



**Ready to
give up**



Working together
to help beat cancer



Cancer
Council
NSW

Tackling
Tobacco

This booklet is written for people who have decided that they want to stop smoking.

You can use this booklet on its own or go through it with the person who gave it to you. You could also contact your nurse, doctor or caseworker; or phone the Quitline on 13 7848 (13 QUIT) and they will help you through it.

You can also give this booklet to a family member or friend and get them to give up cigarettes with you. Congratulations on taking the first step towards quitting smoking!

Steps to breaking the habit

Giving up cigarettes is easy for some people and hard for others. Knowing what's going to happen after you have that last cigarette can help. Planning can help you understand why you smoke and come up with some strategies to make quitting easier. Follow the steps in this booklet to help with your quitting plan.

Step 1 Understand your smoking

Nicotine is the addictive drug in tobacco. After you have been smoking for a while your body gets used to the nicotine and relies on it to feel normal. Complete the quick quiz below to understand your level of nicotine dependence.

Questions	Answers	Score (please circle)
1. How soon after waking up do you smoke your first cigarette?*	Within five minutes	3
	6 – 30 minutes	2
	31 – 60 minutes	1
	60+ minutes	0
2. How many cigarettes do you smoke a day?	31 or more	3
	21 – 30	2
	11 – 20	1
	10 or less	0
	TOTAL	

* Or how soon after waking up do you want your first cigarette (even if you don't have one)?

How dependant on nicotine are you?

Score	0 – 2	= Very low dependence
	3	= Low dependence
	4	= Moderate dependence
	5	= High dependence
	6	= Very high dependence

Smokers with high to very high dependence may need to use quit smoking medications to help with withdrawal. See “Products to help you quit smoking” (pages 5–6).

Step 2 Know when you smoke

Before you stop smoking you need to know when you usually smoke. These will be the danger times.

When do you smoke?

- When I wake up in the morning
- When I have a coffee or cup of tea
- When I am on the phone
- When I am with my friends
- After a meal
- When I have an alcoholic drink
- When I am worried, stressed or upset
- When I am annoyed or angry
- _____
- _____
- _____

You will need to work out other ways of getting through these times when you stop smoking. If possible, it can be useful to avoid these danger times in the first couple of weeks. Cut down on coffee, tea and cola drinks that are high in caffeine, and try to stay away from alcohol for a couple of weeks. Try to avoid friends who smoke, and put off going to parties until you feel more confident.

Things I am going to do instead of smoking...

Now that you have identified your danger times, list in the table below some things you are going to do instead of smoking. Some examples have already been given.

▶ Instead of having a smoke when...	▶ I am going to...
I am annoyed or angry	Go for a walk or do some other exercise
I am stressed	Listen to some music

Step 3 Plan how to stop smoking

If you have tried to stop smoking before (and most smokers have) you will know what is likely to work for you.

Smoking can interfere with some medications; for example, those taken for physical health problems such as diabetes, or for mental health problems such as depression or schizophrenia. Make sure you speak to your doctor so they can assist you in monitoring your medication and with any concerns about your physical and mental health.

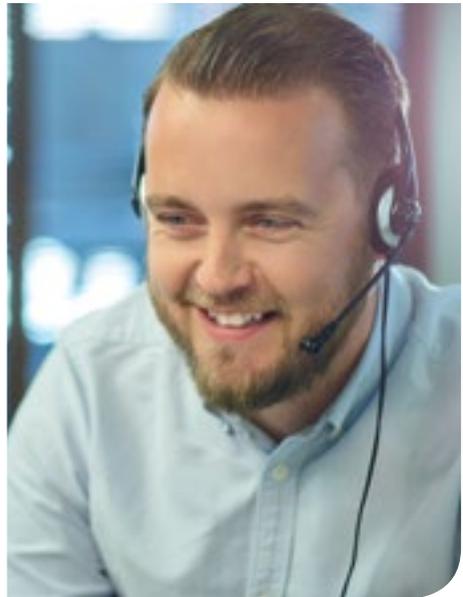
1. Stopping all at once

Some people find that deciding on a quit date and not smoking any more from that day is the best way to stop. If you smoke as soon as you wake up in the morning and smoke more than 10 cigarettes per day, you might want to use nicotine patches, gum or other medications like Bupropion (Zyban) or Varenicline (Champix) to help with withdrawal. For more information, read the section in this booklet on 'Products to help you quit smoking', and don't forget to talk to your doctor, local pharmacist or the Quitline (13 7848 or 13 QUIT).

2. Cutting down

Cutting down is often seen as a way to try and reduce the harm that smoking causes. Unfortunately, what happens when you don't get your cigarette at the usual time is that you end up smoking in a more harmful way, such as:

- Smoking right down to the butt
- Puffing more frequently
- Inhaling more deeply, which makes the cigarette burn hotter and does even more damage to your lungs.



Also, if you have gone without your usual cigarette for a few hours, it feels so good when you finally do have a smoke that you get even more positive reinforcement for smoking. That is something to be avoided when you are trying to quit.

For this reason, cutting down is not a good idea unless you are substituting each cigarette that you miss with a nicotine replacement therapy product such as gum or inhaler.

You can ask your local pharmacist about the programs that are now available to help you to cut down over six to nine months. These are especially good for very heavy smokers, such as people who smoke more than 40 cigarettes a day, or when just stopping seems too hard. Sometimes it is better to reduce the amount of cigarettes smoked by half before making an attempt to quit. It may take a while, but eventually you can be smoke-free.

Products to help you quit smoking

1. Nicotine Replacement Therapy (NRT)

NRT provides your body with nicotine while you are quitting. This helps ease withdrawal symptoms, while you work on breaking the 'habit' of smoking. It's a good idea to talk to your health worker, doctor or pharmacist about NRT before using it, as it is not suitable for everyone.

■ Nicotine patches

Nicotine (the same drug that's in tobacco) comes out of the patch and goes into your blood, and this stops you from feeling like having a smoke when you give up. You just stick the patch onto your skin and change it every day. Ask a health worker, doctor or pharmacist, or call the Quitline on 13 7848 (13 QUIT), to go through the correct way to use patches.

■ Nicotine gum

Chew the gum slowly when you feel like having a cigarette. You only need to chew the gum long enough to soften it (about one minute), then rest (or park) the gum in between your gum and cheek. When the taste fades, chew a few times until the taste gets strong, then rest the gum again. Nicotine is released, and then absorbed through the lining of your mouth. Do not chew gum when eating or drinking.

■ Nicotine lozenge

The lozenge works the same way as the gum, except that you suck it. Move the lozenge around your mouth every now and then. Do not eat or drink while sucking the lozenge.

■ Nicotine oral strips

Put one film on your tongue, press your tongue gently to the roof of your mouth and wait until the film dissolves.

■ Mouth spray

After priming the mouth spray, point the nozzle towards the inside of your cheek, holding it as close as possible. Press the top of the dispenser down to release the spray into the side of your cheek. Avoid swallowing for a few seconds after spraying.

■ Nicotine inhaler

Puff on the inhaler just like you would on a cigarette.

2. Bupropion (Zyban)

Zyban is a tablet that helps to reduce withdrawal symptoms and cravings for cigarettes. A doctor must prescribe it because it is not suitable for everyone (for example, people who are taking certain types of medication for depression). Talk to your doctor if you are interested in Zyban.

3. Varenicline (Champix)

Like Zyban, Champix (also called Varenicline) is a tablet that reduces some people's desire to smoke. Talk to your doctor if you are interested in trying this product.

Remember:

All nicotine replacement products contain less nicotine than cigarettes and they have none of the 4,000 chemical compounds that are in tobacco smoke. Zyban and Champix do not contain any nicotine at all. It is important to use these products for at least eight weeks, or for the recommended period, until you have beaten the habit of smoking.

Step 4 **Set a quit date**

Unless there is a very good reason, make your quit date within two weeks from now. Choose an easy day to stop, one when you won't be under too much stress.

My Quitting Plan

Write out your own quitting plan and keep it handy.

My main reasons to quit are:	
Three things I am going to do instead of smoking:	
Things I can do with the money I normally spend on smoking:	
My support person will be:	
The quit smoking product that I will use (if applicable):	
My quit date is:	

Step 5 Understand withdrawal symptoms

Most people will experience some withdrawal symptoms when they stop smoking. They are a sign that the nicotine is leaving your body; your body is starting to recover from smoking and you are becoming healthier. If you have a current mental health problem, or a history of mental health problems, speak to your doctor if you have any concerns, as withdrawal symptoms can sometimes be confused with symptoms of your illness.

Remember, the withdrawal symptoms will gradually pass, and most will disappear within the first two weeks – so hang in there!

Here are some ideas for dealing with common withdrawal symptoms.

Withdrawal	Tips
Feeling restless, tense or angry	<ul style="list-style-type: none">– Breathe deeply– Do some relaxation exercises– Go for a walk, do something physical– Listen to music or have a bath
Having difficulty sleeping	<ul style="list-style-type: none">– Relax– Listen to music– Have a hot, milky drink– Exercise during the day
Feeling sad	<ul style="list-style-type: none">– Relax– Go for a walk, do something physical– Do something nice for yourself
Constipation or diarrhoea	<ul style="list-style-type: none">– Drink 8-10 cups of water each day– Eat more fruit, vegetables and cereal
Having trouble concentrating	<ul style="list-style-type: none">– Make lists– Break tasks into small chunks and do them one by one, with breaks in between
Increase in appetite and weight gain	<ul style="list-style-type: none">– Snack on healthy foods– Limit sugary and high-fat treats– Do some exercise
Coughing or tightness in your throat	<ul style="list-style-type: none">– Drink water– Suck on a throat lozenge– Give it time, it will ease

Good things about giving up smoking

Stopping smoking will make you feel good, knowing that you are controlling the cigarettes rather than them controlling you. But quitting will test your willpower, so it's a good idea to keep reminding yourself of your reasons for quitting.

■ **“I felt healthier almost straight away”**

As soon as you stop smoking your risk of cancer, stroke and heart disease goes down. Soon after quitting you will feel healthier and have more energy, with easier breathing. Remember, you may cough a bit more at first because you are clearing out your lungs.

■ **“I feel in control”**

You won't have to worry about running out of cigarettes any more. You can go places where smoking is banned.

■ **“I'm setting a good example for my kids”**

By not smoking you are reducing the chance that your kids will smoke. Children also want the best for their parents. It can be a big relief for them when you stop smoking.

■ **“I paid off my car”**

The money you save by not smoking soon adds up. Spending this on presents or paying bills feels good.

■ **“I smell better now”**

Many ex-smokers like the fact that their breath and clothes don't smell any more.

Look after yourself while you are quitting

Get plenty of sleep, eat well and do some exercise. Take one day at a time and give yourself rewards and encouragement. Some people plan at least one enjoyable thing for each day. This gives them something to look forward to.

The way you think affects the way you feel and act. If you slip up, you might think, “I’ve blown it, I may as well start smoking again”. But if you do have a smoke it is more helpful to remind yourself that it was just a slip-up, and go back to your normal plan.

Sometimes it helps to practise positive self-talk, such as, “I’m a non-smoker”, and, “I can quit”. Believing that you can quit can improve your chances of success.

It helps to know that a slip-up doesn’t make you a smoker again.



For more information, see your health worker, nurse, doctor or caseworker about quitting. The Quitline can help you with information, and you can ring them on 13 7848 (13 QUIT) for the cost of a local call.

Remember

- ▶ Giving up smoking is easy for some people and harder for others. Knowing what's going to happen after you have that last cigarette can help.
- ▶ Be aware of the 'danger times' when you normally smoke, and plan something you can do instead when you quit.
- ▶ Make a plan to stop smoking, and speak to your doctor if you are on medication.
- ▶ Set a quit date.
- ▶ Plan strategies for dealing with withdrawal symptoms.

Acknowledgements:

Cancer Council NSW would like to thank staff from NSW Health for their assistance in producing this booklet.