



**THE QUEEN'S  
HEALTH SYSTEMS**

A close-up photograph of a hand holding a lit cigarette. The hand is positioned on the right side of the frame, with the fingers gripping the cigarette. The cigarette is lit, with a small flame and a wisp of smoke. The background is white.

There are  
benefits to  
quitting  
smoking.

# START SMART: PLAN TO QUIT

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Quitting smoking can be one of the most important decisions you will make. The benefits of quitting smoking may include improving your health, saving money, and having more time to do what makes you happy by no longer having to take smoke breaks.

# Know what to expect when you quit smoking.

## Quitting means coping with potential withdrawal symptoms<sup>1</sup>:

- These symptoms are your body's reaction to no longer having nicotine
- They can occur when you stop smoking all at once or cut back slowly
- Withdrawal symptoms reach their peak 2 to 3 days after your last cigarette, and they may last several weeks for people trying to quit

Symptoms <sup>1</sup> :	Relief Mechanisms:
Nicotine cravings	
Depressed mood/feeling depressed	
Hunger/changes in appetite and weight	
Irritability/feeling tense, restless, anxious	

## Consider your health.

### You may experience the following smoking-related symptoms:

- Shortness of breath<sup>2</sup>
- Chronic cough<sup>2</sup>
- More likely to get sick<sup>2</sup>
- Hoarseness<sup>3</sup>
- Triggers asthma<sup>4</sup>
- Increase in belly fat<sup>5</sup>

**Smoking is linked to certain life-threatening illnesses, including heart disease, lung cancer, and stroke. Smoking may also cause health-related issues that can affect your well-being, including emphysema, chronic coughing, and shortness of breath.<sup>6</sup>**

### If you're a smoker, you are at increased risk for the following conditions:

- Cancer<sup>7</sup>
- Asthma trigger<sup>7</sup>
- COPD (chronic bronchitis/emphysema)<sup>7</sup>
- Heart disease<sup>7</sup>
- Stroke<sup>7</sup>
- Peripheral arterial disease (hardening of arteries)<sup>8</sup>
- Osteoporosis (decrease in bone density)<sup>9</sup>



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# Why it can be hard to quit smoking.

For most people, **quitting is a PHYSICAL & BEHAVIORAL challenge.**<sup>10</sup>

  
For many people, **smoking is an ADDICTION.** Plus, over the years, people **develop smoking ROUTINES.**<sup>10</sup>

**ABOUT 2 OUT OF 3 smokers say they WANT TO QUIT, and about half try to quit each year, but few succeed WITHOUT HELP.**<sup>10</sup>

## Why nicotine is addictive<sup>11</sup>:



When you smoke, nicotine is sent to your brain in as little as 10 seconds after you inhale



The nicotine attaches to nicotine receptors in the brain, and that sends a message to release a chemical called dopamine



Dopamine provides a feeling of pleasure. But it doesn't last long. That's why you want another cigarette. Nicotine addiction can be difficult to overcome

So if you've tried to quit before, don't be discouraged. It's still possible to quit.

# The benefits of quitting smoking can be seen within minutes of quitting.<sup>12</sup>

**20 MINUTES:** → **12 HOURS:** → **2 to 3 WEEKS MONTHS:** → **1 to 9 MONTHS:**

- Heart rate drops<sup>12</sup>
- Blood carbon monoxide level drops to normal<sup>12</sup>
- Risk for heart attack begins to drop<sup>12</sup>
- Lung function begins to improve<sup>12</sup>
- Coughing and shortness of breath decrease<sup>12</sup>

**1 YEAR:** → **2 to 5 YEARS:** → **10 YEARS:** → **15 YEARS:**

- Added risk for coronary heart disease is half that of a continuing smoker's<sup>12</sup>
- Risk for stroke is as low as that of a person who never smoked<sup>12</sup>
- Risk of cancers of the mouth, throat, esophagus, and bladder is halved within 5 years<sup>12</sup>
- Risk of dying from lung cancer is about half that of a person who smokes<sup>12</sup>
- Risk for cancers of the kidney and pancreas decreases<sup>12</sup>
- Risk for coronary heart disease is back to that of a nonsmoker's<sup>12</sup>



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# Common Smoking Triggers

Quitting is also hard because smoking becomes part of your life. You may develop a routine of smoking in certain places, when doing certain activities, or when you spend time with certain people. You may then feel the urge to smoke whenever you are in these situations.<sup>1</sup>

**These things that make you want to smoke are called “triggers.” They make it hard to break the routine of smoking and can increase the risk of relapse.<sup>1</sup>**

	Common triggers to smoke <sup>1</sup>	Try these distractions <sup>1</sup>
	During breakfast	Eat in a different place, eat different foods, or leave the table when you're done
	While driving to work	Take a different route
	During coffee breaks	Go for a brisk walk or drink tea
	When you drink alcohol	Drink water, juice, seltzer, or other low- or non-calorie beverages
	After dinner	Brush your teeth or chew gum
	Insert common trigger	Insert distraction
	Insert common trigger	Insert distraction



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# Quitting smoking may save you time and money.

If smoking a cigarette takes an estimated 6 minutes, then for a pack-a-day smoker that means approximately 2 hours per day spent smoking. At that rate, you spend about 30 days per year smoking.<sup>13</sup>

The cost of a pack of cigarettes in Hawaii is about \$9.52.<sup>14</sup>  
For a pack-a-day smoker, that's \$3,474.80 per year. Over 10 years, that's \$34,748.00.

## CONSIDER THE TIME

How much time you could save.

Number of cigarettes you smoke per day:

6 minutes spent per cigarette break.

Total time you spend smoking each day:

What will you do with the time you save if you quit smoking?

## CONSIDER THE COST

How much money you could save.

Price you typically pay for a pack of cigarettes:

Average number of packs you smoke per week:

Total amount you spend on smoking every week:

Weekly cost of \_\_\_\_\_ X 52 weeks per year  
= \_\_\_\_\_, or the amount you spend on smoking in a year.

What will you do with the money you save if you quit smoking?

# Smoking is treatable. Help is available.

Talk to your health care provider today.

I am willing to quit today.

I am interested in setting a future quit date.

I am willing to cut down my number of cigarettes before quitting.

I am unsure about quitting but will consider it.



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## Pharmacologic Aids\*



Type	Regimen	How to Access
Non-nicotine pill	As prescribed by your health care provider	By prescription
Nicotine replacement therapy—nicotine gum, lozenge, patch, or inhalant	Talk with your doctor and/or health care team about how best to use	Available over the counter and by prescription

\*Medications have risks and benefits, and patients should speak to their health care provider about which medication may be right for them.

## Other Resources



Program	Type	Description	How to Access
<b>Queen's Smoking Cessation Program</b>	Group or Individual Counseling	Smoking cessation counseling and medication management program	<b>1-808-691-7735</b> <b>www.queens.org/smoking-cessation</b>  <b>Queen's Smoking Cessation Program</b> <b>c/o QCIPN</b> <b>The Queen's Medical Center</b> <b>1301 Punchbowl Street</b> <b>Honolulu, HI 96813</b>
<b>Hawai'i Tobacco Quit Line</b>	Phone	This quit line offers one-on-one counseling for smokers who are willing to quit	<b>1-800-QUIT-NOW</b> <b>(1-800-784-8669)</b>
<b>Hawai'i Tobacco Quit Line</b>	Website	This website provides resources to help support a quit attempt	<b>www.ClearTheSmoke.org</b>



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# Your Smoke-free Month<sup>15</sup>

You're no longer smoking and ready to start your first month of being smoke-free. Fill out this calendar and keep it somewhere handy. If you have an urge to smoke, try one of these 31 things to do instead of smoking!

MY QUIT DATE \_\_\_\_\_

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Restock your Quit Kit		Tell your supporters you're quitting smoking	Play with a stress ball	Call a friend or coworker for support 	Chew sugarless gum or drink water
Buy a new water bottle to carry with you 	Reward yourself! Do an activity you enjoy			Go for a walk	Relax by listening to music	Eat a healthy snack 
		Play with your kids or pets	Start an exercise program 	Even if you slip up, don't give up!	Treat yourself to a spa day	Snack on some fresh veggies
Think of the reasons you decided to quit	Take up a new hobby 	Sign up to volunteer	Plant herbs or flower seeds 	Think of yourself as a nonsmoker		Calculate the money you've saved from not smoking
			<b>Reasons to quit smoking:</b>			
Reread your reasons for quitting		Go out to eat to celebrate being smoke-free!	<ul style="list-style-type: none"> <li>• <b>BREATHE EASIER</b></li> <li>• <b>WHITER TEETH</b></li> <li>• <b>FRESHER BREATH</b></li> </ul>		<ul style="list-style-type: none"> <li>• <b>SAVE MONEY</b></li> <li>• <b>CLEANER AIR AT HOME</b></li> </ul>	

MY GOAL FOR THIS MONTH IS \_\_\_\_\_



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# Let's talk again.

Please return on \_\_\_\_\_ to discuss how your quit journey is progressing.

If you need additional support in the meantime, please visit [www.queens.org/smoking-cessation](http://www.queens.org/smoking-cessation) or call the state quit line in Hawaii: 1-808-691-7735.

**References:** 1. How to handle withdrawal symptoms and triggers when you decide to quit smoking. National Cancer Institute website. <https://www.cancer.gov/about-cancer/causes-prevention/risk/tobacco/withdrawal-fact-sheet>. Accessed March 13, 2019. 2. Health effects. Smokefree.gov website. <https://www.smokefree.gov/quitting-smoking/reasons-quit/health-effects>. Accessed January 13, 2019. 3. Hoarseness. MedlinePlus website. <http://www.nlm.nih.gov/medlineplus/ency/article/003054.htm>. Updated January 7, 2019. Accessed January 13, 2019. 4. Asthma and secondhand smoke. Centers for Disease Control and Prevention (CDC) website. <http://www.cdc.gov/tobacco/campaign/tips/diseases/secondhand-smoke-asthma.html>. Accessed January 13, 2019. 5. Kim JH, Shim KW, Yoon YS, Lee SY, Kim SS, Oh SW. Cigarette smoking increases abdominal and visceral obesity but not overall fatness: an observational study. *PLoS ONE*. 2012;7(9):e45815. doi:10.1371/journal.pone.0045815. 6. US Department of Health and Human Services. *The Health Consequences of Smoking—50 Years of Progress. A Report of the Surgeon General*. Atlanta, GA: US Dept of Health and Human Services, CDC, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2014. Printed with corrections, January 2014. 7. Overviews of diseases/conditions. CDC website. <http://www.cdc.gov/tobacco/campaign/tips/diseases/>. Accessed January 13, 2019. 8. Peripheral arterial disease (PAD) fact sheet. CDC website. [http://www.cdc.gov/DHDSP/data\\_statistics/fact\\_sheets/fs\\_PAD.htm](http://www.cdc.gov/DHDSP/data_statistics/fact_sheets/fs_PAD.htm). Accessed January 13, 2019. 9. Smoking and bone health. NIH Osteoporosis and Related Bone Diseases - National Resource Center website. [http://www.niams.nih.gov/Health\\_Info/Bone/Osteoporosis/Conditions\\_Behaviors/bone\\_smoking.asp](http://www.niams.nih.gov/Health_Info/Bone/Osteoporosis/Conditions_Behaviors/bone_smoking.asp). Accessed January 13, 2019. 10. Why people start smoking and why it's hard to stop. American Cancer Society website. <https://www.cancer.org/cancer/cancer-causes/tobacco-and-cancer/why-people-start-using-tobacco.html>. Updated November 13, 2015. Accessed March 13, 2019. 11. Benowitz NL. Neurobiology of nicotine addiction: implications for smoking cessation treatment. *Am J Med*. 2008;121(4 suppl 1):S3-S10. 12. Smoking & tobacco use. Benefits of quitting. CDC website. [https://www.cdc.gov/tobacco/quit\\_smoking/how\\_to\\_quit/benefits/index.htm](https://www.cdc.gov/tobacco/quit_smoking/how_to_quit/benefits/index.htm). Accessed July 24, 2019. 13. Craving a smoke? Take a walk instead. American Cancer Society website. [https://www.cancer.org/docroot/NWS/content/NWS\\_1\\_1x\\_Craving\\_a\\_Smoke\\_Take\\_a\\_Walk.asp](https://www.cancer.org/docroot/NWS/content/NWS_1_1x_Craving_a_Smoke_Take_a_Walk.asp). Accessed March 13, 2019. 14. Campaign for Tobacco-free Kids. State excise and sales taxes per pack of cigarettes: total amounts & state rankings. <https://www.tobaccofreekids.org/assets/factsheets/0202.pdf>. Accessed August 14, 2019. 15. Quitter's Circle. Your smokefree month. <https://www.quitlerscircle.com/sites/default/files/Your%20Smokefree%20Month.pdf>. Published July 1, 2017. Accessed March 13, 2019.



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