

# If You Use Tobacco...



## Here's How To Quit...

*TOBACCO*  
**FREE**  
for your health



- Talk to your doctor, nurse, or health care professional. Or call your local American Heart Association at 800/242-8721 or the American Stroke Association at 888/478-7653.
- If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
- **Freedom From Smoking Program:**  
An Internet-based program sponsored by the American Lung Association. Information on enrollment can be found at [www.lungusa.org](http://www.lungusa.org).
- **Oklahoma Tobacco Help Line:**  
1-866-PITCH-EM (1-866-748-2436)
- **Kansas Tobacco Quit Line:**  
1-866-KAN-STOP (1-866-526-7867)

### Do you have questions or comments for your doctor?

Take a few minutes to write your own questions for the next time you see your doctor. For example:

- *When will the urges stop?*
- *How can I keep from gaining weight?*

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(Information for this brochure was provided by the American Heart Association.)

American Heart Association  
National Center  
7272 Greenville Ave.  
Dallas, TX 75231-4596  
[americanheart.org](http://americanheart.org)

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Sponsored by St. John Health System  
[www.jpmmc.org](http://www.jpmmc.org)

# Why should I quit using tobacco?

*Tobacco use tops the list of major risk factors of our number one killer—heart and blood vessel disease. In fact, tobacco causes almost one-fifth of deaths from heart disease. The long list of diseases and deaths due to tobacco is frightening. Smoking causes several types of cancer, including those of the lungs, mouth, larynx, and esophagus. It plays a role in cancers of the pancreas, kidney, and bladder. Smoking also harms thousands of nonsmokers who are exposed to cigarette smoke, including infants and children.*

## Is it too late to quit?

No matter how much or how long you have used tobacco, when you quit using tobacco, your risk of heart disease and stroke starts to drop. In time your risk will be about the same as if you'd never used tobacco!

## How do I quit?

### Step One

- List your reasons to quit and read them several times a day.
- Wrap your tobacco pack with paper and rubber bands. Each time you use tobacco, write down the time of day, how you feel, and how important that tobacco use is to you on a scale of 1 to 5.
- Rewrap the pack.

### Step Two

- Keep reading your list of reasons and add to it if you can.
- Don't carry matches or a lighter if you smoke, and keep your tobacco out of easy reach.
- Each day try to use less tobacco, and try not to use tobacco during the times least important to you.

### Step Three

- Continue with Step Two. Set a target date to quit.
- Don't buy a new pack until you finish the one you're using.

- Change brands twice during the week, each time for a brand lower in tar and nicotine.
- Try to stop for 48 hours at one time.

### Step Four

- Quit tobacco use completely. Throw out all tobacco and matches. Hide lighters and ashtrays.
- Stay busy! Go to the movies, exercise, take long walks, go bike riding.
- Avoid situations and “triggers” you relate with tobacco use.
- Find healthy substitutes for using tobacco. Carry sugarless gum or artificially sweetened mints. Munch carrots or celery sticks. Try doing crafts or other things with your hands.

## What if I use tobacco after quitting?

It's hard to stay tobacco free once you've used tobacco again, so do everything you can to avoid that “one.” The urge to use tobacco will pass. The first 2 to 5 minutes will be the toughest. If you do use tobacco after quitting:

- This doesn't mean you're a user again—do something now to get back on track.
- Don't punish or blame yourself—tell yourself you're still a non-tobacco user.
- Think about why you used tobacco again and decide what to do the next time it comes up.
- Sign a contract to stay a non-tobacco user.

## What happens after I quit?

- Your senses of smell and taste come back.
- Smoker's cough goes away.
- You will digest more normally.
- You feel alive and full of energy.
- You breathe much easier.
- It's easier to climb stairs.
- You're free from the mess, smell, and burns in clothing.
- You feel free of “needing” tobacco.
- You'll live longer and have less chance of heart disease, stroke, lung disease, and cancer.

## How can I learn more?

The Wellness Connection offers tobacco free consultations in the Wellness Connection located on the ninth floor of Jane Phillips Medical Center.

Cost for each session is \$15.

Medicare has added coverage of smoking and other tobacco use cessation services. Check with your insurance provider to see what coverage you have.

To enroll, call the Jane Phillips Wellness Connection at 918/331-1102.

