

Tips For Quitting

Quitting is hard. Many people try several times before they quit for good.

Keep your hands busy. Find things to do (write letters, do some gardening or hobbies, etc.)

When traveling. Travel with friends who are non-smokers (driving or riding).

In social gatherings. Socialize with non-smokers. Say "No" to friends who offer you a cigarette or other forms of tobacco.

After a meal. Take a short walk. Save dessert for after the walk.


Break old habits. Change the things around you. Get rid of all cigarettes and ashtrays in your home, car(s), and place(s) of work. Do not let people smoke in your home.

Get help. You can get nicotine gum or the nicotine patch from a drug store or nicotine nasal spray, nicotine inhaler or Bupropion SR (pill) from your doctor. Get support from your family, friends, people at work, your doctor, nurse or other health care workers.

Stay committed. Don't smoke, not even a puff! Avoid alcohol, coffee, or other drinks associated with smoking. Avoid being around smoking. Eat healthy foods and get exercise. Keep a positive attitude. **You CAN do it!**

**Call TOBACCO FREE NEBRASKA
1-800-QUIT-NOW
(1-800-784-8869)**

Why Should I Quit Smoking?

- More than 430,000 Americans die each year from smoking. Smoking causes illnesses such as cancer, heart disease, stroke, problems with pregnancy, and lung disease.
- Seven Nebraskans die every day of smoking or tobacco-related illnesses.
- When you quit, your chances of getting a smoking-related illness will be less. Plus you will have more energy and breathe easier.
- If you are pregnant, your baby will get more oxygen and be healthier.
- The people you live with, especially children, will be healthier.  Secondhand smoke can cause asthma and other health problems. Secondhand smoke can also cause Sudden Infant Death Syndrome (SIDS).
- You will have more money to spend on things other than cigarettes.

This program is partially funded by Region V Systems, the United Way of Lincoln/Lancaster County, JBC and private donations.

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THE COST OF SMOKING

WE ALL KNOW THAT SMOKING
IS COSTLY TO YOUR HEALTH...

BUT HAVE YOU CONSIDERED
THE COST TO YOUR WALLET?

YOU'LL BE AMAZED!

**Lincoln
Council on
Alcoholism and
Drugs, inc.**

914 L Street
Lincoln, NE 68508
(402) 475-2694
FAX (402) 475-2699
prevention@lcad.org
www.lcad.org



How Much Money Do You Save When You Quit Smoking?

How much do you smoke? Find the corresponding boxes in both the "Time" and "Number of Packs" columns and see how much your habit is taking out of your pocket (ex: 1 pack/day = \$120.00/month).

NUMBER OF PACKS						
Time	1/2	1	1 1/2	2	2 1/2	3
Day	\$ 2.00	\$ 4.00	\$ 6.00	\$ 8.00	\$ 10.00	\$ 12.00
Week	\$ 14.00	\$ 28.00	\$ 42.00	\$ 56.00	\$ 70.00	\$ 84.00
Month	\$ 60.00	\$ 120.00	\$ 180.00	\$ 240.00	\$ 300.00	\$ 360.00
1 year	\$ 730.00	\$ 1,460.00	\$ 2,190.00	\$ 2,920.00	\$ 3,650.00	\$ 4,380.00
10 years	\$ 7,300.00	\$ 14,600.00	\$ 21,900.00	\$ 29,200.00	\$ 36,500.00	\$ 43,800.00
20 years	\$ 14,600.00	\$ 29,200.00	\$ 43,800.00	\$ 58,400.00	\$ 73,000.00	\$ 87,600.00
30 years	\$ 21,900.00	\$ 43,800.00	\$ 65,700.00	\$ 87,600.00	\$ 109,500.00	\$ 131,400.00
40 years	\$ 29,200.00	\$ 58,400.00	\$ 87,600.00	\$ 116,800.00	\$ 146,000.00	\$ 175,200.00

Figures listed above are an average of cost not exact and do not figure in sales tax.

Fill in blanks with money saved and reward yourself for success at quitting.

Date stopped smoking: _____

Amount saved daily: \$ _____ Reward: _____

Amount saved weekly: \$ _____ Reward: _____

Amount saved yearly: \$ _____ Reward: _____



For more information about tobacco and other drugs, contact:

Lincoln Council on Alcoholism and Drugs
914 "L" Street, Lincoln, NE 68508
402-475-2694
www.lcad.org prevention@lcad.org

Tobacco Education and Prevention
Lincoln-Lancaster County
Health Department
Phone: 402-441-6225

WHAT HAPPENS WHEN YOU QUIT SMOKING

- **20 minutes** after quitting smoking: your blood pressure drops to a level close to that before your last cigarette. The temperature of your hands and feet increases, returning to normal.
- **8 hours** after quitting smoking: the carbon monoxide level in your blood drops to normal.
- **24 hours** after quitting smoking: your chances of having a heart attack decrease.
- **2 weeks to 3 months** after quitting smoking: you have better circulation and your lung function increases up to 30 percent.
- **1 year** after quitting smoking: you reduce your risk for heart disease by 50 percent.
- **10 years** after quitting smoking: your risk for dying from lung cancer is about half that of a continuing smoker's; and your risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas also decreases.
- **15 years** after quitting smoking: your risk of heart disease is now the same as someone who has never smoked.

Quitting takes hard work and
a lot of effort,
but you can quit smoking!