

TORRANCE MEMORIAL HUNT CANCER INSTITUTE

QUIT SMOKING

GUIDE



TORRANCE MEMORIAL
HEALTH SYSTEM



QUIT SMOKING GUIDE

Smokers have more tools than ever to help quit smoking for good – there’s a wide range of counseling services, smoking cessation programs, self-help materials, nicotine replacement therapies, support groups and medicines available.

Some people are able to quit on their own, without the help of others or the use of

medicines. But for many smokers, it can be hard to break the social and emotional ties to smoking while getting over nicotine withdrawal symptoms at the same time.

Fortunately, here at Torrance Memorial Health System we have many services and programs to help you be smoke-free. Here’s a quick guide to quit smoking.

DISCLAIMER

The information in this a guide should not substitute for advice from a medical professional. We hope this guide provides some basic information for those looking into quitting smoking and helpful tips for those on the path to being smoke-free.

WHETHER YOU'VE QUIT SMOKING OR FRUSTRATED THAT YOU CAN'T, Torrance Memorial can ease your worry and help you breathe easy. Torrance Memorial offers one of the South Bay's most comprehensive and effective smoking cessation and detection programs. Experience our state-of-the-art 3-D digital imaging offering advanced early detection so you can stop worrying. Call us at (310) 517-1072 for help.



QUIT SMOKING • EARLY DETECTION • TORRANCEMEMORIAL.ORG/QUITSMOKING

BREATHE EASY





ACTION PLAN

Once the decision is made to quit, it's time to do some homework. Knowing as much as possible about the process beforehand makes it easier to prevent slip-ups and quit successfully.

WHAT ARE THE BENEFITS OF QUITTING?

Write down specific reasons for quitting and keep the list in view. Motivating factors can range from personal health to aesthetic reasons.

Personal relationships can also motivate someone to quit. Every year, 50,000 people die from exposure to secondhand smoke

meaning the decision to quit has a direct effect on the people around us. Smoking even affects unborn fetuses: smoking while pregnant is linked to early births, low birth weight, and birth defects like heart issues or cleft palates.

Once you've clarified your reasons for quitting, it's time to commit to a plan of action.



PICK A QUIT DAY AND PREPARE

Tell family and friends, circle the day on a calendar, and schedule alerts into the cell phone and computer. Make it impossible to forget or back out at the last minute.

Sign up for a group program and schedule a first meeting or pick out a self-help plan.

Talk your primary care doctor about whether to consider nicotine replacement therapy (NRT) to curb cravings. NRT releases small amounts of nicotine—but none of the other chemicals found in cigarettes—via a patch, gum, lozenge, spray, or inhaler.

Also discuss using prescription drugs to make the transition easier. Medications function by reducing nicotine cravings or blocking nicotine receptors (making smoking less pleasurable and withdrawal symptoms less painful).

Get rid of cigarette packs, lighters, any smoking paraphernalia and stock up on oral substitutes like gum, hard candy, and carrot sticks (the healthy option).

Tried to quit before? Think about what went wrong and learn from past mistakes. For example, if cold turkey did not work, try using NRT or medications the second time around. Ask your doctor.

Pack your schedule around Quit Day and the week afterwards. Plan to spend as much time as possible in public spaces where smoking isn't allowed and commit to healthier activities that make you feel good. Create new habits.

TORRANCE MEMORIAL QUIT SMOKING PROGRAM

A seven session, step-by-step program to quit smoking. Encourages participants to work on the process and problems of quitting, both individually and as part of a group.

www.torrancememorial.org/QuitSmoking



COPE WITH WITHDRAWALS

- Don't smoke. Not even once.
 - Stay active, drink lots of water, and stay away from alcohol, which lowers resolve and is often associated with smoking.
 - Try to avoid triggering activities like hanging out in bars, drinking coffee, or watching TV. Create new routine.
 - Mix up your daily routine by trying out different activities and hobbies, foods, or routes around town.
 - If you decide to take NRT or prescription drugs, use them correctly and consistently. Ask your primary care doctor.
 - Attend group meetings, make use of telephone counseling, and read self-help books.
 - Avoid situations where people are smoking or people who are known smokers. Instead, rely on a support system of friends and family who will encourage you to stay on track.
 - Sometimes you can't avoid the people or places that may trigger you to want a cigarette. In these cases, try to prepare in advance for refraining from smoking even in difficult situations.
 - Keep physical substitutes for cigarettes on hand at all times.
- Gum, candy, and straws or toothpicks work for the oral component. Fill an empty hand with a pencil, stress ball, or marble.
 - Don't rationalize! Write down any rationalizing thoughts (e.g.: "I just need one to get me through this today"). Once you've recognized the urge, find a distraction and move on.
 - Many people feel the urge to smoke when they are hungry, angry, lonely, or tired. Be aware of these triggers and deal with them by eating, calling a supportive friend, visiting a loved one, or going to bed.
 - Practice mindfulness meditation. Take deep breaths and spend a moment or two recognizing a craving when it strikes. Be aware of the desire for a cigarette, accept it, and move on. This can be extremely helpful for developing awareness of triggers and helping you to "surf your urges."
 - Celebrate smoke-free milestones with small treats like a nice dinner out, a trip to a museum, a yoga class, or a new book. Stay positive.



SLIP-UPS AND RELAPSES: IT CAN HAPPEN

A slip-up is a one-time cigarette; a relapse is returning to a smoking habit. In both situations, try not to be too hard on yourself. Instead, resolve to get back on track—right away.

Most importantly, learn from mistakes. Did something trigger a craving? Did a withdrawal management technique fail? Use the slip-up to improve your commitment to staying smoke-free.

TORRANCE MEMORIAL NICOTINE ANONYMOUS

A weekly, drop-in support group for people who are quitting smoking based on the 12-step format.

www.torrancememorial.org/QuitSmoking



YOUR CONCERNS

WEIGHT GAIN

Some people delay quitting smoking because they worry about gaining weight. Many smokers do get heavier when quitting (since appetite rises again once nicotine leaves the body), but most gain fewer than 10 pounds. Focus on maintaining a healthy overall lifestyle by eating well, exercising, and avoiding junk food. Take quitting one day at a time and worry about losing weight (if necessary) later.

STRESS MANAGEMENT

Along with learning to manage withdrawal symptoms and cravings, ex-smokers must find a way to deal with stress without lighting up. The good news is that a new study found that people who successfully quit

smoking were less anxious than smokers. Regardless of the science, some ex-smokers find they need a new way to cope with nerves. Physical activity is a great de-stressor, as are breathing techniques and meditation. Consider signing up for a stress-management class to help blow off some steam.

YOUR LONG-TERM HEALTH

Even when a smoking habit is a thing of the past, it's important to stay aware of health risks associated with cigarettes. Keep the doctor informed about any health issues, especially lung or heart problems like a troublesome cough or chest pain.

MENTAL SUPPORT

A smoking addiction is both mental and

physical. Medications and NRT can help with the physical withdrawal symptoms, but successfully quitting requires emotional support, too. Talk to family and friends before beginning the process and set up a network of people to call or visit when cravings strike. Consider joining a quitting program like Torrance Memorial Quit Smoking Program and Torrance Memorial Nicotine Anonymous. It can often be helpful to surround yourself with people who have also quit smoking and can provide psychological support. If getting to a meeting is difficult, consider calling or texting an expert for advice.



NO BUTTS ABOUT IT

Quitting is no easy task, but the long-term health advantages far outweigh the struggle of fighting a nicotine addiction. The best way to successfully stop smoking is to prepare and plan for every situation to stop the temptation to light up again.

Talk to doctors, friends, family, and addiction specialists to figure out the best way to kick the habit and take control of your health.

Regardless of whether a smoking habit is brand new or 50 years strong, it's never too late to stop smoking and gain the health benefits.

For more information and resources to help quit smoking visit:

www.TorranceMemorial.org/QuitSmoking.

WE CAN HELP. The Torrance Memorial Hunt Cancer Institute is a leader in cancer care for Southern California. Our compassionate and comprehensive approach gives our patients and their loved ones the confidence of leading-edge diagnostics, advanced treatments, rehabilitation services and support. TMCancerCare.com



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