

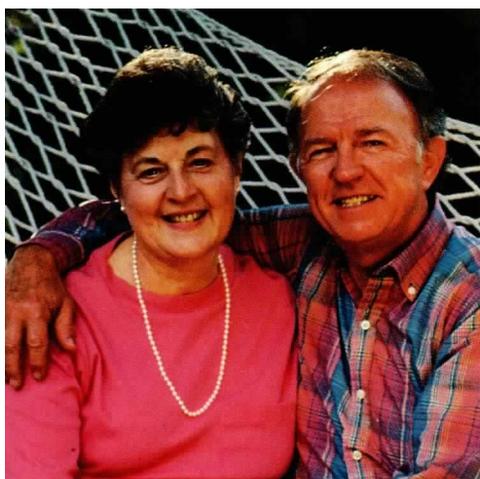


CLEAR HORIZONS



A Quit Smoking Guide...

Especially for Those 50 and Over



Quitting smoking doesn't just happen. You go through different steps when you quit. It might start with thinking that you'll quit "someday."

Clear Horizons has something for everyone. The fact that you're reading this guide proves that you're on the way.

Making the Decision

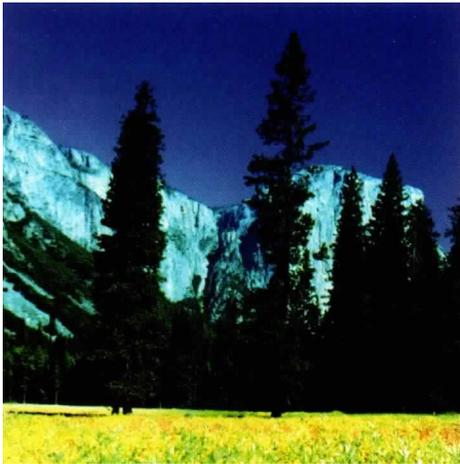
These articles help you think about smoking and quitting. This section answers the question "Is it ever too late to quit?" You'll read about the many benefits for smokers fifty and over who quit. You'll learn how to get over nicotine addiction and other road blocks to quitting.

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Getting Ready

Once you're ready to quit smoking, this section helps you map out a quit plan and a quit date. What you do in the weeks before you quit can help you stay a quitter. You'll choose the methods and timing that are best for you. You'll find out about ways to break down your nicotine addiction and smoking habit before you quit.

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Going The Distance

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Making the Decision

This section gives you new facts about smoking and quitting. Whether you're just thinking about quitting or ready to move ahead now, these articles will help you take the next step.

It's not too late to quit.

Where are you in your plans to quit?

- **I'm concerned about my health and wonder if I should quit.**
- **I'm definitely planning to quit in the coming year.**
- **I'm ready to quit smoking now.**

THE U.S. SURGEON GENERAL'S REPORT HAS GOOD NEWS FOR SMOKERS.

Even after forty or fifty years of smoking, the body can repair much of the damage from smoking. Quitting improves your life in many ways.

Right away:

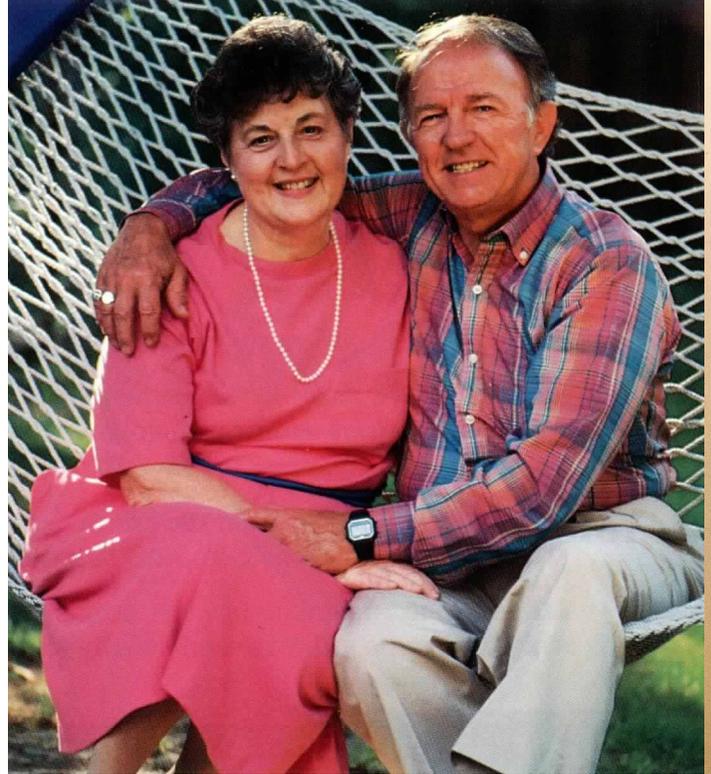
- You'll sleep better. Smoking is like caffeine and keeps you up at night.
- You'll feel more in control of your life.
- Your circulation will improve.
- You'll be able to breathe better and walk farther without running out of breath.
- You'll be safer. A home without smoke is much less likely to have a fire.

After quitting:

- Within about *one year* after quitting, the extra risk of dying from a heart attack caused by smoking is cut by half. Your heart and circulation begin to improve within a few months.
- Diseases like emphysema and bronchitis are ten times less likely among nonsmokers. These diseases can stabilize or improve when people stop smoking.
- Within ten years after quitting, your chances of getting lung cancer drop to half of those of a person who keeps smoking.
- Smokers have an early death rate, 70% higher than those who quit. Quitting will add years to your life.
- Diabetics who stop smoking are much less likely to suffer serious effects like heart disease, blindness and stroke.

Doctors continue to discover shocking facts about how smoking hurts your health and well-being.

- Smokers age faster than nonsmokers.
- Smokers have less energy than nonsmokers.
- Smoking fogs your memory by cutting down the blood flow to the brain.
- Smoking robs you of your freedom. Diseases like emphysema keep you from getting around and leading a full life.
- One quarter of smokers who don't quit will die of smoke-related disease, shortening their lives by ten or more years.



- Women who smoke may get more severe forms of breast cancer than nonsmokers.
- Women who smoke are more likely to get osteoporosis (brittle bones) and cervical cancer.
- Women who smoke and take hormones (such as estrogen) after menopause may have a greater chance of having a stroke or blood clots.

Your smoking harms those around you too. This can be hard to hear, especially before you are ready to quit. But...

- People who live with smokers are more likely to get lung cancer, emphysema, and other lung problems.
- Children who spend time with smokers get sick more often with colds, flu, ear infections, bronchitis and pneumonia.
- Children's allergies and asthma are also made worse.

But there's hope for quitters! Read on about ways to beat the addiction.

What's Slowing You Down?

Your Age?
Or Your Smoking?



Reprinted with permission from *57 Reasons No to Light Up*, M. M. Kirsch, Steve Bjorkman, CompCare® Publishers, 1987.

Have you had any of these problems during the past year?

- Getting very tired in a short time
- Problems sleeping or falling asleep
- Sores in the mouth, bad gums
- Voice getting deeper/gravelly
- Sexual performance problems
- Memory problems
- Frequent coughing or heavy chest colds
- Wheezing
- Tingling in hands and feet
- Heart trouble or heart attack
- Circulation problems
- Pain or tightness in the chest
- High blood pressure
- Emphysema, chronic bronchitis or asthma
- Trouble breathing or shortness of breath
- Stomach ulcers
- Diabetes complications

A recent poll of American Association of Retired Persons members fifty and over showed that smokers have more trouble breathing, more coughing, get tired more easily and were more likely to report health problems than nonsmokers.

If you've had any of the problems on the list, you may be suffering the ills of smoking, not the effects of age!

“I don't believe in aging. I believe in forever altering one's aspect towards the sun.”

Virginia Woolf

Smoking and Your Medicines

Are You Taking Any Medicines? Is Smoking Blocking Their Effects?

Smoking changes how the body reacts to many medicines. Some drugs don't work as well or must be given in higher doses if you smoke. This is not surprising, since tobacco smoke contains thousands of chemicals that can affect the body and the way it reacts to medicines.

When you stop smoking, the levels of some of these medicines in your body may change. So, if you are on these medicines, check with your doctor to see if changes to your medicine should be made.

Here is a list of some medicines that may be affected by smoking. Are you taking any of these? Ask your doctor or pharmacist about how smoking and quitting affects these and any other medicines you are taking.

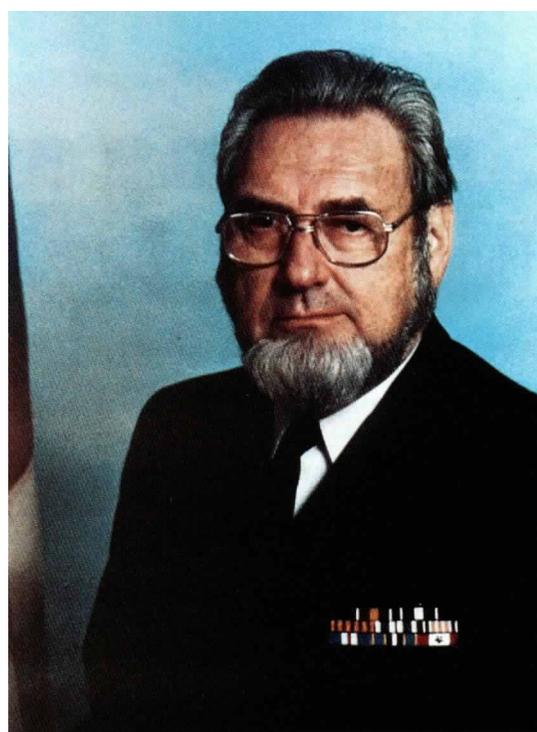
Prescribed for	Trade Name	Generic Name
High Blood Pressure*, Chest Pain (Angina)*, Irregular Heartbeats*, Migraine Headaches	INDERAL [®]	Propranolol
Asthma,* Bronchitis,* Emphysema*	THEO-DUR [®] , RESPBID [®] , SLO-BID [®] , QUIBRON [®] T, SLO-PHYLLIN [®] , and others PHYLLOCONTIN [®] , TRUPHYLLINE [®] ,	Theophylline Aminophylline
Diabetes*		Insulin
Arthritis	BUTAZOLIDIN [®]	Phenylbutazone
Pain	DARVON [®] TALWIN [®]	Propoxyphene Pentazocine
Depression	ELAVIL [®] TOFRANIL [®] NORPRAMIN [®] ANAFRANIL [®]	Amitriptyline Imipramine Desipramine Clomipramine
Anxiety, Tension, Insomnia	LIBRIUM [®] , LIBRAX [®] , SK-LYGEN [®] , LIMBITROL [®] , MENRIUM [®] , VALIUM [®] , ATIVAN [®] , SERAX [®] , TRANXENE [®]	Chlordiazepoxide Diazepam Lorazepam Oxazepam Clorazepate
Psychosis	CLOZARIL [®] HALDOL [®] MODECATE [®] , PERMITIL [®] , PROLIXIN [®]	Clozapine Haloperidol Fluphenazine
Other	ESTRACE [®] , PREMARIN [®] , ESTRATEST [®] , and others	Estradiol

* If you have any of these conditions, quitting smoking will help to improve your health.

Former U.S. Surgeon General Speaks Out on Nicotine Addiction

According to the Surgeon General's 1988 report, there's no longer any doubt that cigarette smoking is not "just a habit," but an addiction. There's no one better to bring you the story behind this 600-page report than Dr. C. Everett Koop, the U.S. Surgeon General from 1981 to 1989.

Below are his answers to the questions most often asked about addiction.



C. Everett Koop, M.D.

Q What's addicting about cigarettes?

Dr. Koop: Nicotine. Take the nicotine out of cigarettes and smokers lose their interest in smoking. Nicotine is a powerful, fast acting drug that causes changes in heart rate, blood pressure, brain chemistry and mood. Each puff delivers a "hit" or "shot" of nicotine to the brain within seven seconds. Over time, smokers become accustomed to a certain amount of nicotine each day. When their nicotine level falls below this "comfort zone," they may experience cravings and other withdrawal reactions, signals that more nicotine is needed. Only nicotine satisfies these cravings and brings relief. Withdrawal reactions are temporary. But they prevent many smokers who want to quit from succeeding.

Q Is nicotine as addictive as other drugs?

Dr. Koop: Yes. Nicotine causes addiction in the same ways that other drugs do. And the need to overcome cravings and withdrawal reactions when you first quit is much the same as for withdrawal from drugs like cocaine, heroin and morphine. Nicotine in cigarettes may be *more* addicting than other drugs, because the smoker gets so many "hits" of nicotine each day.

Think about it. Each puff of cigarette smoke delivers a "hit" or "shot" of nicotine. Assuming only ten puffs per cigarette, a pack-a-day smoker is getting over 200 "hits" of nicotine each day, over 1,400 each week, over 73,000 each year!

Q How can I tell if I'm addicted to smoking?

Dr. Koop: If you smoke every day, especially if you smoke ten or more cigarettes a day, the chances are that you are addicted to nicotine. If you have a hard time going for long periods without smoking, or if you've noticed strong withdrawal reactions when you've tried to quit before, you may be *highly* addicted. Take the test on the next page to rate your level of addiction.

Today's quit smoking treatments are based on a better understanding of nicotine addiction than those you may have heard of or tried in the past. New programs, like *Clear Horizoizs*, tell you what to expect from nicotine withdrawal and how to cope. They also offer methods - nicotine replacement therapy and Zyban® - to help you conquer your physical addiction.

Nicotine Addiction Self-Test

Circle one answer for each question.

Do you usually smoke your first cigarette of the day within 30 minutes of waking up?

No Yes

Do you find it hard not to smoke in places where it's not allowed, such as at the library, theater or doctor's office?

No Yes

Do you smoke 10 or more cigarettes per day?

No Yes

Do you smoke 25 or more cigarettes per day?

No Yes

Do you smoke more during the morning than during the rest of the day?

No Yes

Do you smoke even when you are so ill that you are in bed most of the day?

No Yes

Give yourself one point for each question you answered "Yes."
What was your total score? _____ points.

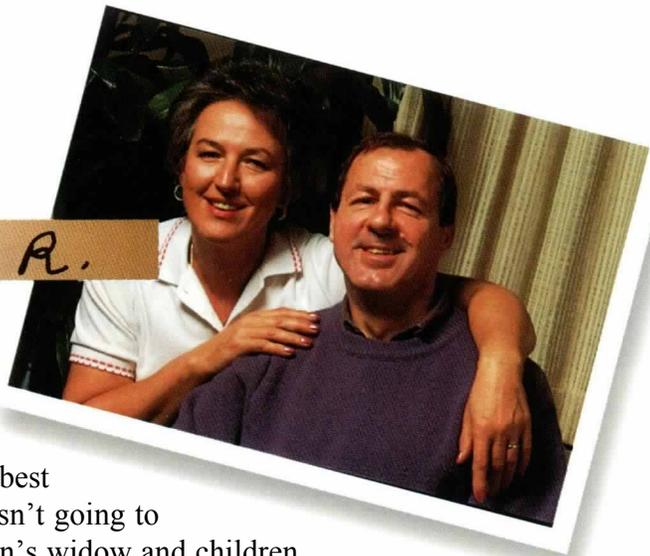
The higher your score, the higher your addiction level. If you scored five or higher, you may be highly addicted to the nicotine in cigarettes. Nicotine replacement therapy or Zyban® may be especially helpful for you.

**No matter how addicted you are,
you can stop smoking!**

Meet the Clear Horizons Quitters

As you read through this guide, you'll learn about quitting from real quitters. They'll tell you why they quit and how they made it.

Bob R.



Bob R. is a 50-year-old executive with a major company, an active, successful man who's just hitting his peak years. He's got new responsibilities at work and is still paying for his kids' college educations. He smoked for 25 years, but a year ago he stopped. When his best friend, John, died of a heart attack, Bob realized that he wasn't going to live forever. He and his wife spent a lot of time helping John's widow and children through their loss. He decided that he didn't want to wait until heart disease got him.

"I knew that smoking could cause heart disease, but I felt healthy. I thought it couldn't happen to me, until John died, then I realized it *could* happen to me. I wasn't going to let cigarettes cheat me out of all the things I want to do. So, I quit. I started feeling better almost right away. I had more energy, got rid of that nagging cough and learned to deal with stress, not run away from it with cigarettes."

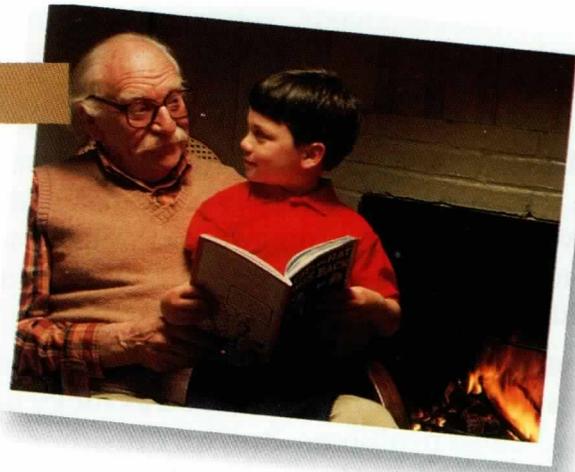
Anna M.



Anna M. is 64 years old. Her husband died ten years ago. She lives alone, but her three daughters and her sister and brother-in-law live close by. She's active in her community and her church, and stays busy with friends and family. She quit smoking three years ago because she was convinced that she'd feel better and stay healthier if she did.

"I didn't start smoking until I was almost thirty years old. And of course, back then, we had no idea that cigarettes could be addicting, or that they were bad for you. Everyone was smoking in the 50's. It started with a cigarette now and then. But after a few years, I was smoking every day out of habit, I thought. It wasn't until I tried to quit, about five years ago, that I found out how hooked I was. I was back to smoking within a week. But, I was determined to kick the habit sooner or later. I finally made it three years ago. And, I'm sure I'll never smoke again. You know what? I don't even miss it."

Fred T.



Fred T. is 70 years old. He retired at 64. He and his wife did a lot of traveling the first few years after his retirement, to the national parks, and to Ohio to see their daughter's family. Fred decided to quit smoking four years ago. He was having trouble breathing and catching his breath. His doctor diagnosed mild emphysema and told Fred that he could keep the disease from getting worse if he'd quit smoking. It was hard, but he did it. And he's still off, despite more than his share of bad times since quitting.

“A month after I quit, my breathing was better and I felt stronger. My doctor tells me that I'm doing fine - my emphysema is still mild and my blood pressure is lower. I can't say it was easy. My wife died two years ago. And there were times after that when I really wasn't sure I'd make it. But I'll tell you this - quitting smoking turned out to be one of the best things I ever did. It gave me confidence that I could start a new life.”

You'll meet other quitters throughout the magazine.

You know quitters, too.

Find some ex-smokers in your life. Ask them to tell you their stories about how they felt after quitting. Talk to them as you go from smoker to quitter. They can give you inspiration, support, encouragement and useful tips.

Stopping smoking isn't something that just happens. Chances are you won't wake up one morning and find you're an ex-smoker. First, you have to decide you want to quit. It might be tempting to say, **“I've smoked all these years and I'm still here.”** Many smokers have lived to regret those words. The choice is yours to make.

Did you know that most smokers want to quit?

Nine out of ten American smokers have tried to quit, or say they would if they thought they could succeed. In fact, 65% of smokers aged 50 and over responding to a recent poll of AARP members said they wanted to quit in the next year. Fewer than 25% of the smokers had never tried to quit.

What holds them back?

Smokers say there are some things that keep them from quitting. How about you? Are any of these worries standing in your way?

Check any that apply to you

- **“Smoking relaxes me. I'm afraid I'd be nervous all the time if I didn't smoke.”**

But why are you tense to start with? Is it because you're low on nicotine? A lot of what you *think* is relaxation is relief from nicotine withdrawal. Ex-smokers polled six months after quitting say they feel calmer and more in control *without* cigarettes.

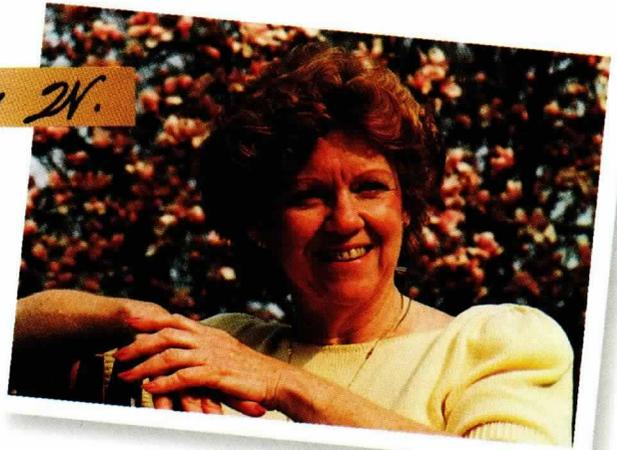
- **“I've tried before and didn't make it. I can't stand the thought of failing again.”**

You didn't fail. You got practice. Research shows that among both younger and older adults, it takes a few tries before smokers quit for good.

- **“I'm afraid that if I stop smoking, I'll gain a lot of weight.”**

Many smokers worry about this. The truth is that only some ex-smokers gain weight. If you're really worried about gaining weight, *Clear Horizons* has diet and exercise tips that can help you limit the weight gain.

Catherine W.



Catherine W. is 55 years old and the mother of two children who are parents themselves. Her son and his family live nearby. She's busy at work as a supervisor and busy at home. She smoked about one-half pack a day but just couldn't give it up.

“I was really afraid I'd gain weight if I quit. That's what was holding me back. Also, I was lucky not to have any health problems. But, on the other side, there were my kids and grandchildren wanting me to quit.

And, I was getting more and more bothered by the smell and the stains on my teeth. I finally decided 'why not quit before I have to for medical reason.' So, after almost 35 years as a smoker, I quit. That was two years ago. I did gain some weight. But, after about a year, I was back to my usual size. I feel a lot better - and better about myself!”

- **“When I've tried to quit before, I was uptight and restless, I had trouble concentrating. I'm afraid I can't make it without cigarettes.”**

These are common symptoms of nicotine “withdrawal.” They really are signs of recovery from nicotine addiction. They may be quite strong in the first few weeks after quitting. **But they go away soon.** *Clear Horizons* will show you ways to deal with them.

- **“I'd feel deprived if I quit smoking. I wouldn't have as much pleasure in my life.”**

You feel deprived if you let yourself think you're giving up “a friend.” Think instead about what you'll be gaining - a new lease on life, freedom from being tied down to an addicting habit, better health, more energy and new self-esteem.

- **“I've had a lot of changes in my life. I don't want more.”**

The 50's and beyond are times of change. Many of the quitters we've talked with faced new, pressures at work. Some had lost friends and family. Others had moved. Some were facing health problems. All of these changes can be hard. But most quitters found they had more energy for these changes once they stopped smoking.

Why do smokers quit?

The most important reasons for quitting are your own. Most people have more than one reason for quitting.

Ex-smokers aged 50 and over were asked why they quit smoking. Take a look at the list. Which ones do you think were checked by most people? Which ones would be your reasons for quitting?

- To keep or maintain my health.
- To take more control of my life.
- To please or help a loved one.
- To set a good example for my children/grandchildren.
- To avoid an illness that would cut down on my freedom.
- To save money.
- The doctor said to quit.
- I don't like the smell.
- I don't like the stains on my teeth and fingers.
- I have a health problem.
- Most of my friends don't smoke anymore.
- I'm afraid of setting my home on fire.
- _____ other reasons.

Almost all quitters gave their health or their doctor's advice as reasons for quitting. About half said they quit to be in control of their lives and free from cigarettes. Another 25% said that pleasing or helping a loved one was a big part of their decision. These all are good reasons.

Were there one or more items on the list that fit you? Reread the list. If your reason to quit isn't there, add it.



Don R. is 67 years old. He's a successful city engineer, married and the father of three grown children. His youngest son just finished college. He's beginning to think about retiring from his job and doing some part-time work. He quit smoking last year.

"I'd say I quit mostly for health reasons. But, my freedom was also very important. I was tired of smoking and of all the ways it tied me down. I was tired of late night trips to the store for emergency cigarettes. I was tired of having to cut out for a cigarette every time intermission rolled around. I was tired of promising myself the I'd quit someday. After 40 years of smoking, I wanted to find out what life was like without cigarettes."

A Meditation

"The best thing about not smoking is being free of the control it had over me.

Cigarettes used to control my every action. Before meals, after meals, while driving, talking on the phone, or relaxing, cigarettes were a necessity. What a surprise to discover I can go about my daily activities without relying "on cigarettes for companionship or comfort. I can make decisions without a cigarette, and I can go from home to work or to visit a friend without having to check on my supply.

Most of us didn't realize we were prisoners of tobacco, at least not until we had decided to quit. Then it became so very clear.

I am my own person now, and I love the challenge of my decisions and the strength bestowed, on me as a result.

Karen Casey has interviewed hundreds of quitters. Her daily meditations based on their thoughts and experiences fill the book, *If Only I Could Quit* (Hazelden, 1988). Throughout the rest of this guide, you'll find brief excerpts.

Edward Fischer, the author of *Life in the Afternoon* wrote, **"Some people wonder, deep inside, 'what if I try and fail!' They think that if they don't try they can't fail, but not trying is a form of failure. Courage shows in many ways and risking failure is one of them."** We think you'll make it this time, if you really want to quit and take the time to get ready.

“ To improve your way of living you need to inconvenience yourself for a time - whether it is to stop smoking or drinking, or over-eating. All stretching brings aches in the beginning and at every age you need to stretch physically and spiritually. ”

Edward Fischer

You and Your Money

Another Good Reason to Quit!

Here's a graph for how much money could be saved by stopping smoking after 1 day, 1 week, 1 month, 1 year, 10 years, and 20 years. These amounts are based on a 2001 average price of \$5.00 per pack.

How long?	How many dollars?	
	1 Pack	2 Packs
1 Day	\$5	\$10
1 Week	\$35	\$70
1 Month	\$150	\$300
1 Year	\$1,820	\$3,640
10 Years	\$18,200	\$36,400
20 Years	\$36,400	\$72,800

Think about what you could do with your cigarette money. Perhaps you could plan for a long-term investment and buy stocks or savings bonds. Or, you could use it for something you never thought you could afford, like a trip. Or, you could enrich your life right now. Many ex-smokers say that these rewards helped them not to smoke during the weeks and months after quitting.

Think about how much more you'll save. Almost

Mary M. is 57 years old, and smoked about 15 cigarettes a day. Her cigarettes cost \$5.00 per pack, so she was spending an average of about \$3.75 per day. Now that she quit, she figured that after 1 week, she saved \$26.25.

She said, "If I live to be 77 years old, I will have saved at LEAST \$27,300!"

How many cigarettes do YOU smoke per day? _____

Based on how much a pack of YOUR cigarettes costs, how much will YOU save every day? \$_____

all insurance premiums are higher for smokers: life, disability, home, fire and auto. Ask your insurance agent if your rates will go down after you quit.

Smoking adds to the cost of repairing, cleaning and replacing your clothes, rugs and furniture. One estimate is that the average smoker pays \$950 in these extra costs each year (not counting money spent on cigarettes)!

Dorothy O.

Dorothy O. is 65 years old. She started smoking in her early 20's and smoked a pack a day until she quit last year. Her husband is also a smoker and still smokes.

"I really didn't quit so much for medical reasons. I've been healthy. It was the cost that got to me. I'd go out each week and buy two cartons of cigarettes, one for my husband and one for me. I'd spend \$80. One day I realized that was pretty stupid. I had to be a little smarter. Quitting turned out to be easy for me. I was really surprised."



Nagging, criticism or pressure to quit smoking can make you feel resentful or defensive about your right to smoke. Don't let these feelings cloud your *own* desires. Tell anyone who pressures you that only *you* can decide if and when you want to quit. Remind yourself that *your* reasons for quitting come before anyone else's!



The Decision to Quit

Strictly Personal

Where are you now?

I'm still not quite ready to quit.

If you're not ready to quit yet, it's best to save the next section for when you're closer to taking action. For now, look over the rest of the guide and keep in mind that it will give you helpful ideas when you are ready. Think and talk some more (with ex-smoking friends and your doctor) about your reasons for quitting.

I'm ready to quit in the next few weeks or months.

Then, you're ready for the next section! Find out how to prepare for your quit day.

Catherine

"Not quitting smoking was a matter of pride with me. I was really tired of smoking. But all those signs telling me where I could or couldn't smoke, and my family nagging me about quitting, got in my way. It sounds silly now, but I bet feeling pressured held me back for a couple of years."

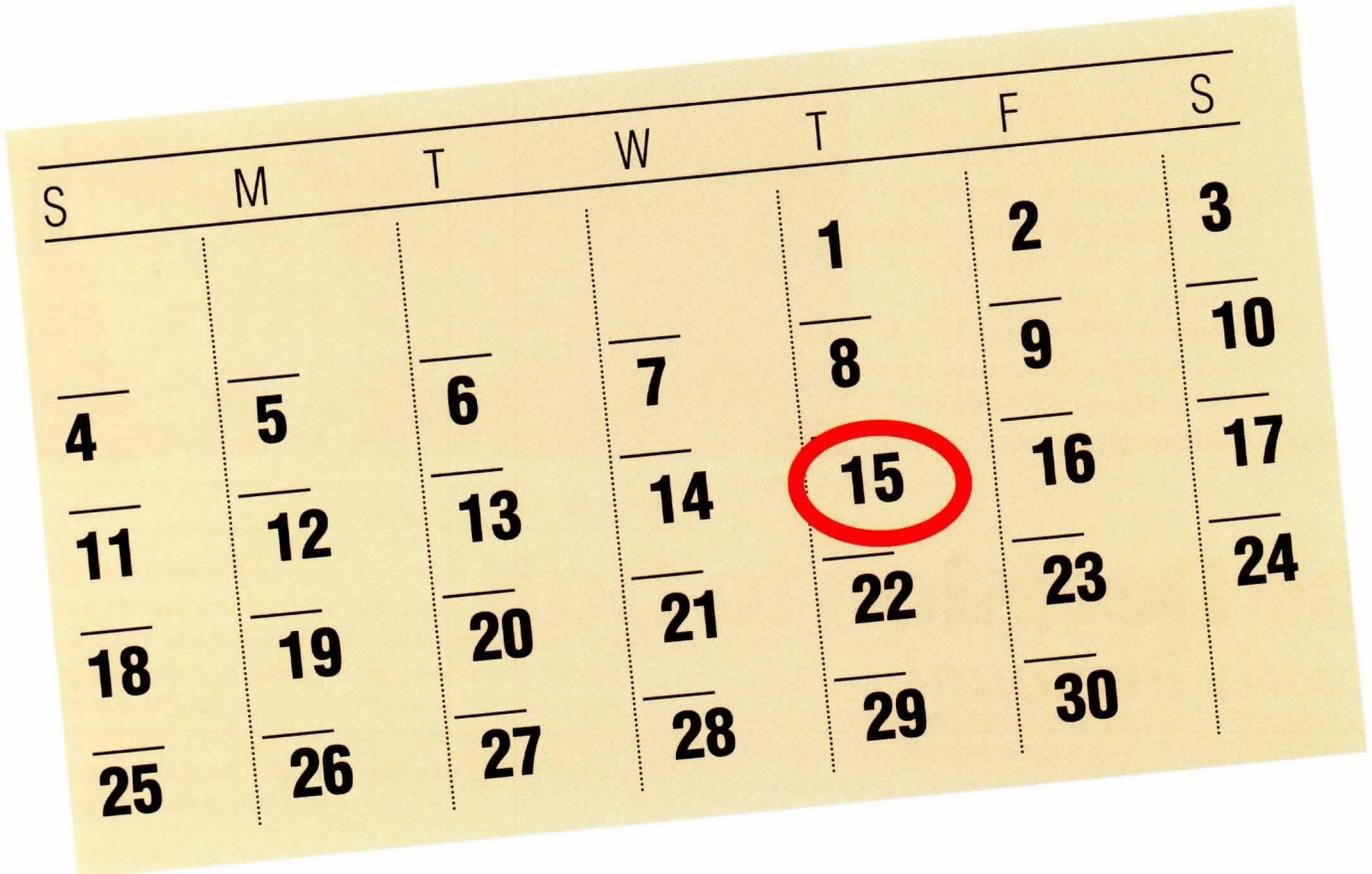
Don

"I wanted to quit for 20 years. but, dealing with something else always come first - job pressures, getting the kids through school. I finally decided to put myself first and take the time I deserved to give quitting a try."

Getting Ready

Once you're ready to quit smoking, you'll need a Quit Plan and a Quit Date. This section shows you how to get ready.

Your Quit Plan.



Most smokers who succeed “cold turkey” make changes in their smoking habit before they quit. “Cold turkey” does not mean quitting without any planning or on the spur of the moment. In fact, when we polled AARP members about smoking, quitters often said they’d set a quit date in advance. They also changed their smoking patterns and got help from friends. You’re more likely to quit for good if you start to break down your nicotine addiction and smoking habit before you quit. (Call it “smart turkey”).

This part of *Clear Horizons* gives you three ways to make “cold turkey” quitting easier. These methods work alone or together. Look them over on the next page, and pick the ones you think will work the best for you.

“The beginning is the most important part of the work.”

Plato

1. There's habit breaking. This involves cutting out a few of your favorite cigarettes before you quit. This makes cigarettes less important by the time you quit.

2. There's nicotine replacement

Therapy. This helps reduce withdrawal after you quit. You don't start to use any of them until your Quit Day. You can buy nicotine patches and gum without a doctor's order - but it's a good idea to check with your doctor or pharmacist about what is best for you. You do need a prescription for nicotine nasal spray and inhaler.

3. There's Zyban®. This helps reduce withdrawal after you quit. You start this before your quit

date, and stay on it for 8 to 12 weeks. You do need a prescription, so check with your doctor about whether Zyban® is right for you.

No matter which way you choose to quit:

- Use exercise as a way to ease into nonsmoking.
- Practice deep breathing, a way to relax without smoking.
- Get help from family, friends, and ex-smokers.

You may feel that you're ready to quit smoking today. But stop and think. You've probably been smoking for many years. You deserve some time to get ready to quit *right*, once and for all!

Here's How to Set Your Quit Date

We advise one to three weeks to get ready to quit. This is enough time to:

- Get used to the idea of quitting.
- Get a head start on breaking habits by cutting out high craving cigarettes.
- Try out new exercise and deep breathing methods.
- Talk to your doctor about using a nicotine replacement therapy or Zyban®.
- Talk with friends and family about ways they can help when you quit.
- Read over this section and map out your personal quitting plan.
- Read "Q-Day Minus One" (page 24) on the day before your Quit Date.

Check the methods you will use to fight your smoking habit during these one to three weeks. Read sections on:

- Habit breaking (page 16)
- Nicotine replacement therapy (page 17)
- Zyban® (page 17)



Pick a quit date and write it below, on page 25, and on your calendar.

Remember, there is no "perfect" time to quit. But, it's wise to avoid a time of high stress at home or at work: busy holidays, family visits, or extra on-the-job pressure.

My quit date will be:

Try Habit Breaking

Everyone has a few favorite cigarettes. Over the years, you've built up your own rituals around smoking. Maybe you always smoke when you're:

- reading the morning paper
- watching TV
- drinking a cup of coffee
- driving to or from work
- talking on the phone
- finishing a meal

The cigarettes linked to such daily routines are the ones you enjoy and crave the most when you smoke. They're also the ones you miss the most when you quit.

Smokers who try cutting *down* before they quit often cut out their *least* favorite "habit" cigarettes. Then, they are left with the ones they enjoy the most. But, this can make quitting harder - by making you miss those special cigarettes even more when you quit.

Clear Horizons suggests the opposite - giving up three of your most favorite cigarettes before you quit. This way, you'll get used to being without cigarettes at these special times while you still have the rest of your cigarettes to keep you going. The more time you spend in any situation *without* cigarettes, the less you'll crave or miss cigarettes in that situation. So you'll feel stronger and more secure without these cigarettes after you quit. Quitters who have used this method say that they didn't miss these cigarettes nearly as much as they had expected.

What are your three favorite ritual cigarettes?

Think back over your daily smoking patterns. Think about when and why you smoke and about which cigarettes mean the most to you. Or, keep track for a few days noting when and where you smoke each cigarette.

Find *three* situations in which you always smoke if you can. Be specific about the time and place - such as "lighting up whenever the phone rings at my desk" instead of "smoking at work." Other good examples are "in the kitchen, when I finish the



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dishes," "in the TV room, while I'm watching the news" or "in my car, driving to and from work each day." Make sure it's something that happens at least once a day (or once a workday). These are your ritual cigarettes.

Write your situations here:

1

2

3

Cut out your three favorite ritual cigarettes.

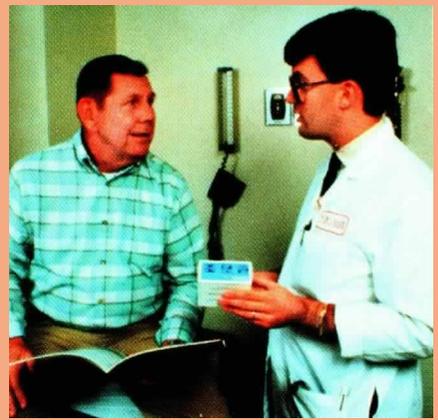
Then, for a week or two before your quit date, do not smoke in these situations. Go ten to fifteen minutes without lighting up, or wait until the situation has changed (e.g., it's at least fifteen minutes since dinner, need to cut down on how many cigarettes you smoke. Just don't smoke in any of these three situations. Don't give in, even once!

Some helpful hints: It's easier not to smoke if you do something else - like sip on water, doodle or chew sugar free gum. Try deep breathing (page 21) or exercise (page 20) to take the place of smoking. The puzzle on page 28 will give you other ideas. Pay attention to what nonsmokers do in these situations. And notice that the urge to smoke passes in three to five minutes, whether or not you smoke!

Also, look for *nonsmoke signals*. Think about the places you'd never smoke - maybe your new car, a friend's house or at the movies. Try to spend more time in these places.

What About Nicotine Replacement Therapy or Zyban[®]?

It is the nicotine in cigarettes that makes them addictive. If you were bothered by strong cravings or withdrawal when you tried to quit in the past, nicotine replacement therapy or Zyban[®] may help. Nicotine replacement therapy works by replacing some of the nicotine you crave while quitting, but contains none of the other harmful chemicals in cigarettes. Zyban[®] is a drug prescribed by your doctor to reduce your withdrawal symptoms and the urge to smoke. Here are answers to some common questions about these quitting aids.



You don't need a prescription from your doctor to use nicotine gum or nicotine patches, but you do need a prescription for the nasal spray, inhaler, or Zyban[®]. Ask your doctor if nicotine replacement therapy or Zyban[®] is right for you.

Q How does nicotine gum work?

Nicotine gum contains nicotine that enters the body through the lining of the mouth. Nicotine gum comes in 4 milligram (mg) and 2 mg strengths.

Q How do nicotine patches work?

Nicotine patches contain nicotine that enters the body through the skin. Nicotine stays in your body for several hours after you take the patch off.

Q How does nicotine nasal spray work?

Nicotine nasal spray is sprayed into the nostrils, but not inhaled. It raises your blood nicotine levels more quickly than the patch or gum. It is usually prescribed to help heavily addicted smokers and is more likely to be habit forming than other forms of nicotine replacement therapy. You must get a prescription from your doctor, and follow directions carefully. It should not be used if you have asthma, allergic rhinitis, sinusitis, nasal polyps or recurrent nosebleeds.

Q Can I use more than one medication at a time?

Ask your doctor. For some smokers, doctors may suggest a combination of nicotine replacement therapy or combining nicotine replacement therapy with Zyban[®]. For example, using the patch to reduce basic withdrawal reactions and adding some gum at the time of peak smoking urges may be suggested. Another possibility is combining the patch with a nicotine inhaler or Zyban[®]. Your doctor will determine which plan is right for you.

Q How does the nicotine inhaler work?

The nicotine inhaler is held between your fingers and you puff on it. When you puff, the inhaler turns nicotine into a vapor that is absorbed in your mouth and throat.

Q How much do they cost?

Nicotine replacement therapies cost about \$3 - \$4 a day*. Zyban[®] costs about \$50 - \$70 a month*, depending on the prescribed dose. Some insurance and health plans help to cover the cost.

Q How does Zyban[®] work?

Zyban[®] is a non-nicotine, oral medication for smoking cessation. While it is unclear exactly how Zyban[®] works, it is thought to act on the part of your brain that is addicted to the nicotine in your cigarettes. Zyban[®] helps you decrease your cravings and withdrawal symptoms and may reduce your desire to smoke.

Q When should I get my medications?

If your doctor prescribes nicotine nasal spray or inhaler, it's a good idea to fill your prescription before you quit. BUT, DON'T START TO USE YOUR NICOTINE REPLACEMENT THERAPY UNTIL YOU HAVE QUIT SMOKING COMPLETELY. If you are using Zyban[®], your doctor will instruct you when to start using it.

* based on 2001 prices

Other People... Let Them Help You Quit

Quitters who get support from family and friends have an easier time stopping smoking and staying quit.

It's not too early to build your support system. One quitting expert, Dr. Tom Ferguson, recommends that you list the most important people in your life - your spouse, your closest family members, friends, and co-workers. List a few ex-smokers who you think might be extra helpful. If you live alone, think of the people you see or talk to most often - neighbors, co-workers and people in your religious or community groups.

Then, give each person a score from one to ten, with ten meaning that the person will support your quitting.

Here's one quitter's list:

Joan (wife)	10
Ned (brother)	9
Bob (son, smokes)	2
Martin (friend, ex-smoker)	10
Carol (secretary, smokes)	3
Jeff (friend at work)	8
Hal (co-worker, smokes)	1
Julia (sister-in-law, ex-smoker)	8
Sheldon (brother-in-law)	4

Think of the people who will be most helpful as your support team. Let them know how they can help. If you think the key people in your life won't give support, find other supports - maybe your doctor, or the information specialists who staff the nationwide toll-free service (1-800-4-CANCER).

Getting Support

Talk to the people on your support team before you quit. Let them know that you'll be grateful for their help and moral support. Be specific about ways they can help. Only you know what kind of support will be best for you. Here are some ideas from other quitters.

"In human relationships, closeness and warmth only occur when we ask about one another... when we seek to know how we can help one another.

Until we ask, we can never know."

Bernard S. Raskas

1. Warn them that you may not be your usual wonderful self for a few weeks after you quit. Ask them to be patient.

2. Ask them if they'll be on hand to listen and encourage you when the going gets rough.

3. Suggest ways that can help cut down on stress in your life, or make it easier to quit, like:

- joining you for a walk,
- adding to your supply of cigarette substitutes,
- fixing a favorite meal or inviting you out for lunch or dinner (in the nonsmoking section!),
- helping you to change routines to cut down on the temptation to smoke, like joining you for an after dinner walk instead of staying at the table,
- helping you find ways to keep busy,
- praising or celebrating your progress,
- telling you that things will get easier!
- taking your mind off smoking with a movie, and
- asking how you're doing and letting you know they care.

4. You may also want to suggest ways they can keep from getting in your way, like:

- not doubting that you can quit or stay quit,
- never offering you a cigarette or even suggesting in a joking way that you go back to smoking, and
- not being critical of your smoking or your efforts to quit.



Dealing with Unsupportive Friends

It's best not to expect or ask for much help from the unsupportive people on your list. They may include unsympathetic nonsmokers or ex-smokers who try too much to impose their own views on ways to quit.

Dealing with smokers may take extra effort. You may want to point out that just because *you're* quitting doesn't mean *they* have to. The decision to quit is a personal one. Let them know that they can help in other ways, by:

- never offering you a cigarette, even in a kidding way,
- not smoking around you, especially when you are trapped (like in the car, or at the dinner table), and
- understanding if you need to stay away from smoking events you used to share with them for a while after you quit (lunch in smoking sections, your weekly card game).

Many spouses who smoke agree to change their smoking habits in small ways. They don't mind limiting their smoking to a certain room of the house and keeping their cigarettes and matches with them rather than lying around. Most smokers find it easy to make some rooms smoke free. It's helpful if others can avoid smoking in your bathroom or bedroom. Don't be surprised, if six months after you quit, your smoking friends may confess their envy and admiration and ask you how you did it!

“There are two elements of friendship. One is truth. A friend is a person with whom I may be sincere... The other is tenderness.”

Ralph Waldo Emerson



Exercise



A Good Way To Fight Aging and Smoking

What single prescription can strengthen your heart, lungs and blood vessels, build endurance, lower blood pressure, help you lose weight and improve your mood? Exercise - that's the opinion of Robert Butler, Brookdale Professor, Mount Sinai Hospital, and an expert on the health of older adults. People who get regular exercise stay younger than those who don't.

Regular exercise can also be "good medicine" in your fight to stay off cigarettes. It can help you cope with withdrawal symptoms like feeling uptight and nervous. You'll sleep better, be less likely to gain weight, and have more energy. Exercise should be part of your quitting plan.

To find out what kind of exercise is best for you, pick the statement that best describes you.

- You have any major health problems, physical limitations, or are over 60 years old.
See your doctor before you start to exercise. Let your doctor advise you about the kind and amount of exercise you should try. Ask if walking is O.K.
- You exercise three to five times each week for at least twenty minutes each time. Keep up the good work! Regular exercise helps you fight the urge for cigarettes and keep the pounds off, too.
- You don't get much exercise, have no major health problems and are under 60 years old. Getting more exercise should be part of your quitting plan. Start slowly. Let your doctor know you're exercising next time you have an appointment.

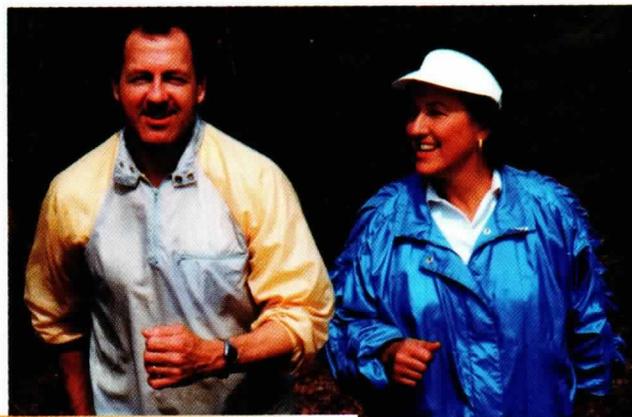
What exercise is best?

The important thing is to pick an exercise you will enjoy, one that suits your life and interests, and stick with it.

Walking is a great exercise for people of any age. It builds fitness, burns calories and keeps you firm. Walking gives you a chance to be alone, or be with someone, to think deeply, or be emptied of all thoughts. You can enjoy the seasons or walk in the

shelter of an indoor shopping mall. The only cost is a good pair of walking shoes. **Join the 14 million Americans over age 50 who walk to keep fit.**

Whatever exercise you choose, your goal should be to exercise three or four times a week for at least 20 minutes each time.



Bob R.

"Exercise really helped me stay on top of things after I quit. When I got tense, instead of reaching for a smoke, I'd go for a fast walk or jog with my wife. I think I deal with stress better now even without cigarettes."

Catherine W.

"I think I'm like a lot of women my age. When I was younger, I always thought I was too busy for exercise. But when I stopped smoking, I really got into walking. It was a way to keep busy and not think about smoking. But it was more than that. It was something for me. I remember this last Christmas. I'd been off cigarettes for about two years. I made a big dinner for Christmas Eve, and we all went to church. Christmas morning about 7:00 am I went out for a walk before we started with the gifts and breakfast. And as I walked along, I thought how important it was for me to have time for me. I feel good about myself. And I realized that the walking and feeling and looking better were gifts that I'd gotten from quitting smoking."



Deep Breathing Relax Without Smoking

Even before you quit, you can use deep breathing to help you relax without cigarettes. Taking a deep breath can help control the urge to smoke or the tenseness after quitting. Here are three ways to act on that old saying, “Take a deep breath and count to ten.”

Take a breather

1. Take a deep, slow breath through your nose. Hold it for a few seconds.
2. Exhale slowly, through your mouth, letting all the air out of your lungs.
3. Feel your neck and shoulder muscles relax.
4. Repeat these three steps several times.

One minute vacation

1. Close your eyes.
2. Take a deep, slow breath through your nose. As you inhale, picture yourself in a favorite, restful spot.
3. Exhale slowly through your mouth, holding that scene in your mind.
4. Enjoy the pleasure of that scene.
5. Open your eyes, and feel refreshed.

More an a minute

When you have more time, combine deep breathing with:

1. Relaxing music.
2. A bath or shower.
3. A rest in the shade.

If You're Going to Use Nicotine Replacement Therapy or Zyban®

To get the most from nicotine therapies, use them properly. Read the directions that come in the package, and follow your doctor's advice. Package inserts can be hard to read. Call your doctor or pharmacist if you have questions about directions or side effects.

These products work best for people who are REALLY trying to quit. They work best as part of a planned program to quit, and with help from your doctor or clinic. Whether you're using the patch, the gum, or the nasal spray, never let it be your only coping tool. To quit for good, use the other ideas in *Clear Horizons* to fight smoking urges, and to learn new ways of coping with tension, boredom, and pressure to smoke.

Do not use more than one form of nicotine replacement therapy at the same time without checking with your doctor. Other forms of nicotine and non-nicotine replacement therapies are being tested and may be available soon. Ask your doctor if any of these might be right for you.

IF YOU ARE USING NICOTINE REPLACEMENT THERAPY: DON'T START ANY OF THESE NICOTINE PRODUCTS UNTIL THE MORNING OF YOUR QUIT DAY and don't smoke once you start using patches, gum, nasal spray or inhaler.

IF YOU ARE USING ZYBAN®: see the instructions on the next page for starting 7-14 days before your quit day.

How to use nicotine gum:

1. Starting on your quit day, use one piece of gum every 1-2 hours. Add more pieces when you feel tense or on edge. Carry the gum with you all the time. Do not use more than 30 pieces of the 2 mg gum, or more than 20 pieces of the 4 mg gum, per day.
2. Chew each piece slowly, NOT like regular gum. Chew the gum until you can taste it, or feel a tingle in your mouth. Then stop chewing and "park" it between your cheek and gum, until the peppery taste or tingle goes away. Then start chewing slowly again. Throw each piece away after 20-30 minutes.
3. Wait 30 minutes after eating or drinking to use the gum. Drinking liquids while using the gum reduces the amount of nicotine your body can absorb.
4. Chewing the gum too hard, too fast, or too long, and swallowing too much nicotine can cause a burning sensation in the mouth or throat, hiccups, upset stomach, or gas. If this happens, take the gum out, wait 15 minutes, then take a new piece and alternate between chewing it SLOWLY and "parking" it. Check with your doctor if you have any questions about these or other side effects.
5. Follow the directions that come with the gum or your doctor's advice about how long to use the gum. Start to cut back after 3 to 4 weeks. Page 42 gives you tips about cutting back. Work toward stopping the gum in 3 to 6 months.
6. Check the package insert for any support programs that may be offered through the manufacturer.

How to use nicotine patches:

1. Use a new patch every day! Don't skip a day. Be sure to buy more patches before you run out.
2. Wear your patch in a new place every day. Don't go back to the same place for 7 days. It is normal to have some redness and itching under the patch for 24 hours after it is removed. If you see a rash or swelling all over your body, take off the patch, wash the area where it was, and call your doctor. Switching to another brand of patch may help.
3. Ask your doctor about taking off the patch at night if you have trouble sleeping or abnormal dreams and you are using a 24-hour patch.
4. Check with your doctor if you are bothered by headaches, upset stomach or any other side effects.
5. If you find you are still smoking, take off the patch and call your doctor. Page 39 can help you quit again.
6. Check the package insert for any support programs that may be offered through the manufacturer.

How to use nicotine nasal spray:

1. Start with 1 to 2 doses an hour, but do not use more than 5 doses an hour or more than 40 doses a day.
2. At first, you may have side effects like a burning feeling in your nose, runny nose, a sore throat, watering eyes, sneezing, or a cough. If you continue to use the spray regularly, these side effects should get better in a few days. Tell your doctor if any side effects do not get better.

3. Get your doctor's advice on how long to use the spray, and follow all directions that come with the spray very carefully. Check in with your doctor or clinic if you have any problems. Start to cut back after 6 to 8 weeks. Page 42 gives you tips about cutting back. Work toward stopping the spray in 3 months.

4. Check the package insert for any support programs that may be offered through the manufacturer.

How to use the nicotine inhaler:

1. Hold the inhaler between your fingers and puff on it. As you inhale or puff through the mouthpiece, nicotine turns into a vapor and is absorbed in your mouth and throat. The inhaler may be especially appealing to smokers who think that having something to hold and put in their mouths will be helpful when they don't have cigarettes.

2. Use the inhaler longer and more often at first to help control cigarette cravings. Less nicotine per puff is released when you use the inhaler compared to a cigarette. The inhaler uses nicotine cartridges that provide about 20 minutes of puffing, or about 80 deep draws or about 300 light puffs.

3. Your doctor may adjust the number of inhaler cartridges you use during the first few weeks. Most successful people in research studies used between 6 and 16 cartridges a day. The best effect happened with frequent continuous puffing (20 minutes). You may have side effects such as throat and mouth irritation, coughing and upset stomach. As your body adjusts to being smoke free, your doctor will either tell you to stop using the inhaler or slowly reduce its use. Do not use more than 16 cartridges each day unless directed to do so by your doctor. The recommended treatment is up to three months and if needed, a gradual reduction over the next 6-12 weeks. Total treatment should not exceed six months.

4. Check the package insert for any support programs that may be offered through the manufacturer.

How to use Zyban®:

1. Zyban® (sustained-release bupropion, also sold as Wellbutrin SR) is an antidepressant now approved to help smokers to quit smoking. Research has shown that Zyban® assists in smoking cessation for all kinds of smokers, even those who are not depressed. It also can prevent weight gain while patients are taking it but this effect stops after patients stop taking Zyban®.

2. Follow your doctor's instructions for using Zyban®. Usual dosing is to start taking Zyban® 7-14 days before your quit date in order for it to reach effective levels in your body by the time you quit.

3. Between 7 and 14 days before your quit date, usual dosing is to begin taking 150mg, once per day, for 3 days. The next day, begin taking 150mg twice per day, through your quit date. You should then stay on Zyban® for 8-12 weeks. Space doses at least 8 hours apart. The calendar in Appendix A, page 46, shows an example of when to start your Zyban® and when to quit smoking. If you have trouble sleeping, take the doses earlier in the day, but no fewer than 8 hours apart.

4. Zyban® is most likely to be effective when used with a program that helps you to beat the addiction.

5. Seizure is the major serious side effect, so Zyban® should not be used by anyone with a history of epilepsy or who is more likely to have a seizure (such as a prior closed head injury or history of seizures). It should be used with caution in smokers with heavy alcohol use, anorexia, or bulimia. There is no proof yet about its safety during pregnancy or breastfeeding. Fewer than 10% of patients stop the drug because of side effects. The most common side effects include trouble sleeping, agitation or anxiety, dry mouth, and headache.

6. Zyban® can be used alone or at the same time as nicotine replacement therapy such as nicotine patches, gum, nasal spray, or inhaler. Ask your health care provider if this may be right for you.

7. Check the package insert for any support programs that may be offered through the manufacturer.



Catherine W.

“Quitting was much easier than I ever dreamed it would be. Having three weeks to get mentally prepared for my quit date made me that much more determined.”

Q-Day Minus One

Read this section the day before your Quit Day.

Tomorrow is your Quit Day!

You've been thinking about it for some time, you've gotten ready.

Maybe you've decided to use nicotine replacement therapy or Zyban® All these things will help you quit and stay quit. So will these final steps.

1 Start the day with exercise.

- Exercise is the best smoking substitute there is. How about a brisk walk, or even a slow one?

2 Smoke-proof your life.

- If you were starting a diet, you wouldn't bake a cake and leave it out on the table. You'd get rid of temptation!
- Throw away all your cigarettes - every one of them! Get them out of hiding places, too (sweater pockets, glove compartments).
- Get rid of cigarette cases, ashtrays, lighters and matches.
- Replace ash trays with cigarette substitutes or healthy snacks, even in the car.

3 Other things you can do.

- Check back on your reasons for quitting on page 10. Some people like to write down their reasons and carry them around.
- Plan ways to reward yourself for milestones, such as one week, one month, three months, six months, and one year without smoking.

At first, you might put twenty-five cents or a dollar in a jar for each day you quit. Then, treat yourself to something you want.

- Make sure you've filled and picked up your prescription for Nicotine Replacement Therapy, if necessary. If you have been using Zyban® for the past 1 to 2 weeks, make sure you have enough to continue using after your quit day.
- Get a good night's sleep.

4 Things you can think.

- Think about how much better you'll feel when you quit.
- Tell yourself you have what it takes.
- Tell yourself that the years have given you good sense and the wisdom to quit.

5 Get help from others

- Talk with your support team. Let them know how they can help.

Your First Two Weeks Off Cigarettes

This section is for anyone who's ready to stop smoking. It shows you what to do on Quit Day and how to get through the first two weeks after quitting.

Your Quit Day

I chose this day.

This day is mine.

Today, I choose not to smoke anymore.

Date.

The most important thing to do on your quit day is BE GOOD TO YOURSELF. Quit Day and the first weeks after quitting can be hard. Take one day at a time. Learn how others who quit got through their first two weeks.

Recipe for Willpower = One part thought + One part action

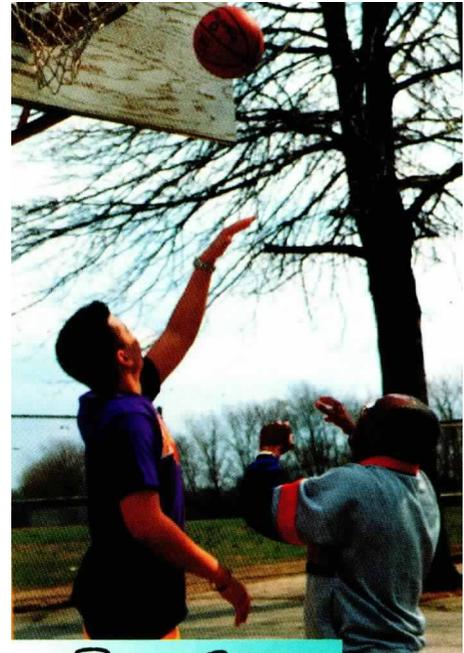
Quitters with strong willpower are those who use positive thoughts and actions to fight smoking urges. Read about what worked for the *Clear Horizons* quitters. Think of ways you can add thoughts and actions to resist your smoking urges.

Meditation for the First Day

I don't have to quit forever; I can go back and use tobacco tomorrow if I want to; all I have to do is just not use it today.

We can do anything for this one day. Nothing will be too much for us. We can even break the day down into each of its 24 hours if the struggle demands it. We can then focus on just one hour at a time. We can survive 60 minutes at a time without a cigarette. How freeing it is to realize we only have to quit smoking for today.

I will do whatever I need to, to live without a cigarette today.



Don R.

"I did my best to avoid temptation. The first few weeks, I really tried to stay away from smokers and places where people were smoking. I found I didn't miss cigarettes as much when no one was smoking around me."

Bob

"I was my own coach and cheering section during those early weeks. I'd tell myself, 'I know I can do this. I'll just have to take it one day at a time, one urge at a time.' I knew things would get easier. Quitting smoking was a big personal success for me."

Catherine

"I changed my morning routine, starting on my quit day. I used to start out with coffee and a few cigarettes before I got dressed. Now, I shower and dress first. Then, I eat a good breakfast with tea instead of coffee. Instead of sitting at the table, I leave a little earlier for work. That way, I can take a nicer route, and I feel relaxed when I get there."

Coping with Withdrawal:

*“We shall not flag or fail...
we shall fight with growing confidence.”*

Winston Churchill

The first few days and weeks off cigarettes can be tough. (Not for everyone, but for many smokers.) But things will get better soon. WITHDRAWAL REACTIONS GO AWAY FAST! They are at their worst a day or two after quitting. Then, they start to weaken. The first week is the hardest. By two weeks, many withdrawal reactions have gone away, and urges to smoke get weaker and farther apart. There is life after cigarettes!

Sadly, many people who quit smoking give up within a week or two - because of withdrawal. They don't know that withdrawal is a good sign of recovery from nicotine addiction. Withdrawal doesn't last forever!

To keep an upper hand, know what to expect and how to cope. Taking an active stand against withdrawal is a must in this “combat stage” of quitting. Check over these common withdrawal feelings and ways to cope. Nicotine replacement therapy or Zyban[®] can be a big help. But, with or without medications, try these tips.



“It wasn't too hard for me to get through that period right after I quit. I think it's because I stay busy. I do do lot of walking, I play golf, I work in the yard and I sew and do other things to keep my hands busy.”

FOR THESE SYMPTOMS:

The urge to smoke, cravings, longing for a cigarette

Feeling irritable, tense, on edge

Trouble concentrating, feeling “out of it”

Extra energy, restlessness

Sleepy during the day

Trouble sleeping at night

constipation, irregularity

More coughing

Headache, muscle cramps, sweating, nausea

Hunger, a craving for sweets

Brighter skin, a better sense of taste. and smell, lower heart rate and blood pressure, more energy, reduced sinus problems, better circulation; and feelings of pride and calm.

The First Week is the Hardest

TRY

Try the four D's (page 29). Tell yourself that the urge to smoke will pass in three to five minutes, whether or not you smoke! Urges will come less often, then they become weaker. The more time you spend in any situation as a nonsmoker, the less you'll be bothered by urges there.

Take a break. Walk away from the situation. Remind friends, family and co-workers that you're not upset with them. Deep breathing helps you blow off steam, so does exercise.

Remember that these feelings Will pass. Go easy on yourself. Break up large projects into smaller ones. Look for ways to take short breaks.

Your body is rebounding. You can use this extra energy for exercise which leaves you feeling calm.

Take a walk or get some fresh air. Take a nap if you can

For many smokers, troubles falling asleep end after quitting. For now; try deep breathing. Avoid drinks with caffeine after 5PM. Take a brisk walk.

Add roughage or fiber to your diet (raw fruits, vegetables, whole grain cereal). Drink 6-8 glasses of water a day.

This is a good sign! Your lungs are clearing themselves out. Sip warm herbal tea.

These symptoms are common in the first few days. Try deep breathing, a warm bath, or some quiet time.

These reactions are normal. Drink water. Reach for a low calorie snack or low sugar sweets (page 40). Exercise curbs your appetite and speeds up your metabolism.

These are some of the many lasting positive signs of recovery from smoking!



“Cigarettes were always kind of a reward for me. So, when I quit, I rewarded myself in other ways. It helped me not to feel deprived. I bought magazines and fresh flowers for the house. I met my best friend for lunch at our special restaurant. And I spent more time with my grandkids.”

Catherine

“Positive thinking was the key for me. When I felt most like giving in, I told myself, ‘I want to quit too much to give up now.’ When I’d start feeling sorry for myself, I told myself that cigarettes were my enemies, not my friends. I thought about how my life would be better, and longer, without them!”

Bob

“I talked myself through a lot of tempting times. I told myself, ‘If other people can kick this habit, so can I!’ I told myself that the urge would pass, and that I’d come too far, and worked too hard, to go back now.”

Don

“Sure, it was tough at first. But if it was easy, wouldn’t everyone quit? I’d get this tingle in my hands and feet. I just told myself that I wasn’t itching for a cigarette, but that more blood was reaching my fingers. When I felt restless at work, I took a walk to the water fountain. I made it through. I’ve never looked back.”

Apple
 Beads
 Breath mints
 Carrot sticks
 Catalogs
 Chapstick
 Chewing gum
 Cinnamon sticks
 Cloves
 Club soda
 Crocheting
 Crossword puzzle
 Dill pickles
 Favorite photos
 Favored toothpicks
 Ice chips
 Inspirational verses
 Knitting
 Magnets
 Markers
 Movies
 Needle crafts
 Newspaper
 Orange juice
 Paper clips
 Paperback novel
 Pebbles
 Pencil
 Pens
 Playing cards
 Rubber bands
 Sketch pad
 Stamp collecting
 Straws
 String
 Sugar free hard candy
 Swimming
 Walking
 Water

puzzle

FINDING CIGARETTE SUBSTITUTES!

When you were smoking, you probably used cigarettes for lots of reasons and in many different situations: for something to do with your hands; as a way to help you relax; or when you were feeling bored or lonely. You may also have used cigarettes with certain activities like drinking a cup of coffee, finishing a meal, talking on the phone, or driving in a car. Now that you've quit smoking, it's important to find substitutes for your cigarettes. Carry them with you so you've always got something to reach for instead of a cigarette.

Listed here are 39 cigarette substitutes that many successful quitters have found helpful. Find them reading up, down, forward, backward, or diagonally. The leftover letters will reveal a special message. (Hint: begin with the top row and write down all the leftover letters in each from left to right.)

SCORING

Degree of Difficulty = 9.8

Gold Medal = 30+ words
 Silver Medal = 20+ words
 Bronze Medal = 15+ words

(For solution to puzzle and special message see page 30.)

S	K	C	I	T	S	N	O	M	A	N	N	I	C	U	K	S	W	I	P
E	U	N	N	E	W	S	P	A	P	E	R	G	H	S	N	S	A	U	A
S	F	G	C	D	A	P	H	C	T	E	K	S	A	B	I	E	T	S	P
R	A	N	A	C	M	A	R	K	E	R	S	S	P	G	T	L	E	G	E
E	V	I	R	R	T	P	I	S	N	E	P	E	S	N	T	K	R	N	R
V	O	R	R	O	F	E	C	T	D	U	T	V	T	I	I	C	S	I	B
L	R	T	O	S	E	R	H	B	S	R	W	O	I	K	N	I	W	T	A
A	I	S	T	S	S	C	E	R	I	S	A	L	C	L	G	P	I	E	C
N	T	O	S	W	T	L	W	E	L	D	L	C	K	A	M	L	M	H	K
O	E	R	T	O	F	I	I	A	H	N	S	M	G	W	A	L	M	C	N
I	P	A	I	R	A	P	N	T	P	A	T	S	A	N	K	I	I	O	O
T	H	N	C	D	R	S	G	H	E	B	R	C	G	G	I	D	N	R	V
A	O	G	K	P	C	P	G	M	B	R	A	D	L	O	N	Y	G	C	E
R	T	E	S	U	E	I	U	I	B	E	W	E	C	U	L	E	A	Q	L
I	O	J	E	Z	L	H	M	N	L	B	S	U	I	A	B	A	T	L	T
P	S	U	I	Z	D	C	T	T	E	B	E	A	D	S	N	S	T	S	P
S	I	I	V	L	E	E	N	S	S	U	A	P	P	L	E	D	O	A	G
N	E	C	O	E	E	C	A	S	I	R	L	I	C	N	E	P	Y	D	C
I	E	E	M	G	N	I	T	C	E	L	L	O	C	P	M	A	T	S	A
R	!	F	L	A	V	O	R	E	D	T	O	O	T	H	P	I	C	K	S

Featuring the Four D's

When faced with the urge to smoke, remember the 4 D's
Find which are best for you.

1 Distract Yourself

- Read inspirational passages or verses.
- Spend time in places where smoking is not allowed - libraries, museums, theatres, stores, churches, the shower, or nonsmoking places at work.
- Change your routines. Move your favorite chair or sit in a different chair. Small changes in routine can be a big help.
- Your idea: _____



2 Deep Breathe

- Try a few deep breaths when you get the urge to smoke.
- Take a one minute vacation (p 21).
- Your idea: _____



3 Drink Water

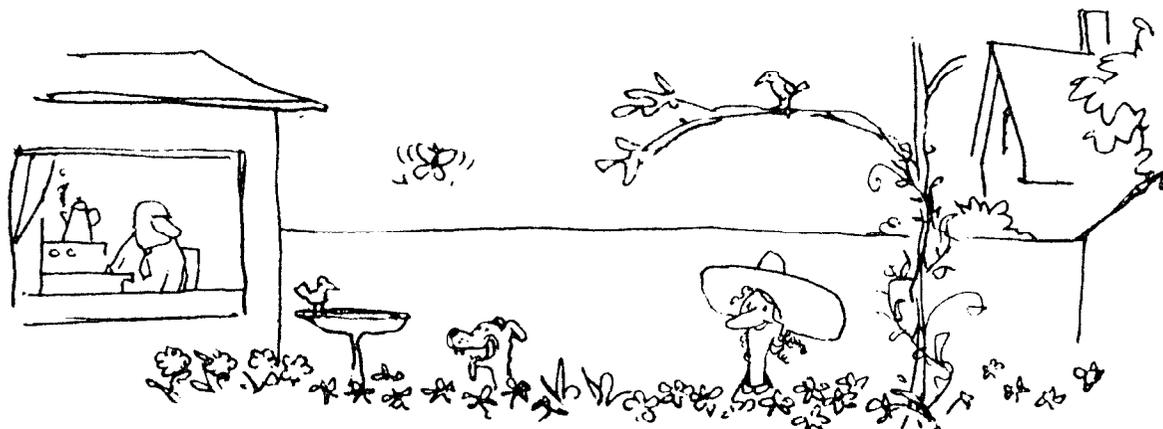
- Drink six to eight glasses of water or fruit juice every day.
- Try not to drink alcohol, coffee or other beverages you link with smoking. If you drink coffee, switch to tea.
- Your idea: _____



4 Do Something Else (Anything But Smoke)

- Take a piece of nicotine gum, if you are using it as part of your quit plan.
- Take a dose of your nicotine spray or inhaler, if your doctor has prescribed one of these.
- Keep smoking substitutes handy. Try carrots, celery, sugarless gum, swizzle sticks, flavored toothpicks or breath mints.
- Change your after meal routine. Get right up from the table, brush your teeth, take a walk.
- Exercise. Even a short walk will help.
- Do something fun.
- Visit with a good friend, eat a meal out, see a movie, buy a new magazine, play with a pet, buy flowers or read to a child.
- Your idea: _____

Keeping calm without cigarettes



Putter among the flowers before breakfast.

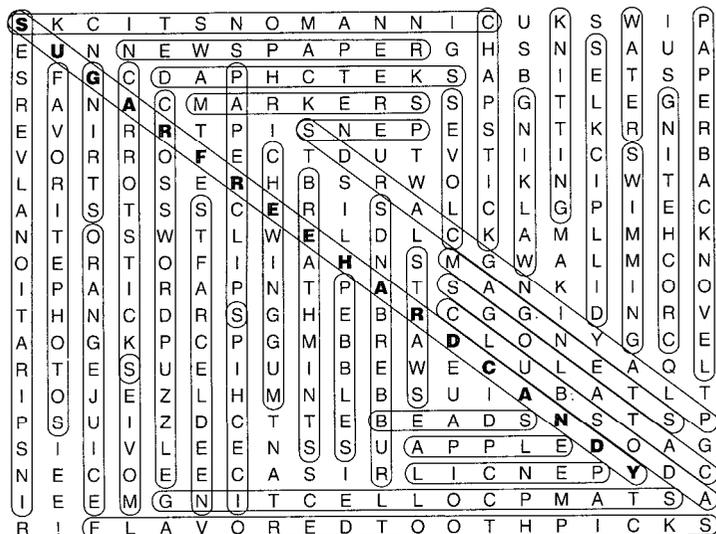


Take catnaps whenever you can.



*Every now and then,
drop a few dirty dishes
in the disposal.*

Drawings by Booth © 1977, The New Yorker Magazine, Inc. Reprinted with permission.



Finding Cigarette Substitutes (ANSWER KEY)

Special Message:

Using substitutes will make quitting easier!

Dear

Quitter's Friend...

Every quitter faces rough moments dealing with other people. This page gives you some tips.

Dear Quitter's Friend,

I tried to quit a few times before and went back to smoking. This time I want to quit for good. But, my friends keep saying "You'll never make it, you always go back." What can I say to them?

—This Time for Good

Dear This Time for Good:

Tell your friends that you may have gone back before. But, as with most things, "practice makes perfect." Experts say that most quitters need to try a few times before they quit for good. This time you'll make it.

Dear Quitter's Friend,

I want to stop smoking and have set a Quit Day. My problem is that my wife smokes and so do a lot of my friends. Without being rude, how can I say "no" when they offer me a cigarette?

—Tactless Tom

Dear Tactless Tom:

There are many ways to say "no" without being rude or making others feel bad. You are saying "no" to help yourself, not to offend others. A simple "No thanks" may be enough.

Dear Quitter's Friend,

I quit smoking a few days ago. I'm doing all right, except that I've been more tense than usual. My husband went out last night and bought me a pack of cigarettes. He says he wants his "sweet" wife back. What can I do?

—Not So Sweet Anymore

Dear Not So Sweet Anymore:

Some people find that they are more tense when they first quit smoking. But "this too shall pass." Soon you'll be back to your "sweet" self. Ask your husband to be patient. The extra years of being happy with you are worth a few days of dealing with your tension.

Dear Quitter's Friend,

Help! I've wanted to quit for awhile, but last week I finally did it. My problem is the guys at work. They all smoke and keep offering me a smoke. They keep telling me just one won't hurt. I don't want to lose my friends, but I've come too far to go back... any ideas?

—Sociable Sam

Dear Sociable Sam:

It can be tough to be around smokers when you're trying to quit. You might say, "just because I quit doesn't mean that you have to. But, I don't want a cigarette." Hopefully, your friends will come around. Don't be fooled. Just one cigarette can hurt.

Going the Distance

This section is for anyone who has stopped smoking.

Quitting smoking has changed the lives of many people. It's given them health, freedom, confidence and a new joy in life.

A Meditation

What's been best about not smoking is that I'm more in touch with myself and I love the freedom. I don't have to constantly think to see if I have enough cigarettes or where the matches are. I no longer wake up in the middle of the night and have to smoke a cigarette before I can get back to sleep. I no longer have to make sure I can stay for a whole movie without smoking. I'm beginning to feel better now, health wise. Mentally, I feel different too. Not having to smoke gives me more time to myself. At first that was real hard for me. For instance, I couldn't just sit down and watch it snow. I had to keep moving. Now I can do that, but it's in a different way. I'm watching the snow; I'm not just sitting and smoking. I'm much more in touch with what's around me.

Added hours -

Don't Let This Blessing Be a Burden

After you stop smoking, you'll have new freedom and joy if you find new, better ways to use the moments without smoking.

Quitting smoking is a turning point in your life. It is a time for self-reflection and self-discovery. You'll gain confidence, self-respect, better health and a sense of accomplishment. Think of all the things you wanted to do, if only you had more time. Now, you do. Enjoy this gift to yourself.

Mature quitters have done all sorts of things with their new found time.

- A 50-year-old man just got a promotion at work and looks forward to new challenges.
- A 63-year-old man who just retired went back to school to study literature.
- A 52-year-old woman has begun to teach photography in her local art school.
- A 75-year-old man now has more time to spend with his grandchildren and loves every minute.
- A 66-year-old woman savors the moments as she works in her garden.
- A 96-year-old grandmother who stopped smoking at 75 became the star of her light aerobics class and is being written up in *The New York Times*.
- A 54-year-old formerly overweight smoker just finished the New York City Marathon.

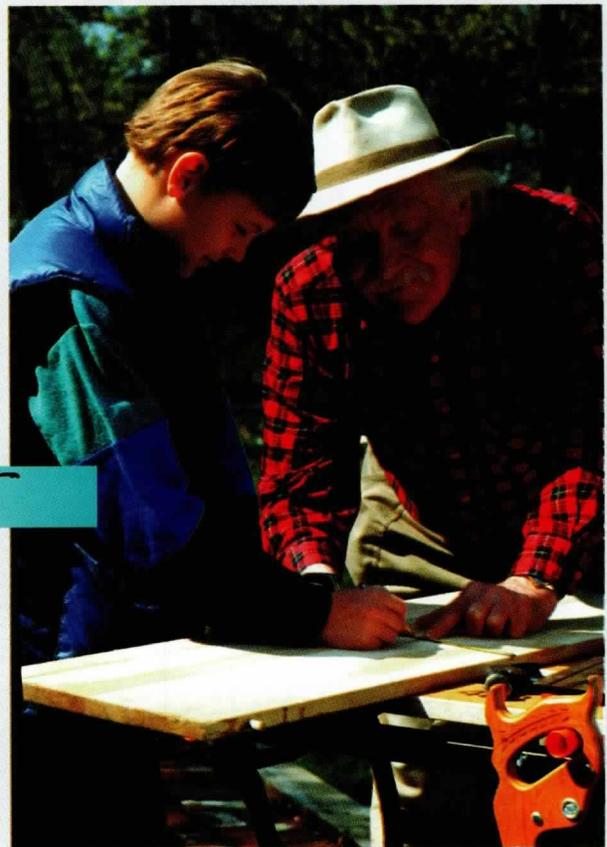
Fred T.

“When I stopped smoking, I rediscovered carpentry, I made a cradle for my third granddaughter. It kept me busy and gave me a great sense of accomplishment. I even have a little business now. When I was younger, I always wanted to do this kind of thing, but I never seemed to have time.”

***“To Fill the hour -
that is happiness.”***

Ralph Waldo Emerson

Think about your life, what you've done and what is still to be done. In his book, *Life in the Afternoon*, Edward Fischer passed along the advice of a psychologist who said, **“Have the courage to explore some other aspect of yourself. Try to find something you have left undone, some interest that got covered through the years. Prove to yourself that you still have reserves, mental and physical.”**



Positive thinking is a powerful tool in staying off cigarettes.

Tell yourself that you “have what it takes.” Believe that you are going to succeed. This will make quitting easier.

Other positive thoughts are:

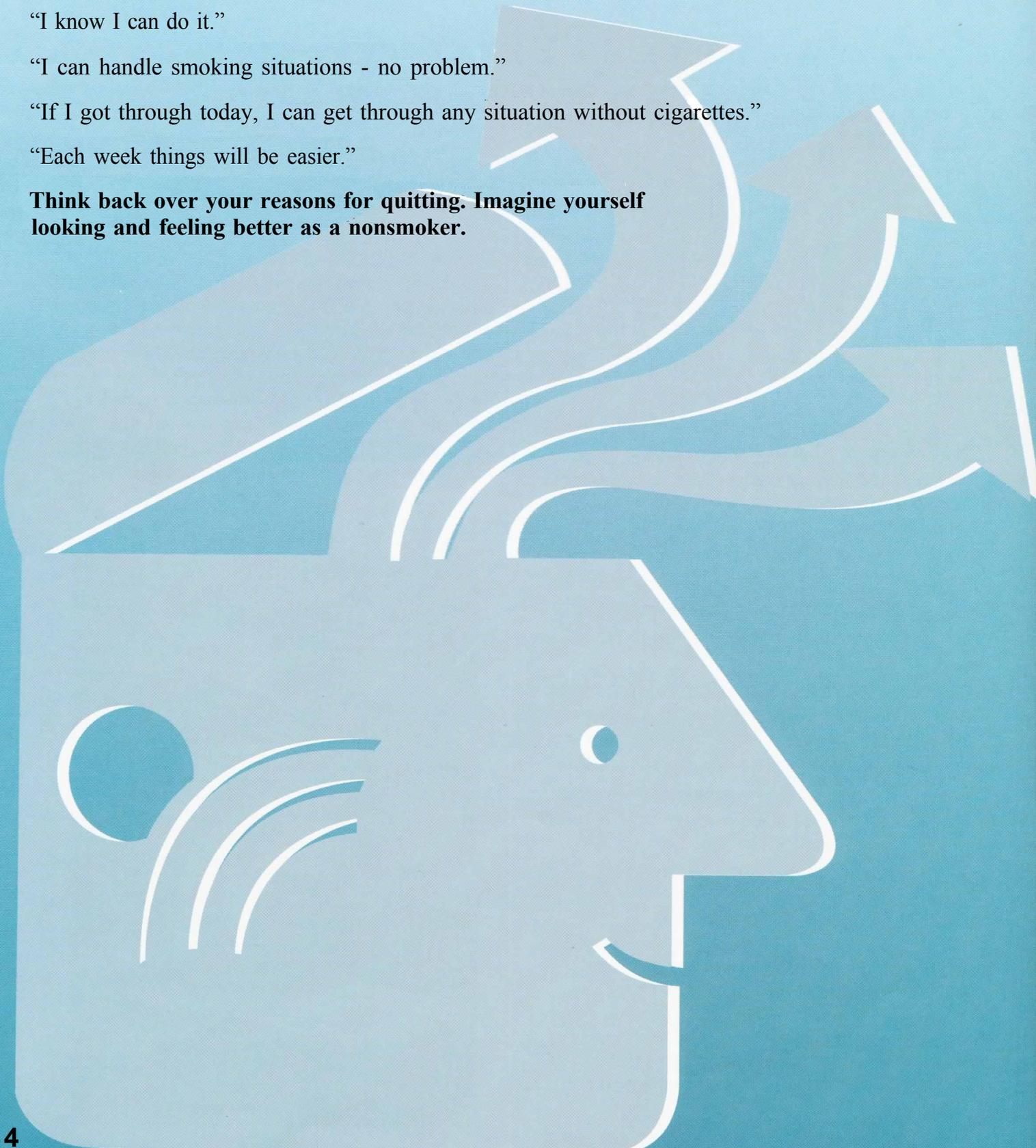
“I know I can do it.”

“I can handle smoking situations - no problem.”

“If I got through today, I can get through any situation without cigarettes.”

“Each week things will be easier.”

Think back over your reasons for quitting. Imagine yourself looking and feeling better as a nonsmoker.



The POWER of Positive Thinking

Negative thinking can lower your confidence and get in your way, say Drs. Brian Danaher and Ed Lichtenstein. You should be on guard against five common kinds of negative thinking.

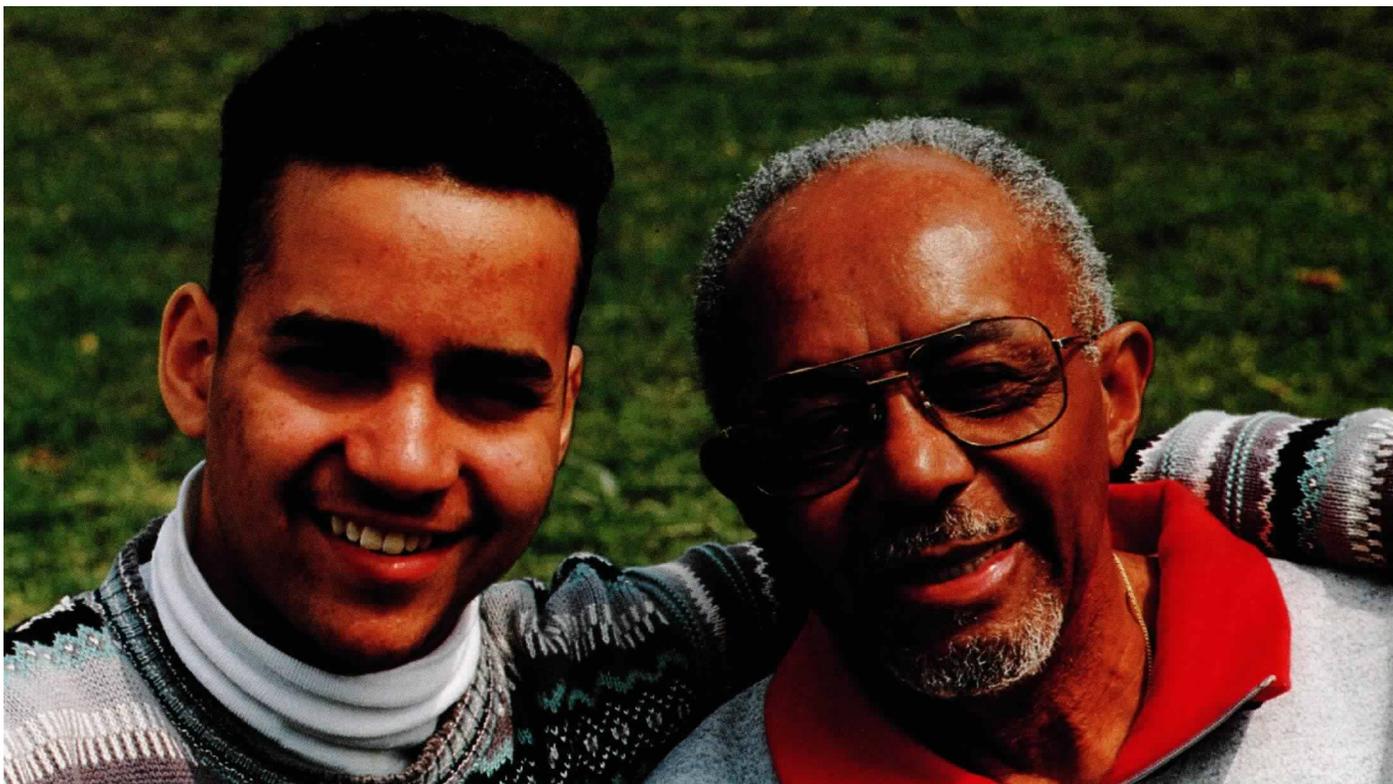
1. Memories. Don't get stuck longing for the good old days of smoking. Don't let yourself feel as if you're losing a dear friend. Instead, think about all you're gaining.

2. Faulty thinking about managing a crisis. Smoking won't help you deal with a crisis, or feel better. Cigarettes are not a solution to problems. Besides, you'd feel worse, not better, if you smoked. Also, be on guard against thinking, "After all I've been through, I deserve a cigarette." You deserve a better reward! So choose one.

3. Self-doubt. You're most likely to think that you "just can't do it" or "just don't have what it takes" when you're tired, under stress or reacting to a setback or difficulty. When this happens, change the dial on your thinking: "Wait a minute. Thinking this way will only make things worse. I've been smoking for a long time. I should expect some rough times. Let me focus instead on all that's going *right*. I've made it two weeks without a cigarette. And it's getting easier every day. I know I can make it!"

4. Smoking "just one cigarette" as a way of testing yourself. Don't trick yourself into thinking, "If I'm really off cigarettes, I should be able to smoke just one." If you're really off cigarettes (and you are), you have nothing to prove.

5. Thinking of smoking as a cure far withdrawal reactions or weight gain. Watch out for thoughts like these: "If I'm so moody (or spacey, or irritable or tense) without cigarettes, maybe I'm better off smoking." *Not so!* Remember, having to get unhooked from nicotine caused these reactions to begin with! And they are *temporary*. Soon, you'll be saying that stopping smoking was one of the best things you ever did for yourself. And you sure don't have to go back to smoking to prevent unwanted weight gain! The eating and exercise tips in this guide give you far better ways to control your appetite and weight.



How to Prevent and Recover from Slips

Every quitter must deal with the risk of a slip sooner or later. This section tells you how.

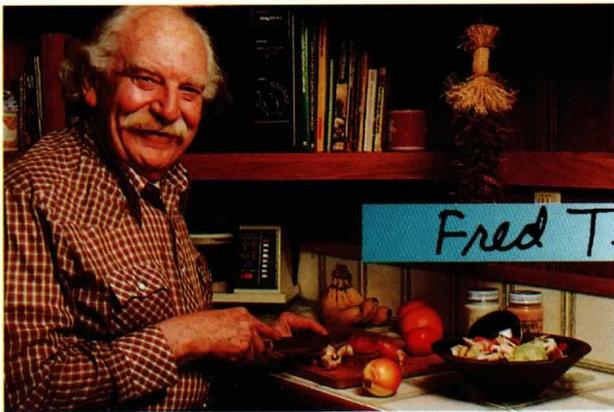
Don't let tough times take you back to smoking.

The highest risk times for new quitters are when they're feeling stressed, angry, bored, lonely, low, negative - when things are going badly. These times should throw a warning light and let you know to be on your guard.

What should you do? Research shows that quitters who take any kind of action find it easier to resist smoking. You need to do what's best for you. It may be walking away from urges by avoiding temptations or taking a brisk walk. For a lot of quitters, it helps to share feelings. A hobby may help some. Others turn to prayer. Ask ex-smokers you know to tell you what they did. Find a way that works for you.

Don't be caught off balance.

What happens when you find yourself with a lot of your smoking friends and you want to reach for a cigarette? What should you do? Get something else in your hand - a toothpick, a swizzle stick, a piece of gum - anything to take the place of that cigarette. Distract yourself for the next few minutes. Think about how far you've come. Remember, the urge to smoke will pass, whether you light up or not. Most ex-smokers say they're surprised how quickly urges go away.



“I made it through some pretty rough times. I'd been off cigarettes two years when my wife died. It was all I could do not to go back to smoking. But I was determined. Those first six months were very hard. The hardest times were when something reminded me of my wife. I'd feel like I needed cigarettes as a companion, to keep me company. But as I started to get out more, and feel more like myself, things got better. I talked with a man in my apartment who had lost his wife. He knew what I was going through and asked me to join him for lunch a few times. Now we get together for lunch or dinner a couple times a week. He's become a good friend.”

“The man who makes no mistakes does not usually make anything.”

Edward John Phelps

If you should slip.

Don't fall into all-or-none thinking. So, you couldn't resist smoking "just one cigarette." You didn't commit a crime! Don't let one cigarette be an excuse for going back to smoking. You're not doomed to be a smoker again. Remember when you learned something new, like riding a bike. What happened when you fell off? Right! You picked yourself up again. What should you do now? Pick yourself up again. The important thing is to learn from the slip.

Dr. Alan Marlatt, a psychologist who's helped thousands of smokers quit, says you should:

- 1. Treat the slip as an emergency. You've got to act right away.**
- 2. Remember, a slip is not a relapse. You don't have to go back to smoking.**
- 3. Renew your decision to quit.**
- 4. Review the actions that led to the slip so you won't repeat them.**
- 5. Make a plan for recovery. Decide what you'll do next time to avoid smoking.**
- 6. Ask someone for help.**

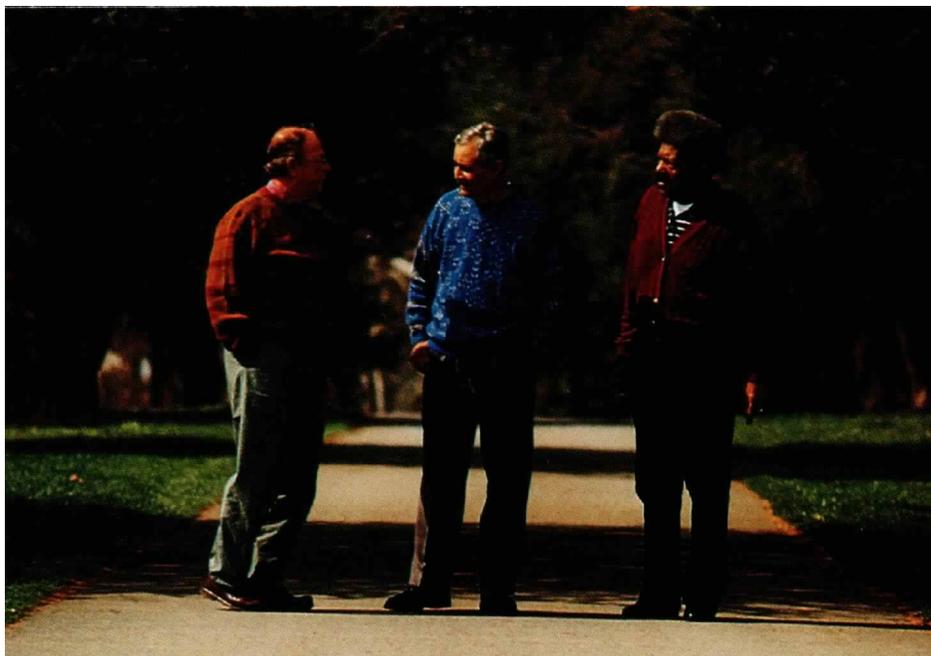
Do not think that you lack what it takes to succeed. You made a mistake. But it's not the end of the world. Learn from the slip. You'll have more confidence next time you face temptation.



Catherine W.

“One of the hardest times for me was during my weekly bridge game. All the women would be smoking, and we'd be relaxed and enjoying ourselves. I really had to prepare for those games. I'd imagine myself there and practice saying “no.” I started bringing a plate of vegetables to snack on. My friends liked this too, since so many were watching their weight.”

Letting Others Help You Through



Don R.

Handling pressures to smoke

“Being around smokers at work was hard for me at first. I’d be doing fine, not even thinking about a cigarette, when someone would walk into my office smoking. The old urge would well up again. Two things really helped. I put a “Thank You For Not Smoking” sign on my desk, and let people know how much I appreciated their not smoking in my office. When people were smoking around me, I’d tell myself that I could smoke too, if I wanted to. But I really didn’t want to. I’d feel better right away.”

Anna M.

The benefits of support from others

“I don’t think I could have made it without the support of my friends and family. Between my best friend, my sister and my daughters, I had plenty of T.L.C. They made sure I stayed busy! My oldest daughter had quit the year before. She knew exactly what I was going through. She gave me a lot of moral support.”

Fred T.

“When I got low and needed a lift, I called my best friend, Hal. He moved to Florida a few years ago, but we still talk on the phone a lot. Knowing I could always talk to him, even if we couldn’t get together, helped me through many rough moments.”

Catherine W.

Avoiding smoking places and people

“My husband took me to a great new restaurant, with a “no smoking” section. We enjoyed the food there and the chance to get away. With no one smoking around us, I wasn’t tempted.”

Bob R.

“Weekend afternoons were tough for me. So my wife and I started going to the 5:00 movie. It took my mind off smoking. And we’ve really enjoyed the time together.”

Let your support team know how grateful you are

Tell them how you’re doing and how much they’ve helped. Let them know how they can continue to help, even now that the hardest days are behind you. Celebrate your milestones with them.

What If You Go Back to Smoking?

You did not fail!

You're not a failure! If you've tried to quit but went back to smoking, don't toss aside your attempt as worthless. Use it to try again and succeed. If you've quit smoking for just 24 hours in the last few months or weeks, you've doubled your chances of quitting for good in the coming year!

Research has shown that most people don't quit for good on the first try. They need a few tries. Think of your quit attempt as a learning experience. Learn from it. You'll be more likely to quit for good next time. Don't give up!

Feel good about what went right, and make a plan for what you'll do differently the next time. Before your next quit attempt:

- Decide why you want to quit. Not why other people want you to quit, but why you want to quit. Talk with your doctor about the health benefits you can expect from quitting.
- Figure out what went wrong. Did it turn out to be a bad time to quit? Did you need more support? Did you rely too much on will power and not enough on changing your routine?
- Make a plan for how you'll deal with tough times next time you quit. Know what you'll do when it's hard to resist a smoke.
- Talk with ex-smokers you know about how they did it. Let them help you...

Keep up the good work!

If you've tried any of these new habits, keep them up. If not, give them a try.

Exercise three to four times each week for at least 20 minutes each time.

Try deep breathing when you feel stressed.

Give up your three favorite cigarettes.

Set a new quit date. If you were using nicotine replacement therapy or Zyban[®], stop using them until you quit again. Remember to inform your doctor.

Where else can you turn?

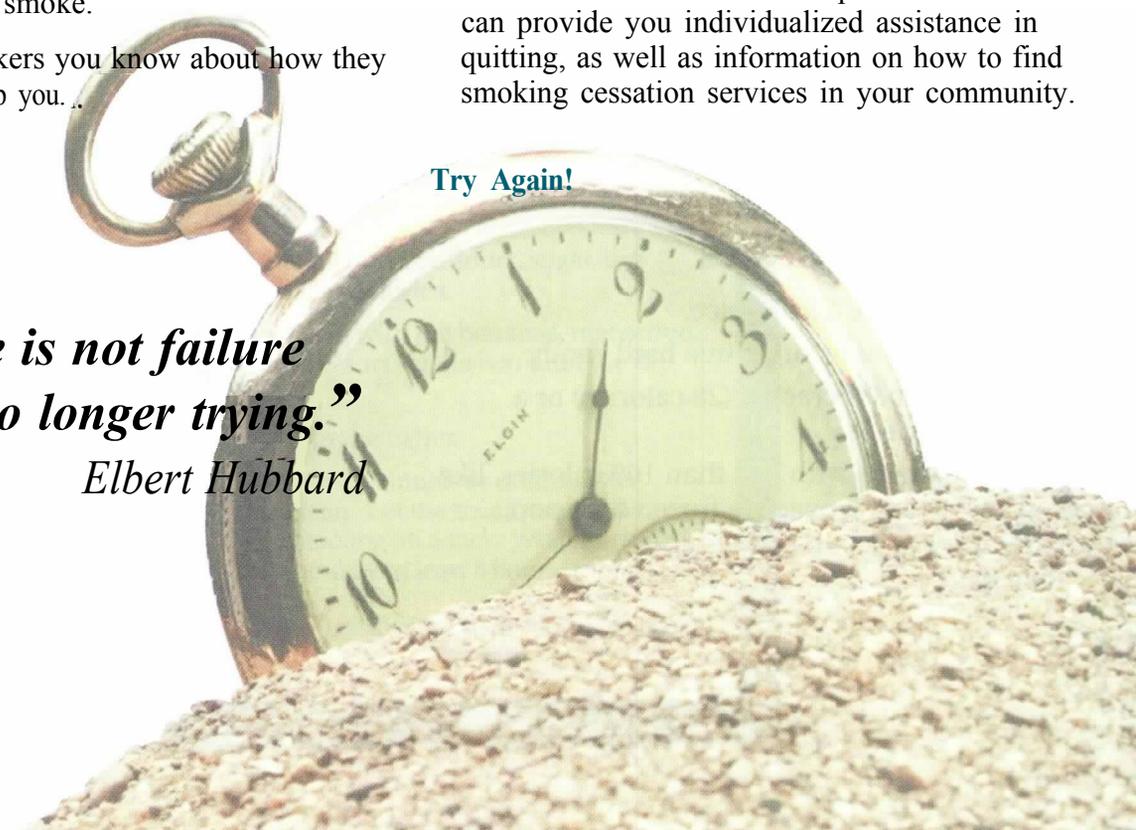
Maybe you need to take a different approach. If you need more help, you may benefit from a quit smoking group or clinic. To find out about a good smoking program in your area:

- Call your local hospital, the American Cancer Society or American Lung Association.
- Ask your doctor for help. One or two visits can help you through the toughest part of quitting.
- Call the National Cancer Institute's Cancer Information Service at **1-800-4-CANCER**. It's a nationwide, toll-free number with a specially trained staff of information specialists who can provide you individualized assistance in quitting, as well as information on how to find smoking cessation services in your community.

Try Again!

*“There is not failure
except in no longer trying.”*

Elbert Hubbard



Many Quitters Have To Deal With Worries About Weight

Many people are worried that they'll gain a lot of weight when they quit smoking. But not everyone gains weight. There are four reasons why many smokers gain weight when they quit.

- Your body's metabolism may slow down when you quit. That means you may burn fewer calories. So, even if you eat the same number of calories, you may gain 3 to 5 pounds. But this slowdown is temporary. After a few weeks or months, your body will readjust. It readjusts faster if you exercise.
- Many quitters have stronger cravings for sweets. Quitters who gain more weight often are the ones who eat more sugar and are less active.
- Smoking dulls the senses of smell and taste. Quitters enjoy their food more, and they may eat more.

So, what's the bottom line? Keep in mind that your main goal is to become a nonsmoker. Even a few cigarettes a day are much more harmful than a few extra pounds. There are ways to limit weight gain to a few pounds. Curb your sweet tooth. Take more time to enjoy your food, but don't eat more food. Find low or no calorie substitutes for a cigarette. Keep active, to help your body burn up those extra calories. Talk to your doctor or pharmacist about nicotine gum or Zyban[®] - they may help reduce or delay weight gain. Try to relax a little about your weight and focus on quitting.



Low-calorie substitutes

- Mix seltzer water with fruit juice.
- Suck on a low sugar or sugar free hard candy.
- Crunch on a graham cracker (28 calories) or a pretzel (24 calories).
- Choose sweet treats with less than 100 calories, like 1 cup strawberries, a peach, a frozen fruit pop, 1/4 cup raisins, 1/2 cup cottage cheese or low fat yogurt.

Recipes

You may find you have strong cravings for sweets when you quit smoking. By limiting your sweets and getting more exercise, you can keep your weight in check. There are low sugar dessert recipes for every season. You can also adapt your own special seasonal dessert recipes. The amount of sugar in almost any recipe can be cut in half without hurting the taste or the texture. Try it!

Calorie Burners: Activities That Add Up

ACTIVITY	CALORIES BURNED PER HALF HOUR
Slow walking (3 mph)	120 calories
Light gardening	120 calories
Golf (carrying clubs)	125 calories
Hiking	150 calories
Swimming (30 yards per minute)	210 calories
Bicycling (8-10 mph) or moderate stationary cycling	210 calories
Singles tennis	210 calories
Steady walking	240 calories
Heavy housework	250 calories
Jogging (5.5 mph) or climbing stairs	300 calories
Ballroom dancing	340 calories
Skiing (cross country)	350 calories
Brisk walking	360 calories

If you weigh 150 lbs., you'll burn this many calories in 30 minutes. If you weigh more, you'll burn more calories. If you weigh less, you'll burn less.

“Above all, do not lose your desire to walk. Every day, I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.”

Soren Kierkegaard

Banana Bread

3/4 cup	whole wheat flour	1/2 cup	raisins
3/4 cup	all purpose flour	2	eggs
1/3 cup	sugar	1 cup	mashed bananas (2 to 3 medium bananas)
1/2 cup	nonfat dry milk	1/4 cup	margarine, melted
2- 1/4 tsp.	baking powder	1/4 cup	water
1/4 tsp.	salt, if desired		
3/4 cup	Grape-Nuts® cereal		

1. In a large bowl, combine the whole wheat and all purpose flours, sugar, dry milk, baking powder and salt. Stir in the cereal and raisins.
2. In another bowl, beat the eggs and combine them with the bananas, margarine, and water. Add this mixture to the flour mixture, stirring the two until the dry ingredients are moist.
3. Grease and flour a 9 x 5, 3-inch loaf pan. Pour in the batter.
4. Bake the bread in a preheated 350° oven for 50 to 55 minutes or until a tester inserted in the center of the bread comes out clean. Let the bread cool in the pan for about 15 minutes, then turn it out to finish cooling on a rack. Wrap the bread tightly in plastic wrap or foil. If possible, let it stand for at least 8 hours before slicing.

NUTRITION TIP: If desired, omit one egg yolk and substitute 1 tablespoon of corn oil.

Summer

Enjoy a big bowl of fresh berries.

Fall

Enjoy the pick of the fresh apple crop.

Winter

Treat yourself to some exotic fresh fruit. How about a pineapple?

Spring

Add raisins to unsweetened cereal. Look for early summer fruit at the store.

For All Seasons

Try this banana bread for a healthy treat.

Fit Thoughts

Bernard Glassman

When I was young nobody said
That I should exercise.
The times were tough, the hours were long,
Before I closed my eyes.

But as the years went jogging by,
I felt I'd earned the right
Just to relax, to talk with friends,
And get some sleep at night.

So, I just sat. My joints got stiff
And sleep was but a dream;
I found that "just relaxing"
Was not as it had seemed.

Yet I still thought that feeling fit
Was just for younger folks;
That walking, swimming, riding bikes
Were only empty hopes.

So I would sit here in the park
And watch as they passed by-
The walkers, joggers, cyclists, too,
All healthier than I.

Until an 82-year-old
Walked briskly as could be
Up to my bench and, smiling, said,
"Why don't you walk with me?"

He showed me how to start off slow;
I did as I was taught.
And now I've learned that I can do
A lot more than I thought.

I feel so fine, I sleep so well,
At last I've come to see
That while I won't outrun the years
They'll never outrun me.

Weaning Off

Nicotine Replacement Therapy or Zyban[®]

Weaning off nicotine replacement therapy or Zyban[®] is much easier than weaning off cigarettes!

If you're using a nicotine patch:

The directions or your doctor may recommend that you switch to a lower dose patch starting 2-4 weeks after you quit. You may even switch more than once before you come off the patch.

Don't be surprised if you feel on edge, cranky or tense for a day or two when you switch down or when you stop the patch. These are normal withdrawal reactions - signs that your body is getting free of *all* nicotine. Just use the Four D's and other coping methods that worked when you first quit. If you are still uncomfortable, check with your doctor or pharmacist about going back to the higher dose patch for a while.

If you're using nicotine gum:

Start to reduce the gum slowly after 3 to 4 weeks. Each week, cut your daily quota down by 1 to 2 pieces. You might also try cutting pieces in half, alternating with regular gum or switching from the 4 mg to the 2 mg strength. You may want to check with your doctor to discuss which is best for you.

find it hard to stop using the gum on a daily basis after 6 months. Even after you quit the gum, be sure to keep some gum on hand for crises.

If you're using nicotine nasal spray:

It may be harder to wean off nicotine nasal spray than to wean off patches or gum. If you have a hard time, see the tips on pages 22-23 and call your doctor or pharmacist. Your doctor may suggest cutting your usual dose in half.

If you're using a nicotine inhaler:

The number of puffs you use should be the same for about 3 months, then gradually reduced during the following 3 months. Using the inhaler more than 6 months continuously is not recommended. If you are having a hard time cutting down on the number of puffs you need, contact your doctor for further advice.

If you're using Zyban[®]:

Do not stop taking your Zyban[®] unless you talk to your doctor. Once your doctor determines that you will no longer need Zyban[®] you can stop the pill without needing to slowly decrease it.

Survival Tips for Smoke Free Travel

Staying smoke free while away from home.

Traveling for pleasure can be an enjoyable way to spend time. Traveling for work may be mixed with stress and rewards. Whether you travel for business or pleasure, prepare yourself for unexpected “smoking temptations.”

Transportation. Ask for nonsmoking seating on the bus, train or airplane. If you are taking a cruise, ask for a nonsmoking cabin.

If you are driving, hang a “Thank You for Not Smoking” sign in your car. Let others know that you appreciate their not smoking around you, especially in a closed car.

Lodging. When making reservations, request a nonsmoking room and be sure to ask for it when you arrive.

Berry's World



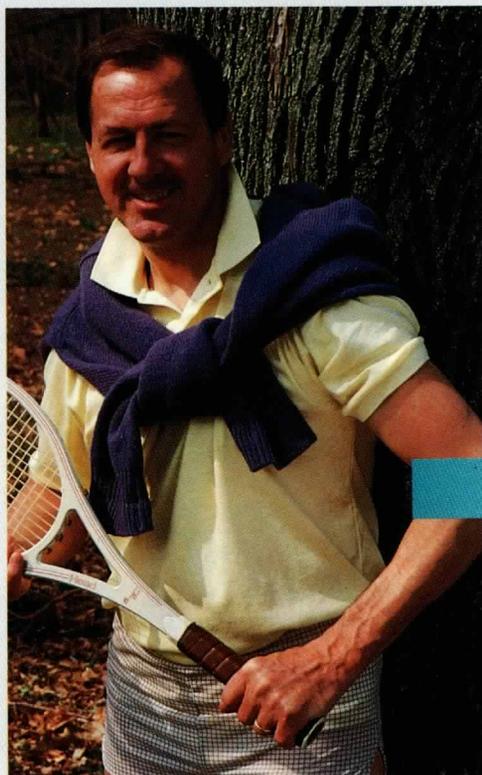
“Smoking, non-smoking or trying-to-quit?”

Restaurants. Call in advance to check if the restaurant has a nonsmoking section. Check with the local American Lung Association or American Cancer Society chapter. Often, they have a list of area restaurants with nonsmoking areas.

Be prepared to cope with frustrations and delays. Even if you no longer have the urge to smoke in your usual surroundings, new situations may bring back old memories. Be ready to cope with unexpected urges. Wherever you travel, you can practice “taking a breather.” Pack cigarette substitutes, such as puzzles, sugar free hard candy or gum, worry beads, etc. Carry a small index card with your “reasons for quitting.” Walk away from urges. See the sights and shops.

*“It is not the years in your life,
but the life in your years that count.”*

Adlai Stevenson



Bob A.

“When I was in my 20’s and 30’s, 50 seemed old to me. Not now! Fifty seems full of possibilities. I think of all the things I want to do. I look forward to the years ahead. And I’m hoping that quitting smoking will give me more of those years to enjoy!”

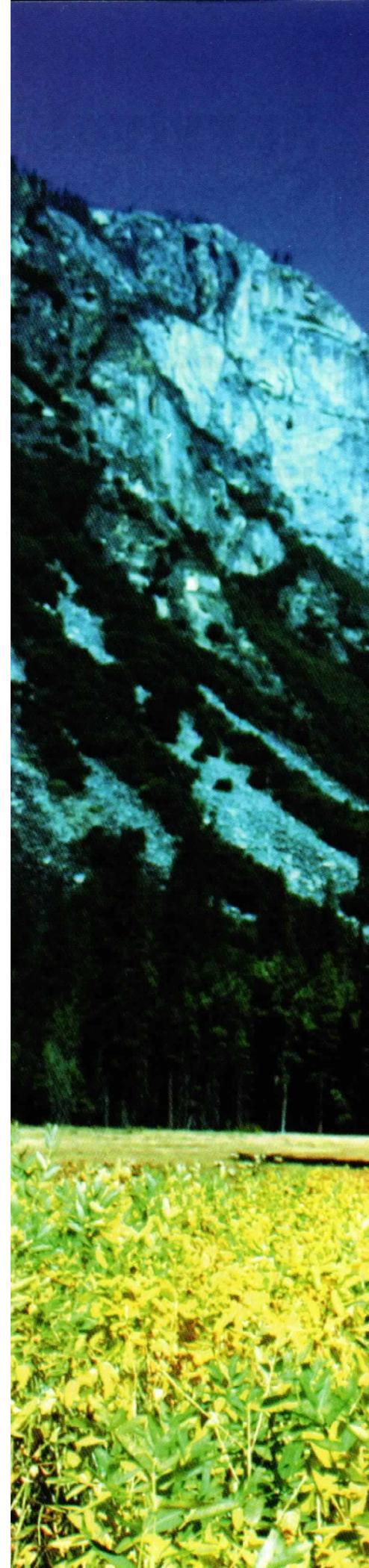
Going the Distance

Your Way to Clear Horizons

If you've stopped smoking, congratulations!

Anyone who has stopped smoking knows what an important and difficult accomplishment that is. You deserve to feel proud. You already should be enjoying many of the benefits of quitting: less coughing, more energy, no longer feeling tied down by cigarettes and more self-respect. We're not going to kid you. There will be some tough moments ahead. But you can make it through. Keep on your guard for temptations and ward them off.

If you've started or continued to exercise, keep it up! If you haven't started yet, think about walking. Keep trying to find other, more positive ways to deal with stress and hard times. Over time, your urges to smoke will get fewer and fewer. You'll start to see yourself as the nonsmoker you really are. Other people's smoking may even start to bother you. Celebrate your first month off smoking, six months off smoking and then really go all out at one year without cigarettes. You've done something special for yourself and the people who care about you. If you haven't stopped smoking, think about what you're missing and go for the gold. Be a winner!!





Congratulations on completing *Clear Horizons*. Take a few minutes to reflect on your achievements. Look ahead to years of promise. A future without cigarettes is brighter, clearer. who knows what you can accomplish next!

Appendix A

Sample Calendar for Zyban® Dosing

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				Receive Prescription from Dr. and set quit date	Fill Prescription	Zyban® start day 150 mg/day
150 mg/day	150 mg/day	Increase amount to 300 mg/day	300 mg/day	300 mg/day	300 mg/day	QUIT DAY! 300 mg/day for 8-12 wks. No more cigarettes!

Second Line Medications

Other medications such as nortriptyline and clonidine have been useful for some patients to help them quit smoking, but they are not used as frequently as nicotine replacement therapy or Zyban®. If you and your doctor decide to use one of these medications, make sure you have a quit plan in place first.

NOTES



NOTES



Credits

Authors

Carole Tracy Orleans, Ph.D.
Barbara Rimer, Dr. PH.
Janet Telepchak, B.S., CHES
Linda Fleisher, M.P.H.
Martha K. Keintz, Sc.M.
Neal R. Boyd, Ed. D., M.S.P.H.
Elizabeth L. Noll, M.S.
Robert Robinson, Dr. PH.

Contributors:

Edwin B. Fisher, Ph.D.
C. Everett Koop, M.D.
Scott McIntosh, Ph.D.
Deborah Ossip-Klein, Ph.D.
Nina Schneider, Ph.D.
Jed Rose, Ph.D.

Special Thanks:

Louise Blasick
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Terri Dowling, M.P.H., Patricia Frank and Verle Grossman of the Office of Senior Information, Referral & Health Promotion, San Francisco Health Department
Sherri Ehrlich, R.Ph. M.P.H., Davis Kalinoski and Lisa Rubenstein of the American Association of Retired Persons
Jeanette Preston, M.D., M.P.H., Principal Invesitgator, Healthy Aging Project: Medicare Stop Smoking Program, Qualidigm

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JAMES P. WILMOT CANCER CENTER
DEPARTMENT OF COMMUNITY AND
PREVENTIVE MEDICINE
Rochester, New York

