

There are many ways to quit smoking, and tips are offered in this guide. Some people stop “cold turkey.” Others quit by using medicines or support services and resources.

You may have tried to quit for a short time in the past. Then maybe you started smoking again because it was too hard to cope with cravings, headaches, or other symptoms. Don't give up!

## Here Are Some Proven Methods to Quit Smoking:

**1** Behavioral therapy identifies and helps change habits that lead to smoking. You can:

- Work with a counselor or support group to help you quit
- Find your triggers (situations that make you want to smoke)
- Make a plan for quitting

**2** Nicotine replacement therapy (NRT) gives nicotine without the harmful chemicals found in tobacco. One of these may help lower your urge to smoke and help you handle withdrawal:

- Lozenges
- Inhalers
- Gum or patch
- Nasal spray

**3** Medicine could be prescribed in some cases. Talk to your Doctor.

**4** Combination of methods. You may be more likely to quit if you:

- Use two methods (such as, behavioral therapy and NRT patch)
- Talk with your Doctor to find the right approach for you



# Why Should You Quit?

You can get on the path to a healthier life. The rewards are priceless – you're taking action to improve your health and protect loved ones. After you stop smoking...

- ♥ Your blood pressure and heart rate begin to drop toward a normal level – in just 20 minutes
- ♥ Your risk of heart attack drops in just one day
- ♥ You can breathe better in about two weeks
- ♥ Your risk of heart disease is cut in half within one year
- ♥ Your chances of having a stroke, cancer or other “smoker” diseases decrease the longer you don't smoke
- ♥ You help protect your loved ones and others who were exposed to your smoke – called “**secondhand smoke**.”

## The Truth About Secondhand Smoke

The people you live (or work) with can be at risk when exposed to your smoke, known as “secondhand smoke.” Even a very small amount can hurt their health.

Secondhand smoke has more than 4,000 chemicals. More than 60 of these chemicals can cause or increase the risk for cancer, even in people who don't smoke!

**Being around secondhand smoke, even for short periods, can cause:**

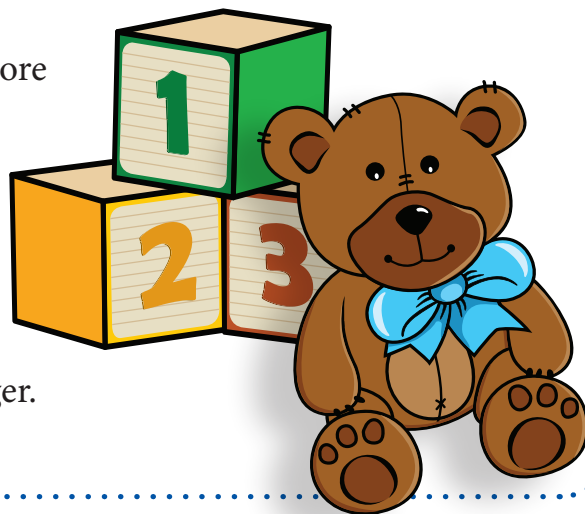
- Eye, nose and throat irritation
- Coughing and wheezing
- Heart disease
- More problems for people with asthma, bronchitis or allergies
- Headaches
- Dizziness
- Nausea
- Hoarseness

Pregnant women exposed to secondhand smoke are at more risk of having low birth-weight babies.

### Secondhand smoke and children

Children who live with smokers have a higher risk of lung infections. Also, babies who live with smokers have a greater chance of Sudden Infant Death Syndrome (SIDS), the major cause of death in babies age 1 or younger.

*Continued on next page*



## *The Truth About Secondhand Smoke (continued)*

Other problems for young children exposed to secondhand smoke include:

- Coughing and wheezing
- Sore throats
- More middle ear infections
- Increase in new cases of asthma
- Asthma getting worse in children who have it

## What can you do to protect your family?

Of course, the best thing you can do for yourself and your family is to quit smoking. Until you do, make sure you:

- Smoke outside only – well away from other family members and pets.
- Refuse to smoke indoors – even when other family members are away. There are no safe levels of secondhand smoke.

# Tips to Cope When You Feel Like Smoking

Over time, you formed habits linked to smoking (like smoking after a meal). These are called triggers. Here are tips to help you get past the triggers that lead you to smoke:

- Stay away from places where others will be smoking.
- Chew sugarless gum or eat hard candy, celery, carrots, and other healthy foods – after a meal or other trigger.
- Take a deep breath through your nose and blow out slowly through your mouth. Do this 10 times.
- Take a shower or go for a walk instead – instead of smoking first thing in the morning or after lunch.
- Drink lots of water and avoid alcohol or drinks with caffeine.





# Your Quit Smoking Self-Care Plan



**Planning** helps increase your chance of quitting for good. Clear your home, car, and work areas of things used for smoking like lighters, matches, ash trays, cigarettes, and cigars.

Make a list of reasons why you are ready to quit for good and remind yourself of them when you want to smoke:

For example:	My reasons are:
1. I want to be healthy for myself and my family.	1.
2. I want to save money so I/my family can buy the things we want.	2.
3. I'm tired of planning for my next cigarette.	3.
4. I want to breathe better.	4.
5. I'm tired of my clothes, hair, car, and home smelling like smoke.	5.
6. I want to avoid health problems in the future.	6.
7. I want to stop coughing.	7.
<b>What I Will Do:</b>	

- Talk to my Doctor about the best way for me to quit smoking.
- Ask someone to support me as I quit.
- To learn more, call IEHP Member Services at 1-800-440-4347, Monday - Friday, 8am - 5pm. TTY users should call 1-800-718-4347.
- Visit [www.nobutts.org](http://www.nobutts.org) for the step-by-step quit guide, and other tools to help me quit.

# Are You Ready to Quit Smoking? IEHP Can Help!

Visit [www.iehp.org](http://www.iehp.org). Enter "Quit Smoking" in the search bar. This will take you to resources, such as:

- A quit plan
- Online help for quitting
- Support groups

If you don't have internet access, call us for a list of resources. Call IEHP Member Services at **1-800-440-IEHP (4347)** Monday – Friday, 8am – 5pm. TTY users should call 1-800-718-4347.

## Start on your plan to quit smoking today!

Fill out the plan on the back page to get started on a healthier life – for you and your family.



## Double Your Chances of Quitting for Good!

Call the **California Smokers' Helpline** for FREE quit-smoking services. You can work one-on-one with a counselor to set up a plan that works for you. There are also special services for pregnant women, teens, tobacco chewers, and vapers (e-cigarette users).

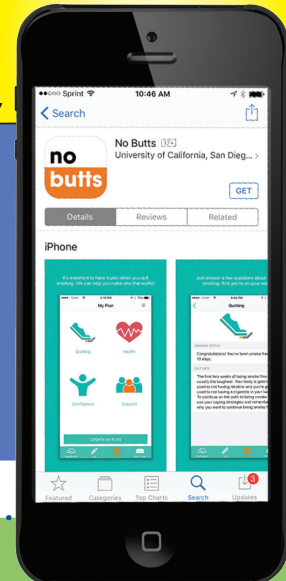
Call the helpline today, or visit the **No Butts** website at [www.nobutts.org](http://www.nobutts.org).

CALIFORNIA  
SMOKERS' HELPLINE  
**1-800-NO-BUTTS**



Download  
**FREE**  
App Today!

**NEW!**



# Resources

## Quit Smoking Resources

Access more than 20 different resources on our website: [www.iehp.org](http://www.iehp.org)

You can also call IEHP Member Services at **1-800-440-IEHP (4347)**  
Monday – Friday, 8am – 5pm. TTY users should call 1-800-718-4347.



## IEHP Health Talk podcast

Tune in to the IEHP Health Talk podcast to learn more about asthma.  
**Go to [youtube.com](https://www.youtube.com) and in the search box, type “IEHP Health Talk.”**



Inland Empire Health Plan

Destination  Health

## Family Asthma Workshop

**At our asthma workshop, you will:**

- Learn how to explain asthma
- Follow an Asthma Action Plan
- Learn how to take asthma medicines the right way

**This workshop is for:**

- People diagnosed with asthma
- Caregivers of people diagnosed with asthma

**How to register:**

Call IEHP Health Education  
at **1-866-224-4347**, Monday – Friday,  
8am – 5pm. TTY users should call  
1-800-718-4347.

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