart disease, stroke, cancer, and lung disease. The risk of heart attack and high blood pressure decreases to that of a nonsmoker 15 years after quitting tobacco.<sup>2</sup> Quitting will also benefit the people around you as they won't be hurt by second-hand smoke anymore. There are other benefits besides improved health. The financial savings for a pack per day smoker could be more than \$2,00 a year if the cost was \$ 6 per pack!

# QUITTING

Quitting will definitely be hard. Set a date within the next two weeks to stop using tobacco products and write it down:

**I will quit on:** \_\_\_\_\_

You are one step closer! Doing this will help you stick with your plan. Try to have a quit-smoking friend who can be available to help you through the difficult times and keep you motivated. They can be a former tobacco user, but be sure to pick someone who knows you well and is committed to helping you quit. Also, be sure to use the resources available to you. Talk to your local pharmacist, physician, or the Amador Health Center staff to learn more about smoking cessation aids such as nicotine gum and if they are right for you. There are prescription medications that could help as well.

1. *Power to Quit Smoking Kit*. Learn To Live. Accessed: aa-health.org/ltl\_pdf/roadmaptoquitting.pdf.
2. The Great American Smokeout. Interactive Quizzes.
3. *Helping Smokers Quit; A Guide for Clinicians*. U.S. Department of Health and Human Services. Revised May, 2008.
4. *Cleaning the Air*. National Cancer Institute. NIH Publication No. 08-1647. Printed October, 2008.