Stopping tobacco use reduces your risk for disease and early death. There are health benefits at any age. YOU ARE NEVER TOO OLD TO QUIT. Health benefits begin immediately.

↑ INCREASED  ↓ DECREASED
blood oxygen levels  heart rate, blood pressure, chance of a heart attack

There are many benefits to quitting for people with cancer – even if the cancer diagnosis is not tobacco-related

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response to chemotherapy and radiation  surgery complications, surgery recovery time, cancer recovery time, cancer treatment side effects, risk of cancer returning

Our program includes a team of advanced nurse practitioners, psychologists, physicians, and research staff.

We tailor treatment to you and your tobacco use history. Treatment can include FDA-approved medications for tobacco and one-on-one counseling (in person or through telemedicine) to help develop new, healthy routines.

**Tobacco Treatment Program**

Lisa M. Fucito, PhD  
Associate Professor, Psychiatry  
Program Director

Steven L. Bernstein, MD  
Professor, Emergency Medicine  
Medical Advisor

**Contact Us**

20 York Street  
New Haven, CT 06510  
p (203) 688-1378  
e quitsmoking@ynhh.org

Program provides treatment for non-English speaking patients

**Connecticut Quit Line**

800-784-8669
STOPPING TOBACCO USE IS A JOURNEY

Quitting tobacco is hard. It often takes multiple tries to finally stop.

Changing tobacco use is hard for two main reasons:

- The body becomes addicted to the nicotine in tobacco
- It is something that many individuals have been doing for a long time

Taking medication and getting practical support can help!

Medication can reduce cravings and withdrawal symptoms. Practical support can help you cope with cravings and break the cycle of tobacco use.

Safe, effective FDA-approved medications for tobacco include:
  - Nicotine replacement (patch, gum, lozenge, inhaler, or nasal spray)
  - Varenicline (Chantix)
  - Bupropion (Zyban)

See inside this booklet for specific tips to help you get started!
**HOW QUITTING SMOKING BENEFITS YOUR BODY**

This is what happens to your body after your last cigarette:

- **After 1 to 9 months:** Lungs are better able to clear mucus, keep clean, and reduce infection
- **After 1 to 9 months:** Coughing and sinus congestion decrease
- **After 2 weeks to 3 months:** Circulation, lung function, and stamina improve
- **After 48 hours:** Senses of taste and smell improve
- **After 8 hours:** Carbon monoxide in your blood drops while oxygen level increases
- **After 20 to 30 minutes:** Blood pressure and pulse drop
- **After 20 to 30 minutes:** Hands and feet start to warm up
- **After 1 to 9 months:** Overall energy improves
- **After 1 year:** Risk of heart disease drops to half that of a smoker
- **After 5 years:** Risks of cancer of the mouth, throat, esophagus, and bladder are cut in half
- **After 5 years:** Risk of cervical cancer falls to that of a nonsmoker
- **After 5 years:** Risk of stroke falls to that of a nonsmoker
- **After 10 years:** Risk of pancreatic cancer falls to roughly the same as a nonsmoker
- **After 10 years:** Lung cancer risk falls to half that of a current smoker
- **After 15 years:** Risk of death is nearly the same as a nonsmoker

*Adapted from CVSHealth*
SAFE, HELPFUL MEDICATIONS FOR TOBACCO

NICOTINE REPLACEMENT THERAPY (NRT)

- **Patch**: Wear 1 patch daily. Remove backing and press onto clean, dry skin on your upper body. Change the patch daily and place in a new spot to minimize skin irritation. It is okay to wear the patch while bathing/swimming.
- **Gum**: Use every 1-2 hours. Bite down until you notice a “tingle” when the medication is activated, then “park” the piece between your cheek and gum or under your tongue. Continue to bite and park for up to 30 minutes.
- **Lozenge**: Use every 1-2 hours. Allow lozenge to dissolve. Do not suck or chew. Releases nicotine as it slowly dissolves.
- **Patch, gum, and lozenge** are available over the counter. Get FREE NRT through CT Quitline: 1-800-QUIT-NOW.
- Nicotine **inhaler** or **nasal spray** are available by prescription.
- Using patch + gum or lozenge can increase your success.
- It is SAFE to use NRT and smoke. Using NRT may help you reduce how much you smoke.
- If you experience signs of getting too much nicotine (such as headaches or dizziness), use only one NRT product at a time.

VARENICLINE (CHANTIX)

- Available by prescription. Take as directed.
- Take dose with a full glass of water after a full meal.
- It is SAFE to use while smoking.
- Contains no nicotine. Can be used with NRT.

BUPROPION (ZYBAN)

- Available by prescription. Take as directed. Do not stop or change your dose suddenly.
- Do not crush, chew, or break tablet. Swallow whole. Can take with or without food.
- It is SAFE to use while smoking.
- Contains no nicotine. Can be used with NRT.

Ask your healthcare provider about any questions or concerns. Check with your healthcare provider before using medication if you are pregnant, breastfeeding, or have other medical concerns.
COPING WITH URGES

TAMING URGES:
• Urges can be uncomfortable but are a normal part of changing your tobacco use.

• Most urges pass in a few minutes.

• Urges can come from people, places, thoughts, feelings, times. Figuring out what leads to urges can help you feel more prepared to cope.

• When you notice an urge, do something. Try any of the tips below that come to mind. If one doesn't work, try another!

• You will feel good about yourself when you beat the urge!

PRACTICAL TIPS AND TECHNIQUES:
• Use Imagery: Think of a craving like surfing a wave. Ride it out! When the craving is intense, the wave is moving up. It will move down again, and the craving will be less intense.

• Distract Yourself: Do something to occupy yourself for a few minutes.

• Get out! When possible, get away from things that trigger an urge. A short walk or change of scene can help.

• Keep your mouth busy: Try sugarless gum or mints, diet pop, cinnamon sticks, breath spray, toothpicks, or coffee stirrers.

• Try Thought Stopping: Think of a stop sign in your head to end the craving.

• Take slow deep breaths: Inhale through your nose and exhale through your mouth. Repeat 10 times or until relaxed.

• Water out Urges: Get in the shower – it's hard to smoke in the shower. Drink a glass of water. Drown the urge.

• Seek Help: Talk with someone who supports you who you trust. Call 1-800-QUIT-NOW to talk with an expert for free.

• Use Coping by Thinking: Look past the temptation and remind yourself of the benefits of quitting.

• Go to a Smokefree Zone: Practice what you have done before when you were in a place where you couldn’t smoke.
**PREPARE FOR QUITTING**

QUITTING CAN BE EASIER IF YOU HAVE A PLAN

- **Know why you are quitting**: Make a list of the reasons that quitting is important to you and read the list often!

- **Throw away tobacco gear. You no longer need them!** Get rid of cigarettes, ashtrays, lighters, etc. Clean out your home, office, and car.

- **Learn how to handle cravings**: Practice different strategies until you find what works for you!

- **Find ways to handle nicotine withdrawal**: You may notice changes in your mood (feeling cranky, nervous, restless), sleep, appetite, or having trouble thinking clearly. This is normal and temporary (may last a few days or weeks) as your body recovers from not having tobacco. Medications can make this recovery easier. See medication information in this booklet.

**MAKE A QUIT PLAN!**

My Quit Day is: __________, ___/___/___.

do day of week m d y

My plans for the day include:

_____________________________________________

_____________________________________________

I will make Quit Day a calm, relaxed day by:

_____________________________________________

_____________________________________________

The reward I have planned for myself on Quit Day is:

_____________________________________________

_____________________________________________

My support person is:

_____________________________________________

My two BIGGEST reasons for quitting are:

1) __________________________________________________

2) __________________________________________________


SET YOURSELF UP FOR SUCCESS

DEVELOP NEW HABITS (adapted from The Power of Habit)
Figure out what is happening when you use tobacco.

Pay attention to when, where, and who you are with when you use tobacco. These are cues for use. There is often a need that tobacco use addresses in that moment, the “reward”. The key to changing the habit of tobacco use is to create a new routine. When you experience the cue, fill the need or “reward” some other way.

For example – if you go to the store to buy a snack every day at 3pm, you would think what is the cue for this routine? Is it hunger? Boredom? And what's the reward? The tasty snack? The change of scenery? The burst of energy from eating?

1. Experiment with other rewards.

Rewards are powerful because they satisfy a need. When trying to make changes in behavior, like tobacco use, it is important to figure out what other things can help satisfy this need. You will want to try other rewards to see which one works.

For example – each day at 3pm when you notice the craving for a snack, try something else instead of going to the store. Go for a walk. Try eating a healthy snack. Chat with friends. Try a cup of coffee. Write down how you feel afterward. What helps satisfy the need?

2. Have a plan.

Once you’ve figured out the habit loop, you can make changes by anticipating the cue – when/what/where – and choosing to do something else that delivers the reward you are craving.
Let's think about a possible habit loop for smoking cigarettes.

What other behavior can you try? Tell yourself, “When I’m feeling anxious, I am going to go for a walk, because I have a chance to clear my head.”
Get Social Support

Evaluate Your Social Network

- People around us influence our health and health-related behaviors
- Changing tobacco use may mean changing your social environment to avoid triggers or using coping strategies
- Who in your social network uses tobacco? Who does not?
- Can you avoid being around others who use tobacco when you are making efforts to change?
- Can you spend more time with non-users?

Developing Social Support for Change

Who might be supportive?

How can you get the support or help you need?

Ask for what you need. Be specific and direct. Many people have good intentions but may not know what is helpful to you.

Handling Social Situations without Using Tobacco

Sometimes you cannot avoid being around others who are not supportive. So, what can you do to cope?

- Set limits: For instance, if it is your house, can you ask others to go outside to smoke?
- Use refusal skills:
  1) Say “no” first in a clear, firm voice.
  2) Make direct eye contact.
  3) Change the subject.
  4) Suggest an alternative.
**TIPS FOR MANAGING SLIPS**

Slips are common when quitting. A slip does not mean you have to start smoking regularly again.

If you slip, you might try these ways to get back on track:

- **Don’t be too hard on yourself:** A slip does not mean a failure. You can still achieve your goal.

- **Feel proud of the time you went without using tobacco:** Think about the ways you beat cravings. Try to use those ways to cope again.

- **Restart quitting again**

- **Learn from the slip:** What led to the slip? What do you want to try differently the next time?

- **Use medications:** You can keep using quitting medications when you slip. Continuing to use your medication increases your chance of staying quit for good!
**What About E-Cigarettes?**

E-cigarettes, or electronic cigarettes, are also known as e-cigs, e-hookah, mods, or vape pens.

**We do not have enough information to know if e-cigarettes are a safe or helpful way to quit using tobacco.**

Here is what we do know:

E-cigarettes heat a liquid with nicotine and other chemicals in it. The vapor that is inhaled includes chemicals that we know are harmful, including cancer-causing chemicals and tiny particles that can enter the lungs.

The FDA is working to regulate e-cigarettes but right now they are currently not regulated. That means there are no guidelines for making the device or e-liquid and there is no way to know exactly what chemicals are in the products.

E-cigarettes also contain nicotine which is what makes tobacco addictive. If you choose to use an e-cigarette to try to help you quit tobacco use, it is recommended that you also plan to wean off of using e-cigarettes.

**There are other safe and effective ways to quit tobacco use**

- Talk to your doctor or healthcare provider
- Get counseling support
- Try medications
- Try online, quitting apps on your phone, and self-help programs
- Call the CT Quitline 1-800-QUIT-NOW (1-800-784-8669)
- Get text support through SmokefreeTXT (text YALE to 47848)

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**Smilow Cancer Hospital Tobacco Treatment Program**

Stopping tobacco use reduces your risk for disease and early death. There are health benefits at any age. **YOU ARE NEVER TOO OLD TO QUIT.** Health benefits begin immediately.

↑ Increased
- blood oxygen levels
- response to chemotherapy and radiation

↓ Decreased
- heart rate, blood pressure, chance of a heart attack
- surgery complications, surgery recovery time, cancer treatment side effects, risk of cancer returning

There are many benefits to quitting for people with cancer – even if the cancer diagnosis is not tobacco-related

Our program includes a team of advanced nurse practitioners, psychologists, physicians, and research staff.

We tailor treatment to you and your tobacco use history. Treatment can include FDA-approved medications for tobacco and one-on-one counseling (in person or through telemedicine) to help develop new, healthy routines.

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Program provides treatment for non-English speaking patients

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