

Quit Tips for the First Week

Healthy Tips & Ideas

Tobacco use is one of the leading causes of cancer. Tobacco includes snuff, smoking and chewing tobacco.

Tobacco causes 90% of lung cancers. It also increases your risk for the following cancers: head and neck, stomach, colon/rectum, bladder, kidney, pancreas, breast, uterus, ovary and cervix. Tobacco also increases your heart rate and blood pressure.

Quitting can be challenging because of the addiction to nicotine found in all tobacco products. To make that first week after quitting a little easier, follow these simple tips.

See your doctor

Medication in combination with proper coaching can improve your chances of quitting. Talk to

your doctor to see what options are available.



Avoid caffeine Avoid drinks with caffeine such as soft drinks, coffee and tea. These drinks might increase your urge to smoke.

Take deep breaths This will you're your body relax when you get a craving. Remind yourself that the craving will pass.

Throw them away Don't put yourself in a position to give in to cravings. Toss cigarettes and ashtrays out.

Keep your hands and mouth busy

Try low-calorie foods for snacking such as carrots, pretzel sticks or sugarless chewing gum.



Reach out for support Talk to your friends, family or a support group for encouragement. Ask someone to quit with you and support each other through the process.



Avoid situations you associate with smoking

If you normally drink alcohol while you smoke, you should avoid alcohol during this time. Avoid places that you connect with smoking. Spend time with people who don't smoke.

Reduce stress It is normal to feel angry and frustrated. Try taking a hot bath or shower, listen to relaxing music or watch a funny movie to help reduce stress.

Call the Quit Line Call the Wisconsin Tobacco Quit Line (1-800-784-8669) for advice on how to quit.

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Where can I get more information?

The Wisconsin Tobacco Quit Line offers free coaching, planning assistance, tips on how to quit and a free two-week supply of the nicotine gum, patch or lozenge.

Phone: 1-800-QUIT-NOW (1-800-784-8669)

Website: www.ctri.wisc.edu/quitline.html

The University of Wisconsin Center for Tobacco Research and Intervention (UW-CTRI) has information about smoking cessation for researchers, healthcare providers, tobacco users, insurers, employers and advocates.

Phone: 608-262-8673

Website: www.ctri.wisc.edu

The National Cancer Institute provides accurate and up-to-date information about cancer types, prevention, detection, diagnosis, treatment, survivorship and end of life care.

Phone: 1-800-4CANCER (1-800-422-6237)

Website: www.cancer.gov

Local Notes:



For more local information, please contact:

Place label here