

How to handle withdrawal

Nicotine is a powerful, addictive drug. It also helps people cope with the ups and downs of life, which is why it can be so hard to quit. People who stop smoking or chewing almost always have one or more of the following withdrawal symptoms.

- Feeling down or depressed
- Difficulty sleeping
- Irritability, frustration or increased anger
- Difficulty concentrating at work or on projects
- Feeling edgy or restless
- Increased hunger or appetite
- Weight gain
- Constipation
- Craving for sweets

Most withdrawal occurs during the first three weeks. Nearly all symptoms disappear within 8-12 weeks after quitting.

Tips to help with withdrawal

Stop smoking medications are the most effective way to cope with withdrawal because they treat withdrawal symptoms. Other tips include:

- Get help and support from a program, your family and friends.
- Call the toll-free Oregon Tobacco Quitline (800 784-8669).
- Take a deep breath when you get an urge; the urge will pass in 30 seconds.
- Stay busy or physically active to help you think more clearly, feel better overall and possibly help reduce weight gain and avoid constipation.
- You will likely want to snack more often, especially on sweet foods. These cravings may be smoking urges in disguise. Try to limit sweets and select healthier snack foods.
- Remind yourself every day why quitting is really worth it for you.

Stop smoking programs and printed material

For help quitting and for more information about programs in Oregon and Washington contact:

Oregon Tobacco Quit Line

800 QUIT NOW (800 784-8669)

877 2NO-FUME (877 266-3863 in Spanish)

www.oregonquitline.org

For more information:

Centers for Disease Control

www.cdc.gov/tobacco

National Cancer Institute

www.smokefree.gov

American Legacy Foundation

www.becomeanex.org

OHSU Library

503 494-8311

www.ohsu.edu/library/consumerhealth



www.ohsuhealth.com

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OHSU is tobacco free

Is it time to quit smoking?

Do you smoke?

Do you want to quit?

Are you ready to quit?



Your OHSU healthcare team wants to help you stay healthy. If you are ready to quit smoking, this information can help you take the first step.

Why quit smoking?

Smoking:

- Can make you sick. The ashes, tar, gases and other poisons in cigarettes and chewing tobacco harm your body over time.
 - Damages your heart and lungs. It increases your blood pressure and heart rate, causes cholesterol to build up in your blood vessels and decreases oxygen to your tissues.
 - Makes it harder to taste and smell.
 - Reduces your ability to fight infections.
 - Slows your recovery from surgery or illness.
 - Slows bone and wound healing.
- Second hand smoke harms infants, children and pregnant women, and is also harmful to your pets.*

When you quit:

- Your chances of getting sick will be less.
- You will have more energy and breathe easier.
- You will heal better after surgery and other injuries.
- You will be less likely to have a heart attack, stroke or cancer.
- People and pets you live with will be healthier.
- Your chance of living longer increases.
- You will have more money to spend on things other than cigarettes.
- If you're pregnant, your baby will get more oxygen and be healthier.
- If you have had a heart attack, you will be less likely to have another one.

How to quit

There is no magical way to quit smoking. If you want to quit, the most effective way is to combine stop smoking medications with help from stop smoking programs.

There are two types of stop-smoking medications:

- Nicotine replacement
- Non-nicotine prescription medications

All of these medications reduce withdrawal symptoms and help decrease the urge to smoke.

Nicotine replacement

- Available in patches, gum, lozenges, spray and inhaler
- Available over the counter or by prescription

Talk with your doctor or pharmacist about what is right for you.

Non-nicotine medications

- Bupropion (Zyban or Wellbutrin SR)
- Varenicline (Chantix)

Available by prescription only.

Did you know? Smoking related diseases kill more than 440,000 people in the United States each year.

According to the American Cancer Society, 90 percent of new smokers are children and teens.



How to succeed

Before you quit:

- Plan ahead! Set a date to quit and keep it.
- Talk with your healthcare provider or choose a quit smoking plan that's right for you.
- Build a support team – ask your friends, family members and co-workers for help and support.
- Think about why and when you smoke, and then plan new ways to cope. Do you smoke:
 - When you go out with friends who smoke?
 - When stressed?
 - When you feel down or depressed?
 - When you drink coffee or alcohol?

When you quit:

- Throw away all tobacco products, ashtrays in your home and car, and other things that may remind you of smoking.
- Avoid places where people smoke.
- Stay busy.
- Use a stop smoking program and stop smoking medication.

For information and resources on how to be tobacco-free while at OHSU visit www.ohsuhealth.com/tobaccofree or call 503 494-FREE (3733)