

## Smoking Cessation / Nicotine Withdrawal

### Why is smoking / nicotine bad for you?

- It increases your risk of a heart attack, stroke and cancer.
- It decreases the amount of oxygen carried to your brain, heart and other organs.
- It raises your blood pressure.
- It damages your arteries and decreases blood flow to your body.

\*\*\*Remember second-hand smoke, cigars, pipes and smoke-less tobacco such as snuff and chewing tobacco are also harmful\*\*\*

### What are the side effects of nicotine withdrawal?

- Strong cravings to have a cigarette or smoking-less tobacco product
- Restlessness and irritability
- Trouble concentrating
- Fatigue
- Trouble sleeping
- Increased appetite
- Abdominal gas and constipation

Some people are able to quit “cold turkey” and stop all at once. Some quit gradually. Don't be discouraged. Sometimes it takes more than one try.

### Tips to help you quit:

- Decide in your mind that you are going to quit.
- Throw out all nicotine products, lighters and matches.
- Talk to your doctor about certain medications that may help you stop.
- Avoid situations and people that make you want a cigarette.
- Remind yourself of all the reasons to quit.
- Think of what you will do with the money you will save.
- Begin an exercise program approved by your doctor.
- Picture success and stay positive.
- Take one day at a time.
- Drink plenty of water unless restricted by your doctor.
- Use deep-breathing and relaxation measures.
- Join a support group. Being in a group increases your chance of success.
- Call on someone for help when you feel drawn to smoke.
- Simplify your schedule, especially during the first week.
- Eat a healthy diet that includes whole grains, fruits and vegetables.
- Chew on gum, mints or a cinnamon stick unless restricted by your diet.
- Nibble on low-calorie snacks such as carrots or celery.
- Do things that use your hands and keep you busy.

For more information:

Smoking Cessation Program at Saint Joseph's (404) 851-7633  
UNITE Georgia Tobacco Quit Line 1-877-270-STOP

