



Quit Smoking And Live Your Life

The Quitline is a service of the Florida Department of Health accessible to anyone living in Florida who is ready to make a quit attempt. The program offers:

- a toll-free, telephone-based tobacco use cessation resource for adults and youth.
- 5 proactive counseling sessions (8 for pregnant women).
- self-help materials.
- coupons for nicotine replacement therapy assistance to help you quit using tobacco products.
- counseling and materials in English and Spanish, translation services for all other languages, and TDD service for the hearing-impaired.

For more information, contact the Florida Department of Health, Division of Health Access and Tobacco at (850) 245-4144.

The information in this brochure was taken from You Can Quit Smoking, the Consumer Guide to Treating Tobacco Use and Dependence, a U.S. Public Health Service-sponsored Clinical Practice Guideline. June 2000. U.S. Public Health Service.

www.FLQuitline.com



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DH 150-786, 5/08; 5730-786-0150-7



Nicotine: A Powerful Addiction

If you have tried to quit smoking, you know how hard it can be. It is hard because nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine. Quitting is hard. Usually people make four to seven quit attempts before finally being able to quit for life. Each time you try to quit, you can learn about what helps and what can hold you back.

Good Reasons For Quitting

- Quitting is one of the most important things you will ever do.
- Quitting will help you live longer and better.
- Quitting will lower your chances of having a heart attack, stroke, or cancer.
- Quitting will improve your chances of having a healthy baby if you're pregnant.
- Quitting will make the people you live with, especially your children, healthier.
- Quitting will give you extra money to spend on things other than cigarettes.

Five Key Steps For Quitting

Studies show that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together.

1. **Get ready** - Set a quit date.
2. **Get support** - Talk to family, friends, and your healthcare provider. Get individual, group, or telephone counseling. The Florida Quitline (1-877-822-6669) is only a toll-free phone call away. Or you can call your local health department for information about programs in your area.

3. **Learn new skills and behaviors** - Change your routine. Go for a walk. Drink lots of water. Plan something enjoyable to do every day.

4. **Get medication and use it correctly** - Use medication to help you stop smoking and lessen the urge to smoke. Ask your healthcare provider for advice and carefully read the information on the package. If you are pregnant or trying to become pregnant, nursing, under age 18, smoking fewer than 10 cigarettes per day, or have a medical condition, talk to your doctor or other healthcare provider before taking medications.

5. **Be prepared for relapses or difficult situations** - Don't be discouraged if you start smoking again. Most relapses occur within the first 3 months after quitting. Remember, most people try several times before they finally quit.

Here Are Some Difficult Situations To Watch For:

Alcohol. Avoid drinking alcohol. Drinking lowers your chances of success.

Other Smokers. Being around other smokers can make you want to smoke.

Weight Gain. Many smokers will gain weight when they quit, usually less than 10 pounds. Eat a healthy diet and stay active. Don't let weight gain distract you from your goal - quitting smoking. Some quit-smoking medications may help delay weight gain.

Bad Mood or Depression. There are a lot of ways to improve your mood other than smoking. Try working out, going outdoors, or listening to music.

If you are having problems with any of these situations, talk to your doctor or healthcare provider.

1-877-U-CAN-NOW

(1-877-822-6669) toll free

