

Smoking Cessation

Why quit?

Deciding to quit smoking is one of the best choices anyone can make to improve their health. Quitting smoking can add up to eight years to a person's life and changes can begin immediately.

- In 20 minutes - your heart rate and blood pressure fall.
- In 24 hours - your risk of heart attack drops.
- In 2 days - your ability to taste and smell improves.
- In 2-3 weeks - your lung function and circulation improve and 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, throat and esophagus drops by half.
- In 5-15 years - your risk of stroke and heart disease begins to equal that of non-smoker's.
- In 10 years - your risk of dying of lung cancer is about the same as a non-smoker's.

Why join a program?

The average smoker tries to quit six times before they successfully stop smoking. With supportive programs and medication, the odds of successful quitting increase from just five to forty percent. Hartford Hospital offers comprehensive services to help make the decision to quit a lasting one.

10 Ways to Make it Easier

1. Prepare yourself.

Make a list of your reasons for quitting and read it often.

2. Pick a quit date.

Get rid of ashtrays and lighters and throw out all cigarettes.

3. Have a smoke-free car and home.

It is healthier for others and will help you resist smoking.

4. Get support and encouragement.

Tell your family, friends and coworkers that you are quitting and ask for their support.

5. Get a quit buddy.

Ask a smoker to quit with you, or find someone who has already quit who you can talk to for support.

6. Notice what triggers cravings.

Alcohol, coffee and stress can make you feel like smoking. Make a plan to avoid or overcome your triggers.

7. Consider using medications.

The nicotine patch or gum and medications greatly reduce cravings and double your chance of success. Talk to your doctor.

8. Help yourself cope.

Drink a lot of water to help with cravings. Exercise to relieve stress and improve your mood and health – a brisk walk often does the trick.

9. Get your mind off smoking.

Talk to a friend when you feel like smoking. Get busy with a simple task, eat a healthy snack, take a walk or chew gum. Avoid places and situations you associate with smoking.

10. Stay away from that first cigarette!

Having even one can make you start back up. Cravings will diminish the longer you don't smoke. If you can quit for three months, you're more likely to remain smoke-free.

Resources

STOPP Tobacco Prevention & Cessation Program

- Hartford Hospital Community Health
 - 860.972.0200
- Community Health Services (CHS)
 - 860.310.5000
- To learn more, contact 860.972.3668
- Your social worker can provide referral.

Connecticut Quitline

- CT Quitline is a telephone help line offered free of charge, providing cessation counseling, quitting information, answers to your questions, and support needed while quitting.
- Open 7 days a week and 24 hours a day.
- English, Spanish, and other language speaking coaches are available.
- 1.800.QUIT.NOW. More information can be provided by your social worker.

CT 211

- Provides a search for all programs and resources in the state of Connecticut.

Apps for phones

- Trycycle
 - Mobile health monitoring that allows you to keep connected to your care team virtually through your phone. Includes daily journals, helps detect unhealthy patterns, etc.
- QuitGuide
 - Helps you understand your smoking patterns and build the skills needed to become and stay smokefree. Journals, tips/distractions, identifies trigger times/locations, etc.
- quitSTART
 - Takes the information you provide about your smoking history and gives you tailored tips, inspiration, and challenges to help you become smokefree. Journals, tips/distractions, identifies trigger times/locations, etc.