

# Break Away from the Pack...

You Know You Should  
Stop Smoking.  
We Know You Can!





## You know you should stop smoking. We know you can!

This is the first book of *Break Away from the Pack*, the American Cancer Society's three part guide to help you to stop using tobacco for good. *Break Away from the Pack* consists of:

<b>Book 1</b>	<p><b>You Know You Should Stop Smoking. We Know You Can!</b></p> <p>Reminds you why you should stop using tobacco. Describes new medicines and ways to make quitting easier.</p>
<b>Book 2</b>	<p><b>Your Smoke-Free Path Starts Here. Freedom is Around the Corner!</b></p> <p>Helps you prepare to stop. Guides you through the first week without tobacco. Gives practical advice on how to take care of yourself, along with tips to avoid slip-ups.</p>
<b>Book 3</b>	<p><b>You're A Nonsmoker Now. Stay Quit for Good!</b></p> <p>Shows you how to stay off tobacco for good. Helps you prepare for difficult situations that could lead you to smoke again. Points out danger signs and dangerous times. Offers ideas on how to live tobacco-free.</p>

Since most tobacco users smoke cigarettes, we refer to cigarette smoking most often. If you smoke cigars or pipes or if you use spit tobacco, the facts and quit tips you'll find here may be useful.

### To get the most from *Break Away from the Pack*:

1. Even if you feel you are ready to quit right away, Book 1 can help.
2. Read each book through once, then go back with a pen or pencil to answer questions, fill out checklists, and take notes.
3. Keep in mind that there's never been a better time to stop smoking.

*Good luck and good health to you!*

*Special thanks to Janet Van Ness, Shari Kessel, and Deborah Dean of JSI Research and Training Institute, Inc. and Lisa Hochstein Graphic Designs for the writing and design of Break Away from the Pack.*

# There's Never Been a Better Time to Stop Smoking.

## You can do it.

Every year hundreds of thousands of Americans stop smoking for good. Why not join them? Of all the changes you could make in your life, stopping the use of tobacco is the *single best thing to do for your health*. It may not be easy, but there has never been a better time to stop. Here's why:

- **Facts are facts.** You know smoking can lead to serious illness. When you stop, your health starts to improve right away, even if you've been a heavy smoker for years.
- **Clear air is all around you.** You're already spending more time in smoke-free places. When people around you aren't smoking, it's easier to resist the urge yourself.
- **There's new help for old cravings.** New medicines can help cut cravings and raise your odds of quitting.
- **You're not alone.** Most smokers would like to quit. Many people you know have already stopped. You'll find plenty of support and understanding to help you over the rough spots.

Use this book to decide if and when you want to break away from the pack and become a nonsmoker. We'll show you what works, what doesn't, and we'll support you all the way.

*You can stop smoking. We know you can!*

*"There are a lot of reasons I quit, but the biggest was that I was worried about my health. I didn't feel that bad—yet—but I couldn't stand the thought of getting sick and not being around to see my kids grow up."*



*"Quit smoking? I used to think about it all the time, but until now I couldn't seem to get my act together to try. I did some reading, talked to people, and here I am. I won't lie and say quitting is easy. But I will say it's worth it. If I can do it, you can do it!"*

## Book 1 covers:

- The FACTS About Smoking...and Quitting
- Why Do You Smoke?
- What Are YOUR Reasons for Quitting?
- What Is the BEST Way to Quit?
- Learn from the Past and Look to the Future
- Prepare for the Path to Freedom

# The FACTS About Smoking... and Quitting



*"Everyone kept telling me to quit, but I thought, 'Hey, if I want to smoke, it's my business!' I didn't know smoke was making my baby son sick. Three ear infections before he was six months old! The doctor asked me if I smoked. It was then that I knew it wasn't just affecting me."*

## It's time to take the facts to heart.

The link between smoking and disease is clear. You know you should stop. Take a fresh look at how smoking affects your health.

- Cancers, lung problems, heart disease, and strokes lead to early death for nearly *half a million* smokers each year.
- Dozens of health conditions, including asthma, diabetes, thyroid disease, and impotence, along with fertility and pregnancy problems, are caused or made worse by smoking.
- One out of every two smokers will die from smoking-related diseases.

Knowing you should quit is not the same as *doing it*. Even if these facts make you feel hopeless or helpless, read on. You will see how to use them to break away from tobacco as you work your way through this book.

## Does your smoking hurt others?

You may be hearing more about how harmful *secondhand smoke* can be. The smoke you exhale and the smoke that comes from the end of a burning cigarette, cigar, or pipe exposes the people around you—especially children—to some serious risks.

- Adults who breathe second hand smoke are at greater risk for cancer, heart disease, and strokes.
- Children have a greater chance of developing colds, ear infections, asthma, and respiratory infections.
- Infants have a greater risk of dying from Sudden Infant Death Syndrome (SIDS).

### How much do you know about smoking and secondhand smoke?

Answer True or False for each statement below.

1. Smoking causes one out of three cancer deaths. . . . .  TRUE  FALSE
2. Nonsmokers who breathe secondhand smoke get more lung cancer than nonsmokers who don't. . . . .  TRUE  FALSE
3. Every year nearly 50,000 nonsmokers in the US die from breathing secondhand smoke. . . . .  TRUE  FALSE
4. A can of spit (smokeless) tobacco can have up to three times more nicotine than a pack of cigarettes. . . . .  TRUE  FALSE
5. Three thousand children become regular smokers every day. A third of them will die from smoking. . . . .  TRUE  FALSE
6. Children with parents who smoke have more asthma, ear infections, and other illnesses. . . . .  TRUE  FALSE
7. Smoking causes one out of five deaths from heart disease. . .  TRUE  FALSE
8. Secondhand smoke from cigars is more dangerous than secondhand smoke from cigarettes. . . . .  TRUE  FALSE

## You'll be more at ease in a smoke-free world.

Think of all the places you visit that are smoke-free—restaurants, movie theaters and sports arenas; buses, planes, and trains; offices and worksites; your friends' homes and cars. Once you stop smoking, you'll be more comfortable in smoke-free places.

## You'll have plenty of company.

Have you noticed that fewer people around you are smoking? Almost 45 million Americans have stopped for good! And seven out of 10 smokers say they want to quit in the future.

- There is no right or wrong way to stop, but there are certain strategies that are proven to be helpful.
- Some smokers quit on the first try, but it takes about three to five serious quit attempts to break away from the pack.
- No one can say how long it will take for you to stop.
- Each time you try, your odds of quitting are higher than they were the time before.

No matter how long you have been smoking, your health will start to improve when you quit. The longer you've smoked—even if you already have health problems from smoking—the greater the *immediate* health benefits are. Look below at what happens in the minutes, hours, months, and years from the time you stop smoking.

*Quitting sooner is better than quitting later.  
It's never too late to stop.*

*"You may think you feel okay when you smoke, but what you don't realize is that you could feel even better without cigarettes... A couple weeks after I stopped, I had more energy, and I could breathe so much easier. It really happened that quickly."*



### What will happen when I stop smoking?

- Within **20 minutes**, my blood pressure will be lower than it was while I was smoking.
- Within **8 hours**, the carbon monoxide level in my blood will return to normal.
- Within **24 hours**, my chance of having a heart attack will go down.
- In **2 weeks to 3 months**, my blood circulation will improve and my lung function will increase.
- In **1 to 9 months**, I will cough less, feel less tired, and not be as short of breath.
- In **1 year**, my chance of having heart disease will be half of what it was when I smoked.
- In **5 years**, my chance of having a stroke will be cut in half.
- In **10 years**, my risk of lung cancer will be half that of someone who smokes. My chance of getting other types of cancer will be lower.
- In **15 years**, my chance of having heart disease will be the same as someone who never smoked at all.

# Why Do You Smoke?



*"I smoked because the sun rose and because the sun set. And I found about 40 other reasons in between to light up. I have to say I was completely hooked on tobacco."*

## **If you answer "yes" to any of these, addiction plays a role in your smoking:**

- Do you smoke in the first 10 minutes after you wake up every day?
- Would you still smoke if you were sick in bed most of the day?
- When you have quit or tried to quit before, did you feel withdrawal symptoms or cravings?

## **You smoke for a reason.**

You know what the risks are for yourself and for others. Even so, two strong forces may be holding you hostage to tobacco. Are you addicted to nicotine or are you hooked on the act of smoking itself? For some, the addiction is stronger. For others, the hardest part is learning to do everyday things and handle everyday stresses without tobacco. For most smokers, a combination of these forces is at work. To break free, find out how strong a grip each one has on you.

## **Are you hooked on nicotine?**

You have a *physical* need for nicotine when you know you've gone too long without a cigarette. You begin to feel uncomfortable—tense or upset, for example. Or you crave a smoke. Cigarettes you smoke from physical addiction may be:

- the first one in the morning.
- the one you crave after being at a smoke-free job for hours.
- the one you reach for when you leave a no-smoking restaurant or a movie.

Once you light up, the craving goes away.

## **If you're addicted, get ready to deal with it.**

Be prepared to need help, and know that there is lots of help available for you. Reading this book is the first step. You'll need to make plans ahead of time for handling withdrawal, and Book 2 will help you do that. Think seriously about adding a medicine to your quit plan.

## **Addiction is only part of the story.**

If the need for tobacco were only physical, you could simply replace the nicotine using another source and slowly cut it back, or just wait out the withdrawal. Afterward, you'd never have to worry about smoking again. For the *vast majority* of smokers, it isn't that simple. With or without a physical need, you may still have strong urges to smoke.

## Lessons you learned can be UN-learned.

When you first started smoking, did you practice so that you could do it without coughing, wheezing, or choking? While you were teaching yourself to smoke, you were also training yourself to use cigarettes in many different situations. Do you reach for one:

- when you're doing certain things—like driving, talking on the phone, or socializing?
- out of habit or when you feel angry, nervous, or stressed out?
- at times when you're bored, lonely, or looking for a way to keep busy?
- when you need something to pep you up or help you concentrate?

Think about how you use tobacco to get through your daily life. Do you see any patterns? Check off the reasons you smoke in the space below. Every time you light up, think of a different way—a healthy way—that you could get the same benefit without a cigarette.

### What are YOUR reasons for smoking?

- Smoking makes me feel better if I'm worried or stressed.
- Holding a cigarette gives me something to do with my hands.
- I'm addicted to the nicotine in tobacco.
- Going for a smoke lets me take a break during the day.
- Smoking helps me focus and gives me energy.
- Smoking helps me feel comfortable in social situations.
- Smoking helps me organize my day.
- I smoke out of habit.
- I smoke because I have cravings.
- Smoking helps me control my weight.
- I smoke when I'm bored, depressed, or frustrated.
- Smoking makes me feel cool.
- Cigarettes are like a friend to me.
- I smoke when I am happy or when I want to celebrate.
- I smoke to reward myself for getting through tough situations.
- Other reasons I smoke are:

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*"I always thought I smoked because I liked it. But when I thought more about it, I realized I smoke to deal with stress. My mother does that too. I guess I learned it from her. So I convinced her we should quit together."*



# What Are Your Reasons for Quitting?



*"My doctor recently suggested that I should make a serious effort to quit. My dentist said the same thing."*

*"I followed my boss up the stairs. He's 20 years older than me and I was the one huffing and puffing."*

*"My daughter came home from school one day. She's only six years old, and she was crying, 'Mommy, I don't want you to die from smoking.'"*

*"I was sick of it. Sick of rushing out to buy more cigarettes. Sick of standing in the cold to smoke. Sick of everybody telling me to quit."*

## Of all the reasons to quit, YOURS matter most.

Think of all the reasons for quitting you have heard. What makes YOU want to do it? Check off all the reasons that apply to you:

- I want to improve my health.
- I want to feel better.
- My doctor recommends it.
- I don't want my family to breathe my secondhand smoke.
- I want to be able to \_\_\_\_\_ without getting out of breath.
- I want to have a healthy baby.
- I want more money for \_\_\_\_\_ instead of cigarettes.
- I don't want to be addicted anymore.
- I want to stop coughing all the time.
- I don't want to smell like smoke anymore.
- I want to make my family proud of me.
- I don't want tobacco to rule my life.
- Other reasons: \_\_\_\_\_

## Now ask yourself:

- Do my reasons for quitting matter more than my reasons for smoking?
- Are these reasons important enough to make me decide to quit sometime soon?

Copy your reasons onto the tear-off card at the back of this book. Put a picture of someone you care about in the picture frame. Keep these cards with you. Look at them before you light up.

## So, what's stopping you?

It doesn't matter who you are or where you're from. All smokers have one thing—besides tobacco—in common: they can think of a dozen reasons why now is not a good time to quit! We call these reasons “*smokers' thoughts*.”

A smoker's thought offers a reason to keep using or to go back to tobacco that seems believable. It is usually based on a weak or a hopeless feeling. It is never true.

It's natural to have mixed feelings about quitting. You just need to want to stop more than you want to smoke. Don't talk yourself out of quitting! Here are some common smokers' thoughts, along with ways to turn them around.

What smokers' thoughts are getting in your way right now?

If you think...	Turn it around and think...
“I'll gain weight if I quit. That's not healthy. I'll keep smoking before I put on any more weight.”	“Yes, I might gain some weight, but most people gain less than 10 pounds. And I may not gain any at all. A few pounds are a small price to pay for quitting. I'll keep busy and watch what I eat. I'll take it off once I quit.”
“Quit smoking to feel better? I'll feel sick if I don't have a cigarette.”	“Of course I'll feel a little sick. My body is addicted to nicotine and needs to recover. I'm going to do everything I can to make it easier.”
“I've been smoking for years. The damage has been done. It's too late.”	“I can recover from smoking. It doesn't take long to see results. I need to quit soon. I'll feel better and I'll be healthier.”
“Smoking is the only way I deal with stress. I need those cigarettes.”	“Just because I always manage stress with cigarettes doesn't mean I can't learn a new way. I'll try deep breathing. I'll take a walk. I'll call somebody. I'll learn to calm down without a cigarette.”
“I've tried to quit too many times. Why should it be different now? It's hopeless.”	“Most people don't make it the first few times. I know more about my smoking now than before. I'm going to use every trick in the book to quit.”

*“It's costing a fortune. And for what? I could've had all my school loans paid off by now!”*

*“I had a scare. The pain wasn't a heart attack. It was a wake-up call. I wanted to be healthy and feel like myself again.”*

*“I stopped at the store one day and caught myself putting a bunch of bananas back so I'd have enough money for a pack...I thought, 'This is more than a bad habit. It's an addiction.'”*



# What Is the Best Way to Quit?



*“My son used the ‘taper down’ method. He just cut out a couple of cigarettes a day for 10 days and then went cold turkey the rest of the way. Me? I tried tapering down too, but after a few days, I just ‘tapered’ right back up! I needed to quit all at once.”*

## Quitting doesn't have to be lonely

- Talk about it with your doctor or nurse.
- Ask for support from friends and family.
- Try to quit with a buddy.
- Join a stop-smoking group.
- Call a local hotline for people who are trying to quit.

## The best way is the one that suits you.

There are many new ways to quit, and more people are using them to stay away from tobacco for good. If you need to, you can use two, three, or more methods at the same time. Read the descriptions and think about which ones will fit your situation.

- **Quit “cold turkey.”** This means you pick a Quit Day, and when it comes, you stop smoking. You may feel cravings at first, but they will ease up. Stay calm. Plan ahead to find new things to do, keep busy, and try exercise for help with the mental urges. Cold turkey is a method many people choose. If you have never tried to stop before, it's worth trying this method.
- **Quit by “tapering down.”** For some very heavy smokers, tapering down can help. Pick a day to stop altogether—maybe one or two weeks from now—and cut out one or two cigarettes a day until then. By Quit Day, you'll be smoking less, and you may have fewer cravings when you stop altogether. One problem is that many people begin to taper up, not down, if they start to have cravings.
- **Add medication.** Several new drugs can help ease nicotine withdrawal. When physical withdrawal is less strong, it's easier to find new ways to deal with the urge to smoke. Studies show that medicines can double your chances of success, compared to stopping cold turkey. If you are hooked on nicotine or if you have tried quitting in the past, consider using one or more of these:

**NRT—Nicotine Replacement Therapy.** NRT gives a low dose of nicotine to help cut down cravings once you quit. NRT gum, “the patch” and lozenge are sold over the counter at your drug store. Nicotine nasal sprays or inhalers need a doctor's prescription. NRT costs about the same as 1.5 packs of cigarettes a day.

**Non-nicotine medicine.** Prescription medicines like Zyban® pills cut withdrawal symptoms and lower the urge to smoke. Studies have shown that Zyban® can help keep weight gain down. Start the pills a couple of weeks before you quit. You can use NRT along with these medicines.

No medicine is right for everyone. And each has side effects. Get advice from your doctor, nurse, or pharmacist. Find out if your health insurance covers medicines or classes. Some of the medicines are available in the generic form which makes it easier to afford.

## There is no magic combination of methods.

- If you think nicotine addiction is less of a problem for you, consider quitting cold turkey.
- If you think addiction is part of the problem for you, consider using one or more types of NRT as you quit cold turkey.
- If you know nicotine addiction is a problem—perhaps it tripped you up before—think about starting a non-nicotine medicine two weeks before you quit. If you are a heavy smoker, consider starting the taper-down method also. You can also use NRT once you quit.

If at first you don't succeed, step back, read *Break Away from the Pack* again, and work out a new plan with a new combination of methods. Every time you try, you have a better chance of quitting.

## What stop-smoking method(s) are you interested in?

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*“The last time I quit, I pulled out all the stops...I talked to my doctor, planned a Quit Day, and started Zyban. When my Quit Day came, I put on a nicotine patch too! The patch worked with the medicine to make me a lot more comfortable. It cost a lot less than my three pack-a-day smoking habit!”*



*“When my nurse said to try the nicotine patch or gum, I said, ‘No way!’ Wasn’t it nicotine that got me hooked in the first place? But then she explained how it works, and I was interested.”*

## Alternative treatments are popular

If you are open to less traditional methods of quitting, hypnosis or acupuncture could help. They are not scientifically proven to lead to quitting, but some people have had success.

# Learn from the Past and Look to the Future



*"In business I always learned from my mistakes and moved on. I quit cigars twice before but never thought about why I took them up again. Once I figured that out, I knew how to move on."*

*"The first time I quit was a disaster. I went two weeks and was past the worst of it. I got home from work, and the kids were driving me crazy...I had cigarettes in the car, so I went outside and smoked one, then another, and another."*

*"Before I quit again I cleaned the cigarettes out of the car. When the first bad night came along, I decided to take a walk instead—once around the block. I cooled off and I stayed quit."*

## You have an advantage if you tried to stop before.

Everyone wants to quit on the first try. But if you tried and you're still smoking, think of the last time as a trial run.

What if you've tried many times? Don't let smokers' thoughts bring you down! Think about the last time you quit, and write down some notes about how you can go about it differently now.

## What happened the last time you quit?

- **What was good about quitting?** The good things will happen again this time.
  - I felt better.
  - I was proud of myself.
  - I saved money.
  - People were proud of me.
  - Cigarettes didn't control me.
  - Other good things: \_\_\_\_\_
- **What was hard about quitting?** You'll be able to deal with these.
  - Dealing with cravings for cigarettes
  - Not knowing what to do with my hands
  - Staying quit when others around me were smoking
  - Giving up certain cigarettes, like the one after lunch, or this one: \_\_\_\_\_
  - Not knowing what to do when I got angry, nervous, or upset
  - Other hard things: \_\_\_\_\_
- **Why did you go back to tobacco?** You can learn from this.
  - Where were you? \_\_\_\_\_
  - What were you doing? \_\_\_\_\_
  - Who were you with? \_\_\_\_\_
  - How were you feeling? \_\_\_\_\_
  - If you came across the same situation again, how would you deal with it and NOT smoke? \_\_\_\_\_
- **What quit methods did you use?** Should you try another way?  
\_\_\_\_\_  
\_\_\_\_\_

(If you need suggestions, take a peek at book 2.)

## You know you should stop.

If you've stayed with *Break Away from the Pack* this far:

- You know the facts.
- You know why you smoke and how addicted you are.
- You know why it's so important to quit.
- You know how smokers' thoughts keep you hooked.
- You know about proven ways to quit.
- You have learned from your past experience.

## There's no time like the present to pick a Quit Day.

Chose a day in the next week or two to be your Quit Day. If you can, try to pick one when:

- you might have a little less stress
- you won't be around too many smokers
- you could change your routine just a little to distract yourself from smoking

If the days ahead seem to be full of stress, smokers, and demands that you can't change, *pick a Quit Day anyway*. You can deal with it. Be sure to give yourself about a week to get ready. (If you don't feel ready to set a date, take a look at Book Two. Once you see all the helpful hints, come back and set your date!)

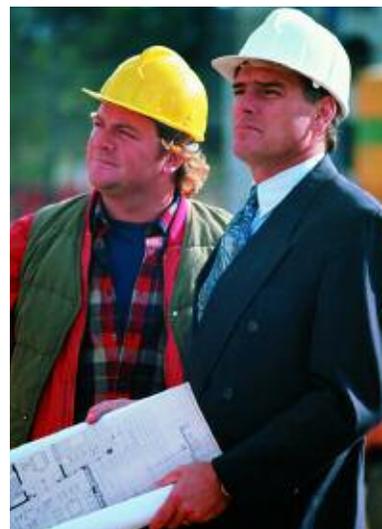
*My Quit Day Is:*

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*You picked the date. It's a big step in the right direction. Congratulations!*

*"I was a construction foreman and smoked on every break all day long. I had just decided to quit when I got kicked up to the head office—big raise, big responsibility. I was nervous, and said, 'There's no way I can quit now.'*

*"But then my wife asked if I really thought I'd do better getting edgy and having to go outside every time I needed a smoke. So I picked a date about a week away and worked to get ready. The guys back at the old job said I'd never make it. They were wrong."*



# Prepare for the Path to Freedom



*"I'm ready. I know why I want to quit—for my family and for my health. I know how I'll do it—cold turkey plus some NRT. I picked my Quit Day—one week from now. With 7 days to prepare, I can do it this time."*

## You've decided it's time to stop using tobacco.

Use this page to organize your thoughts.

- Here are the facts about tobacco and secondhand smoke that worry me most:

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- Here are my three most important reasons for quitting:

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- Am I hooked on nicotine?

I probably am.     I probably am not.

- Here's what I will do differently when I quit this time:

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- I'm thinking of using these stop-smoking methods:

- Cold turkey (choose a date and stop)
- Taper down (cut back gradually, then stop)
- Nicotine patch or gum (get these at a drug store)
- Nicotine nasal spray or inhaler (get a prescription)
- Non-nicotine medicine (get a prescription)
- Stop-smoking class or support group (find one and sign up)
- Hypnosis or acupuncture (make an appointment)

- This is my Quit Day!

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*Write it on the tear-off sign on the back cover of this book.  
Pin it up where you'll see it every day.*

**Congratulations!**

*Pick up Your Smoke Free Path Starts Here (Book 2)  
and continue your journey to freedom.*



*I have made the  
decision to quit.*

*Now I am going to  
get ready to do it.*

*My Quit Day is*

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## Here's One More Reason to Quit...

*Tape a picture of someone you  
care about here.*

*Keep it with you.*

*Look at it often.*

## My Reasons For Quitting

- I want to improve my health.
- I want to feel better.
- I don't want my family to breathe my secondhand smoke.
- I want to be able to \_\_\_\_\_ without getting out of breath.
- I want to have a healthy baby.
- I want more money for \_\_\_\_\_ instead of cigarettes.
- I don't want to be addicted anymore.
- I want to stop coughing all the time.
- I don't want to smell like smoke anymore.
- I want to make my family proud of me.
- I don't want tobacco to rule my life.
- Other reasons:

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The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service.

No matter who you are, we can help. contact us anytime, day or night, for information and support.



1.800.ACS.2345  
[www.cancer.org](http://www.cancer.org)

**Hope.Progress.Answers.®**