



Your **health** is our number one **priority**

This brochure tells you **how**

Together we can become **smoke-free**



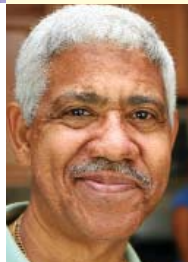
### Benefits of Quitting

any person, any age

- In 20 minutes**
  - ▷ your heart rate calms down
- In 24 hours**
  - ▷ your risk of heart attack drops
- In 2 days**
  - ▷ things taste and smell better
- In 2 to 3 weeks**
  - ▷ your lung function improves
  - ▷ your circulation gets better
  - ▷ walking is easier



- In 1 year**
  - ▷ your risk of heart disease is cut in half
- In 5 years**
  - ▷ your risk of cancer of the mouth and throat is cut in half
  - ▷ stroke and heart disease risk is greatly reduced
- In 10 years**
  - ▷ your risk of lung cancer is cut in half



- Reasons to Quit**
- 1 Live a healthier life free of addiction
  - 2 Save money
  - 3 Protect your family from second-hand smoke
  - 4 Have a healthy baby
  - 5 Feel better
  - 6 Look better



### How to Quit

- 1 Talk to your health care provider.** Ask about medications and quit classes that can help.
- 2 Choose a medication.** They can double your chance of success. They include the nicotine replacement therapies (such as the patch), bupropion, and varenicline.
- 3 Get free telephone counseling.** Talk to a counselor for support and information. 1-866-NY-QUITS or 800-QUIT-NOW
- 4 Prepare.** Make a list of your reasons for quitting and read it often. Make your house and car smoke-free zones. Throw out ashtrays and lighters.
- 5 Pick a quit date.** Pick a day you can plan in advance for — like the first day of a month or someone's birthday.
- 6 Watch out for triggers.** Alcohol, caffeine, stress and other triggers can make you feel like smoking. Don't let triggers make you light up. Plan ahead to deal with them.
- 7 Get support.** Ask someone you trust to help you if it gets tough. Talk to them often. Join a quit class or call a phone quitline.



## The 5 D's

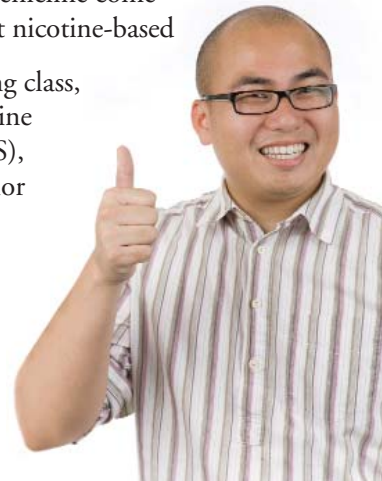
When the urge to smoke strikes, remember to:

- 1 Distract yourself**  
Do something else. Call a friend, go for a walk, listen to music, do an errand or search the internet.
- 2 Drink water**  
Make your mouth feel clean and fresh. Brush your teeth if you can or maybe have a fresh mint.
- 3 Deep breathe**  
Think about keeping your lungs clean and healthy while taking deep breaths.
- 4 Discuss**  
Talk with someone about why you do not want to smoke. Have them give you support and a pep talk.
- 5 Delay**  
Use all of the above D's to help delay lighting up. The longer you delay — the more the urge will go away.



## Quit Smoking Medications

- ▷ Talk to your doctor or nurse practitioner about using a quit smoking medication
- ▷ Quit smoking medications can double your chances of successfully quitting
- ▷ They are available in the hospital during your stay
- ▷ They can help reduce withdrawal symptoms and cravings — making it much easier to quit
- ▷ Medications you can get by prescription or over the counter
  - Nicotine patch
  - Nicotine gum
  - Nicotine lozenge
- ▷ Medications that require a prescription
  - Nicotine inhaler
  - Nicotine spray
  - Bupropion
  - Varenicline
- ▷ Bupropion and varenicline come in a pill and are not nicotine-based
- ▷ Take a quit smoking class, call the NYS Quitline (1-866-NY-QUITS), or talk to a counselor to increase your chance of quitting even more



## Help is always there

- ▷ Talk to your health care provider about quitting and which medications can help you
- ▷ Call the free New York State Quitline (1-866-697-8487) to talk to a counselor, to find out about a quit class near you or to get helpful information mailed to you



- ▷ Go to [nysmokefree.com](http://nysmokefree.com) for more info about the quitline
- ▷ In New York City you can also call 311 to learn about quit smoking programs — or [nyc.gov/health/smokefree.com](http://nyc.gov/health/smokefree.com)
- ▷ Outside New York — call 1-800-QUIT-NOW for the phone quitline in your state

**Call the NewYork-Presbyterian Hospital  
Physician Referral Service:  
1-877-NYP-WELL  
Toll Free: (1-877-697-9355)**

**NewYork-Presbyterian**  
The University Hospital of Columbia and Cornell

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Live  
**smoke-free**  
We can help

