

Why Quit Now? Quitting Tobacco Improves Cancer Treatment Success.

It's never too late to quit tobacco in order to gain important benefits. Consider the ones that mean the most to you.

- More effective cancer treatment
- Lower risk of cancer coming back or developing a secondary cancer
- Fewer and less severe side effects from radiation and chemotherapy
- Faster recovery and wound healing and less risk of infections after surgery and other cancer treatments
- More energy and easier breathing
- Better quality of life
- Better pain control

You can also...

- Save money
- Spend quality time with loved ones without smoking getting in the way
- Improve your health and reduce the risk of other serious health problems like heart and lung diseases

Most insurance plans cover medications to help you cut back or quit tobacco, even over-the-counter with a prescription.**

- Medicaid KS and MO cover all medications for tobacco treatment for adults age 18 and older.
- Chantix, nicotine inhaler and nicotine nasal spray are all available through a prescription assistance program for those who meet income guidelines and are uninsured or have prescription insurance that does not cover them. Call 844-989-PATH or visit pfizerxpathways.com.
- Generic patches cost about \$2 per day – less than what most people spend on tobacco.

Getting support can help you be more successful.

QUITLINE:

Provides free 1-on-1 coaching and other resources: **800-QUIT-NOW**

TEXTING:

Text QUIT to 47848 or join at smokefree.gov
Not ready to quit yet? Text GO to 47848 to “practice”

APPS/WEBSITES:

becomeanex.org – support from others who have quit or are trying to quit; customized quit plan

smokefree.gov – live help available; app and texting programs, too.

COMMUNITY:

Turning Point – classes, support groups, turningpointkc.org or call 913-574-0900

Medications double to triple your chance of success.

Medications work by reducing withdrawal symptoms and cravings, giving time to work on changing habits, routines and surroundings to support not smoking. Medications should be used about 12 weeks, but can be used longer.

The most effective medications:

- Combination nicotine replacement:
Use a 24-hour nicotine patch plus choose nicotine gum, lozenge, inhaler or nasal spray.
- Chantix: most effective single medication
- Bupropion plus nicotine replacement

**Talk with your doctor for support and to get a prescription for medication.



After quitting tobacco, you may notice symptoms like increased cough, headache, restlessness, trouble concentrating, increased hunger or craving for a cigarette. Symptoms may vary for each person. They should be mild and most go away after a few days. Use over-the-counter aides to treat symptoms, get plenty of rest and relaxation, eat healthy snacks, exercise, and use medications like nicotine gum or lozenge to reduce cravings to smoke!

Quitting is a process

Slips are a normal part of the quitting process. If you slip – don't give up. Quitting tobacco can take a few tries. Each time you try, you get closer to quitting *for good*. Here are some tips:

1. Attitude is everything. Learn from mistakes and keep going. If you struggle, ask yourself: When are the times I have strong cravings or have had the most slips? What works and what doesn't? What else can I try? _____

2. Keep taking your medication. Do not take off your patch or stop medications if you slip.
3. Remind yourself why it is important to change! My top reasons are: _____

4. Pick at least 3 to 5 ways to cope with urges to smoke, like distraction techniques (use phone to play a game or call a friend, clean) or substitutions (sugar-free candy, nicotine gum, hold a straw). I will try: _____

Change your environment

To cut down and prepare for quitting, only smoke outside. Keep cigarettes and lighter separate from each other and out of sight, giving you time to decide if you truly want it or if it's just habit. Once you've decided to quit, keeping cigarettes, lighters and ashtrays around just makes it harder to stay quit. Instead, put reminders of your reasons to stop smoking all around you! Also try ...

- Clean your home and car. Make them "no-smoking" areas.
- Change your routines to break the habit. Avoid alcohol, coffee, places you used to smoke and other triggers.
- Hang out in places you can't smoke. Ask others not to smoke around you. Wash your clothes to remove the smell.

Choose your supports

- Quitline phone counseling – 800-QUIT-NOW
- Texting practice program – if you are not quite ready to quit yet, text GO to 47848 to prepare.
- Texting quitting program – text QUIT to 47848.
- App: _____
- Website: _____
- Other: _____

Choose your medications

There are 7 FDA-approved medications to help with tobacco use; 5 are nicotine replacement, or NRT. NRT is a safer way to get nicotine while working on changing habits related to smoking or tobacco use. People using NRT may not get enough nicotine after quitting, so combination NRT (adding a long-acting nicotine patch with a short-acting NRT) is best.

- Nicotine patch: put a new patch on every 24 hours; rotate patch location daily; use in combination with these short-acting NRTs:
- Nicotine gum: Use 1-2 pieces per hour as needed, not to exceed 24 a day. Do not chew continuously. Chew until soft; park in gums.**
- Nicotine lozenge: Use 1-2 pieces per hour as needed, not to exceed 20 a day.**
- Nicotine inhaler: Use 6-20 cartridges/day.
- Nicotine nasal spray: Use 1 spray in each nostril 1-2 times per hour.
- Varenicline (Chantix): Take with a meal.
- Bupropion (Zyban, Wellbutrin): Consider using NRT at the same time.

**Use 4 mg dose if first cigarette is within 30 minutes of waking or you smoke >25 per day.

Manage stress

Although things may be really stressful right now, times when you are already focusing on your health can be the perfect time to quit smoking because you are already making important changes toward a healthier lifestyle. Negative moods and stress are among the top reasons people go back to smoking. Find daily balance and try some of these strategies to manage stress and moods instead of smoking.

- Yoga or stretching
- Relax – take a bath, listen to music, get a massage
- Deep breathing and meditation
- Talk to someone (a friend or counselor)
- Do something you enjoy every day
- Pray or read inspirational books
- Get physical activity daily – take a walk!
- Make short to-do lists; organize your calendar

