

WHAT YOU NEED TO KNOW:

Why should I stop smoking?

If you quit smoking, you will improve your health and the health of others around you. Your risk for heart and lung disease, cancer, stroke, heart attack and vision problems will also decrease. You can benefit from quitting no matter how long you have smoked.

- **Within 12-24 hours:** Carbon monoxide levels in the blood return to normal. In 72 hours, the bronchial tubes in the lungs start to relax. Your heart attack risk drops significantly.
- **In 2 weeks to 3 months:** Lung function improves and your risk of heart attack continues to drop.
- **In 8 weeks:** The risk of developing insulin resistance and diabetes caused by smoking returns to normal.
- **In the first 9 months:** The cilia in the lungs recover and regrow and shortness of breath decreases.
- **After 1 year:** Your risk of coronary heart disease drops to half that of a smoker.
- **In 5 to 15 years:** Your risk of stroke is down to that of a nonsmoker, and your risk of cancer of the mouth, throat or esophagus is now half that of a smoker.
- **In 10 years:** Your risk of dying of lung cancer is half that of a continuing smoker, as is your risk of bladder cancer.
- **In 15 years:** Your coronary heart disease risk is equal to a nonsmoker.



Lung Care at Penn Highlands Healthcare

THE LUNG CENTER

Penn Highlands DuBois
100 Hospital Avenue, First Floor
DuBois, PA 15801
814-375-3770

Penn Highlands Lung Center

88 Hospital Road, 2nd Floor
Brookville, PA 15825
814-375-3770

265 Holiday Inn Road, Route 68
Clarion, PA 16214
814-375-3770

531 Hannah Street, Suite C
Clearfield, PA 16830
814-375-3770

820 Bryan Street, Suite 1
Huntingdon, PA 16652
814-375-3770

271 Railroad Street
Philipsburg, PA 16866
814-375-3770

21911 Route 119
Punxsutawney, PA 15767
814-375-3770

1100 Million Dollar Highway, Suite 3
St. Marys, PA 15857
814-375-3770

611 University Drive, Suite 212
State College, PA 16801
814-234-2600

www.phhealthcare.org/lungcare

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HOW TO STOP SMOKING

Penn Highlands Healthcare



How can I prepare to stop smoking?

Nicotine is a highly addictive drug found in cigarettes. Withdrawal symptoms such as anxiety, depression, irritability, trouble sleeping and increased appetite, can happen when you stop smoking and make it hard to quit. Your chances of success increase if you prepare to quit.

- **Set a date.** Pick a date that is within the next 2 weeks. Do not pick a day that you think may be stressful or busy. Write down the day or circle it on your calendar.
- **Tell friends and family that you plan to quit.** Explain that you may have withdrawal symptoms when you try to quit. Ask them to support you. They may be able to encourage you and help reduce your stress to make it easier for you to quit.
- **Make a list of your reasons for quitting.** Put the list somewhere you will see it every day, such as your refrigerator. You can look at the list when you have a craving.
- **Remove all tobacco and nicotine products from your home, car and workplace.** Also, remove anything else that will tempt you to smoke, such as lighters, matches or ashtrays. Clean your car, home, and places at work that smell like smoke. The smell of smoke can trigger a craving.
- **Identify triggers that make you want to smoke.** This may include activities, feelings or people. Also write down one way you can deal with each of your triggers. For example, if you want to smoke as soon as you wake up, plan another activity during this time, such as exercise.
- **Make a plan for how you will quit.** Learn about the tools that can help you quit, such as medicine, counseling, or nicotine replacement therapy. Choose at least 2 options to help you quit.

What are some tools to help me stop smoking?

- **Counseling** from a trained healthcare provider can provide you with support and the skills to quit smoking. The provider will also teach you to manage your withdrawal symptoms and cravings.



You may receive counseling from one counselor; in group therapy or through phone therapy called a quit line.

- **Nicotine replacement therapy** such as nicotine patches, gum or lozenges may help reduce your nicotine cravings. You may get these without a doctor's order. Do not use e-cigarettes or smokeless tobacco in place of cigarettes or to help you quit. They can still contain nicotine.

- **Prescription medicines** such as nasal sprays or nicotine inhalers may help reduce your withdrawal symptoms. Other medicines may also be used to reduce your urge to smoke. Ask your healthcare provider about these medicines. You may need to start certain medicines two weeks before your quit date for them to work well.
- **Hypnosis** is a practice that helps guides you through thoughts and feelings. Hypnosis may help decrease your cravings and make you more willing to quit.
- **Acupuncture therapy** uses very thin needles to balance energy channels in the body. This is thought to help decrease cravings and symptoms of nicotine withdrawal.
- **Support groups** let you talk to others who are trying to quit or have already quit. It may be helpful to speak with others about how they quit.

How can I manage my cravings?

- **Avoid situations, people and places that tempt you to smoke.** Go to nonsmoking places such as libraries or restaurants. Understand what tempts you and try to avoid these things.
- **Keep your hands busy.** Hold things such as a stress ball or a pen.
- **Put candy or toothpicks in your mouth.** Keep lollipops, sugarless gum, or toothpicks with you at all times.

Where can I find support or more information?

PA Free Quitline

Phone: 800-QUIT-NOW

<https://pa.quitlogix.org>

Smokefree.gov

Text QUIT to 47848

www.smokefree.gov