

Smoking Cessation

Are you ready to quit?

Explore the impact of smoking on the body and uncover the benefits of embracing a smoke-free life. This guide is your roadmap to crafting a personalized quitting strategy, starting right now.



Fast Facts: What Are the Health Risks of Tobacco Use?¹

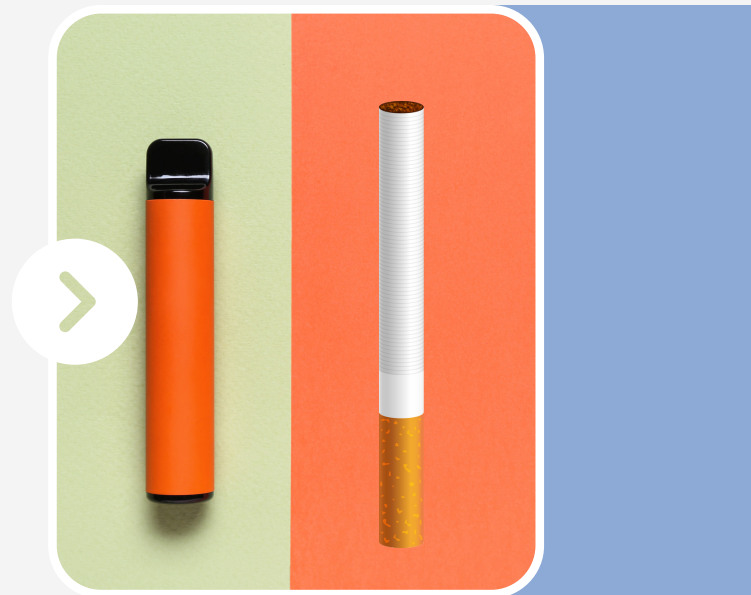
1. More than 8 million people worldwide die from tobacco use per year.
2. Smoking is the leading cause of preventable death in the United States.
3. Smoking causes heart disease, over 13 types of cancer, stroke, diabetes, lung disease, and high blood pressure.
4. Smoking also increases the risk for tuberculosis, eye and gum disease, erectile dysfunction, and problems with the immune system—including rheumatoid arthritis.
5. More than 10 times as many U.S. citizens have died prematurely from cigarette smoking than have died in all the wars fought by the United States.

True or False?

E-cigs, also called vapes, provide a safe substitute for smoking or smokeless tobacco and serve as an effective method for quitting smoking.

False!

E-cigarettes produce an aerosol with fewer toxins than regular cigarettes but still contain harmful substances like nicotine, heavy metals, and cancer-causing agents. Despite this, they're not FDA-approved for quitting smoking.²



1. World Health Organization: WHO. Tobacco. <https://www.who.int/news-room/fact-sheets/detail/tobacco>. Published July 31, 2023.

2. CDC. About Electronic Cigarettes (E-Cigarettes). Centers for Disease Control and Prevention. https://www.cdc.gov/tobacco/basic_information/e-cigarettes/about-e-cigarettes.html. Published November 2023.

What Happens When You Stop Smoking?³



3. CDC. Within 20 Minutes of Quitting Poster. Centers for Disease Control and Prevention. <https://www.cdc.gov/tobacco/sgr/2004/posters/20mins/index.htm#:~:text=Your%20heart%20rate%20drops.&text=Carbon%20monoxide%20level%20in%20your%20blood%20drops%20to%20normal.&text=Your%20heart%20attack%20risk%20begins,lung%20function%20begins%20to%20improve.> Published 2004.

Be Prepared to Quit



1

SET A QUIT DAY

Choose a day within the next two weeks. Avoid choosing a day where you will be busy, stressed, or tempted to smoke. (Ex., A big deadline at work or a night out with friends.)



2

TELL YOUR FRIENDS AND FAMILY YOU PLAN TO QUIT AND WHY

I plan to quit because _____.



3

ANTICIPATE AND PLAN FOR CHALLENGES

You will have a lot of cravings. They usually only last a few minutes, so come up with a list of things you can do when you get a craving. Give some of the ideas listed on the next page a try!



4

REMOVE ALL NICOTINE FROM YOUR HOME AND CAR

This also includes getting rid of things that remind you of smoking, such as lighters and ashtrays. Be sure to wash your clothes and freshen up your car and home. If you don't smell smoke, you'll be less tempted to do it!



5

TALK TO YOUR DOCTOR

Quitting "cold turkey" isn't your only option.

25 Tips and Tricks to Fight the Cravings

1. Keep your hands busy with a pen, stress ball or toothpick.
 2. Eat a piece of candy.
 3. Chew gum.
 4. Eat crunchy, fresh vegetables.
 5. Take a drive.
 6. Watch the sunrise or sunset.
 7. Do a puzzle.
 8. Avoid caffeine.
 9. Read a book.
 10. Listen to a podcast.
 11. Learn a new hobby.
 12. Go to the movies.
 13. Practice mindfulness techniques.
 14. Have a game night.
 15. Go for a walk.
 16. Try herbal remedies like peppermint or passionflower tea.
 17. Eat a piece of candy.
 18. Sip water through out the day.
 19. Ride a bike.
 20. Play a card game.
 21. Create a quit plan.
 22. Consider nicotine replacement therapy.
 23. Eat a dill pickle.
 24. Meditate.
 25. Seek professional help or counseling, if needed.
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Helpful Resources to Stop and Stay Smoke Free

Smoke-free Apps:

These free apps offer help just for you based on your smoking patterns, moods, motivation to quit, and quitting goals. Monitor your progress, manage cravings, and stay motivated. Available to download on Android and Apple devices.



QuitGuide



quitSTART



Build your FREE, customized quit plan here: <https://smokefree.gov/build-your-quit-plan>

Text and Phone Support:

- Get connected to free state or national text messaging services to help you quit smoking.
 - Once you sign up for text messaging services, you will receive messages of encouragement, advice and tips for becoming smoke-free and being healthier.
- Pregnant? Sign-up for SmokefreeMOM to receive 24/7 tips, advice, and encouragement for women to quit smoking via text message.

TEXT
QUITNOW
TO
333888

TEXT
MOM
TO
222888

Centers for Disease Control and Prevention (CDC):



For free quit coaching, a free quit plan, free education materials, and referrals to local resources: Call 1-800-QUIT-NOW.

(1-800-784-8669)

https://www.cdc.gov/tobacco/quit_smoking/index.htm



S.M.A.R.T. Goal Setting

SMART goals, characterized by being specific, measurable, achievable, relevant, and time-bound, offer a framework for setting clear objectives in achieving goals like quitting smoking. When applied to smoking cessation, SMART goals help in defining precise aims, such as reducing cigarette consumption by a certain amount within a specified time, aiding you in tracking progress and staying motivated towards your health goals. Try it now!

<p>S</p>	<p><u>SPECIFIC</u> What do you want to accomplish?</p>	<p>Ex. I will reduce my cigarette consumption from 10 cigarettes per day to 3 cigarettes per day within the next 30 days.</p>
<p>M</p>	<p><u>MEASUREABLE</u> How will you measure/track your progress?</p>	<p>Ex. The progress can be measured by tracking the daily number of cigarettes smoked using a journal or a smoking cessation app.</p>
<p>A</p>	<p><u>ACHIEVABLE</u> Is it achievable, taking into account skills, time, and budget?</p>	<p>Ex. I will achieve this by gradually decreasing the number of cigarettes smoked each day and seeking support from a smoking cessation program or counselor.</p>
<p>R</p>	<p><u>RELEVANT</u> Does this goal align with your overall goal?</p>	<p>Ex. Reducing my cigarette intake aligns with my goal of improving my health and overall well-being.</p>
<p>T</p>	<p><u>TIME-BOUND</u> What will be the start and end date of your goal?</p>	<p>Ex. I aim to reach the goal of smoking only 3 cigarettes per day within the next month, starting today, and will assess my progress weekly to stay on track.</p>

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