

**Quit
Now!**



Great American Smokeout

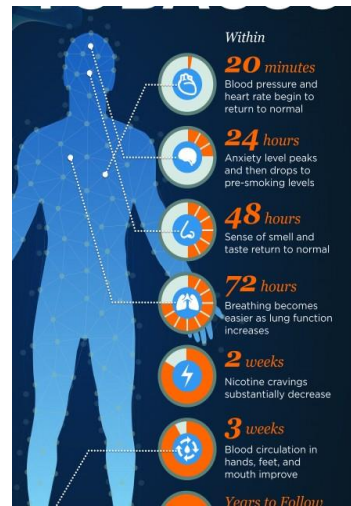
What is it?

The American Cancer Society hosts the Great American Smokeout on the third Thursday of November. It's a day of encouragement, initiation, and commitment to a smoking cessation plan.

"Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives"
-US Surgeon General

Effects of smoking:

- Yellowing of fingers
- Dry mouth/ bad breath
- Heartburn
- Nausea/ diarrhea
- Sleep disturbances with vivid dreams



Why quit?

Cigarette smoking continues to be the leading cause of PREVENTABLE disease and death in the United States such as...

Heart disease



Lung disease & cancer



High blood pressure



Stroke



Osteoporosis



What To Expect From Nicotine Withdrawal

Symptoms include:

- Intense craving for nicotine
- Anxiety
- Depression
- Drowsiness, trouble sleeping
- Feeling tense, restless, or frustrated
- Increased appetite
- Concentration problems

Source: US National Library of Medicine

How to quit?

Over the counter options:

- Nicotine gum
- Nicotine patches
- Nicotine lozenges

Prescription drugs:

- Nicotine inhaler
- Nicotine nasal spray
- Zyban (bupropion)
- Chantix (varenicline)

5 D's to deal with the craving:

- Delay and count to 100
- Discuss the problem and talk to someone
- Drink a glass of water very slowly
- Deep breath slowly and deeply
- Distract and do something to get your mind off smoking

Counseling:

Counseling combined with medication makes it more likely to quit smoking and continue to stay away from tobacco

"Smoking kills more people than alcohol, AIDS, car accident, illegal drugs, homicides, and suicides."



For additional help: Quit For Life program: phone based coaching and web based learning support 1-866-NY-QUITS or www.nysmokefree.com

By: Liora Fuzaylov, PharmD. Candidate 2019.