

A close-up photograph of a person's hand holding a lit cigarette. The hand is positioned on the right side of the frame, with the fingers gripping the cigarette. The cigarette is lit, with a small flame and a wisp of smoke. The background is plain white.

There are
benefits to
quitting
smoking.

START SMART: PLAN TO QUIT

Quitting smoking can be one of the most important decisions you will make. The benefits of quitting smoking may include improving your health, saving money, and having more time to do what makes you happy by no longer having to take smoke breaks.

Know what to expect when you quit smoking.

Quitting means coping with potential withdrawal symptoms¹:

- These symptoms are your body's reaction to no longer having nicotine
- They can occur when you stop smoking all at once or cut back slowly
- Withdrawal symptoms reach their peak 2 to 3 days after your last cigarette, and they may last several weeks for people trying to quit

Symptoms ¹ :	Relief Mechanisms:
Nicotine cravings	
Depressed mood/feeling depressed	
Hunger/changes in appetite and weight	
Irritability/feeling tense, restless, anxious	

Consider your health.

You may experience the following smoking-related symptoms:

- Shortness of breath²
- Chronic cough²
- More likely to get sick²
- Hoarseness³
- Triggers asthma⁴
- Increase in belly fat⁵

Smoking is linked to certain life-threatening illnesses, including heart disease, lung cancer, and stroke. Smoking may also cause health-related issues that can affect your well-being, including emphysema, chronic coughing, and shortness of breath.⁶

If you're a smoker, you are at increased risk for the following conditions:

- Cancer⁷
- Asthma trigger⁷
- COPD (chronic bronchitis/emphysema)⁷
- Heart disease⁷
- Stroke⁷
- Peripheral arterial disease (hardening of arteries)⁸
- Osteoporosis (decrease in bone density)⁹

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Why it can be hard to quit smoking.

For most people, **quitting is a PHYSICAL & BEHAVIORAL challenge.**¹⁰


For many people, **smoking is an ADDICTION.** Plus, over the years, people **develop smoking ROUTINES.**¹⁰

ABOUT 2 OUT OF 3 smokers say they WANT TO QUIT, and about half try to quit each year, but few succeed WITHOUT HELP.¹⁰

Why nicotine is addictive¹¹:



When you smoke, nicotine is sent to your brain in as little as 10 seconds after you inhale



The nicotine attaches to nicotine receptors in the brain, and that sends a message to release a chemical called dopamine



Dopamine provides a feeling of pleasure. But it doesn't last long. That's why you want another cigarette. Nicotine addiction can be difficult to overcome

So if you've tried to quit before, don't be discouraged. It's still possible to quit.

The benefits of quitting smoking can be seen within minutes of quitting.¹²

20 MINUTES: → **12 HOURS:** → **2 to 3 WEEKS MONTHS:** → **1 to 9 MONTHS:**

- Heart rate drops¹²

- Blood carbon monoxide level drops to normal¹²

- Risk for heart attack begins to drop¹²
- Lung function begins to improve¹²

- Coughing and shortness of breath decrease¹²

1 YEAR: → **2 to 5 YEARS:** → **10 YEARS:** → **15 YEARS:**

- Added risk for coronary heart disease is half that of a continuing smoker's¹²

- Risk for stroke is as low as that of a person who never smoked¹²
- Risk of cancers of the mouth, throat, esophagus, and bladder is halved within 5 years¹²

- Risk of dying from lung cancer is about half that of a person who smokes¹²
- Risk for cancers of the kidney and pancreas decreases¹²






- Risk for coronary heart disease is back to that of a nonsmoker's¹²

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Common Smoking Triggers

Quitting is also hard because smoking becomes part of your life. You may develop a routine of smoking in certain places, when doing certain activities, or when you spend time with certain people. You may then feel the urge to smoke whenever you are in these situations.¹

These things that make you want to smoke are called “triggers.” They make it hard to break the routine of smoking and can increase the risk of relapse.¹

	Common triggers to smoke¹	Try these distractions¹
	During breakfast	Eat in a different place, eat different foods, or leave the table when you're done
	While driving to work	Take a different route
	During coffee breaks	Go for a brisk walk or drink tea
	When you drink alcohol	Drink water, juice, seltzer, or other low- or non-calorie beverages
	After dinner	Brush your teeth or chew gum

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Quitting smoking may save you time and money.

If smoking a cigarette takes an estimated 6 minutes, then for a pack-a-day smoker that means approximately 2 hours per day spent smoking. At that rate, you spend about 30 days per year smoking.¹³

The cost of a pack of cigarettes in Tennessee is about \$5.39.¹⁴ For a pack-a-day smoker, that's \$1,967.35 per year. Over 10 years, that's \$19,673.50.

CONSIDER THE TIME

How much time you could save.

Number of cigarettes you smoke per day: **X**
6 minutes spent per cigarette break. **=**
Total time you spend smoking each day:

What will you do with the time you save if you quit smoking?

CONSIDER THE COST

How much money you could save.

Price you typically pay for a pack of cigarettes: **X**
Average number of packs you smoke per week: **=**
Total amount you spend on smoking every week:
Weekly cost of _____ X 52 weeks per year
= _____, or the amount you spend on smoking in a year.

What will you do with the money you save if you quit smoking?

Smoking is treatable. Help is available.

Talk to your health care provider today.

I am willing to quit today.

I am interested in setting a future quit date.

I am willing to cut down my number of cigarettes before quitting.

I am unsure about quitting but will consider it.

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Let's talk again.

**The next steps in your journey to become smoke-free:
Please return on _____ to discuss how your
quit journey is progressing.**

If you need additional support in the meantime, please
visit www.baptistcancercenter.com.

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