

# Quitting Smoking



**Quitting smoking takes time, because learning to live without cigarettes takes time.**

Quitting “cold turkey” or all at once without any support may work for some people, but for most it does not. Here are some methods that can help you quit.

## Medicine

Using medicine to help you quit can increase your chance of success. All medicines have benefits and risks. Talk with your doctor or health care provider about which medicine may be right for you.

### Nicotine replacement therapy (NRT)



NRT gives you a small amount of nicotine to help lower your urge to smoke. NRT comes in many forms. Some (nasal spray and inhaler) need a prescription. You can buy others (patch, gum, lozenges) at the drug store without a prescription.

### Nicotine-free medicines



These medicines do not contain nicotine. They also help lower your urge to smoke. You can get these in pill form with a doctor's prescription.



**For your medicine to work best, always take it as directed by your doctor.**

## Counseling

Counseling can help you learn about and deal with the mental, physical and social parts of smoking. The types of counseling you can choose from include:



One-on-one counseling



Group meetings



Quitlines (free, telephone-based counseling)



Compared to medicine or counseling **alone**:

Using

**medicine + counseling**

**together**



**can nearly double your chances of quitting**

## Things that can help you quit in addition to medicine and counseling

### Change Your Daily Routine

- ▶ Stay away from things that remind you of smoking
- ▶ Spend time in places where smoking is not allowed
- ▶ Start a new hobby

**If you do get the urge to smoke, wait it out. Most times, the urge only lasts a few minutes.**

### Be Active and Eat Healthy



Exercise can distract you from smoking. It may also help lower your urge to smoke.



Sugar-free gum and snacks like pretzels, cut-up vegetables and fruit can help keep your mouth and hands busy.

**Together, exercise and healthy foods can help you manage your weight.**

**Remember to reward yourself along the way.**

**If you slip, don't be hard on yourself. Learn from it and try again.**



EMPLOYEE WELLNESS

The University of Alabama at Birmingham



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## References

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This information does not replace regular medical check-ups or your health care provider's advice. Consult your health care provider about what is best for your personal health.

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