

But(t) Out!

Ideas to Help You Quit Smoking

Do you smoke and want to quit?

You promised you would quit smoking. It's not easy giving up something that is so much a part of what you do every day. Remember, you are not alone. More than one million people each year decide to quit and are successful.

Tried Quitting Before?

Maybe one or more times you started feeling the time was right, but for whatever reason, you're smoking again. Now, you're asking whether it's worth it to try quitting again—You bet it is!

Quitting is hard, but don't give up!

Some smokers try a number of times before quitting for good. Studies show that each time you try to quit, the more likely you will succeed. With each try, you are better able to know what helps and what hurts. Any attempt to quit is a step in a healthier direction.

Pregnant?

There's no better time to quit. Even if someone you know smoked during pregnancy and had a problem-free delivery, smoking puts your baby's health at risk. Quitting during pregnancy is the best chance for a fresh start.

Also remember that Infants and children exposed to second-hand smoke are more likely to develop health problems such as chronic ear infections and asthma. Eliminating these health risks is another good reason to quit.

How Do I Start?

Make a Plan

- Consult a health care professional to help you choose a quit smoking plan.
- Set a quit date and stick to it.
- Get the support of your family, friends and coworkers.
- Get rid of all tobacco products and ashtrays.

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Get Support and encouragement

U.S. Public Health Service funded research shows the more support you have, the greater your chances for success. Join a quit smoking program, or start your own quit smoking group. Check with your health care professional, local hospitals, the American Cancer Society, American Lung Association or American Heart Association for existing group schedules.

Learn how to handle the urge to smoke

- Be aware of the things that might cause you to smoke such as other smokers, stress, depression and alcohol.
- Chewing tobacco is not a safe alternative.

What Works?

Current treatments

There are no magic solutions for quitting smoking. But, if you are ready to quit, treatments are available that help reduce the urge to smoke. Studies show that almost everyone benefits from nicotine and non-nicotine replacement therapies.

- Nicotine replacement therapy includes the nicotine patch, nicotine lozenges, gum, nasal spray* or inhaler*.
- Non-nicotine therapy includes varenicline and bupropion SR*.

*Available only by prescription. You can get these through your pharmacy or health care provider.

More Resources

Free materials on quitting are available.

Mailing

- Publications Clearinghouse
P.O. Box 8547
Silver Spring, MD 20907-8547

Downloading

- Download materials:
BeTobaccoFree.gov
Click on QUIT NOW

E-mailing

- Electronic requests can be made to ahrqpubs@ahrq.gov.

Calling

- 1-800-358-9295 (outside the U.S., call 703-437-2078).

You can also call the Tobacco Quit Line

- 1-800-QUIT-NOW