

Medicines can help

Nicotine replacement therapy (NRT) gives you small doses of nicotine that help with withdrawal when you quit smoking. You can buy these NRT products “over the counter” without a prescription:

- Nicotine gum
- Patch
- Lozenges

Nicotine inhalers and nasal sprays are also available with a prescription from your doctor.

Prescription pills such as Wellbutrin® and Zyban® (bupropion) and Chantix® (varenicline) can also help with nicotine withdrawal. These medications may also help prevent or delay weight gain when you quit smoking. Talk to your doctor or telephone counselor to find out what option would work best for you.

Many health insurance companies now pay for part or all of NRT medicines and other quit services. Call your insurance company to learn more.

When you're ready, we can help!



1-800-Try-To-STOP
1-800-879-8678
www.trytostop.org

Get confidential online and telephone support.

Services are FREE to Massachusetts residents.

Want to quit smoking? We can help.

We know quitting smoking can be hard. Whether this is your first time quitting, or you've tried several times before, there are things you can do to make quitting easier and get the results you want.

Quitting isn't easy, but it's worth the effort. When you're ready, we can help.

Smokers who get support and use medication are much more likely to quit for good than people who try to quit “cold turkey.”

FREE to all Massachusetts residents:

Confidential telephone support for smokers and their families

1-800-Try-To-STOP (1-800-879-8678)

Spanish: 1-800-8-DÉJALO (1-800-833-5256)

TTY: 1-800-833-1477

www.trytostop.org

New to MassHealth members:

You can now get medicines and coaching to help you quit. Ask your doctor for more information, or call MassHealth at 1-800-841-2900.



Want to quit smoking?

When you're ready, we can help.



Have you tried to quit before?

We know it's hard to quit! Most smokers have to try a few times before they quit for good. Here are some tips that can help you quit for good this time:

- Set a date for your "quit day" and mark it on the calendar. Pick a day that is not a stressful time for you.
- On the day before your quit day, throw out all cigarettes, lighters, and ashtrays in your house, at work, in your car, or in your purse.

"The patch helped me quit. Now I don't get winded when I play basketball with my son."
— Michael



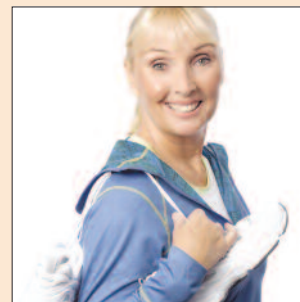
Manage cravings

Most people who quit will have cravings, or the urge to smoke again. Here's how to handle them:

- Keep busy. The urge to smoke usually lasts only about two minutes. Do something — anything — for two minutes and you'll feel better.
- Remind yourself it will get better. Cravings are usually the worst during the first two or three days.
- Eat healthy foods such as carrots, celery, or popcorn to help keep your hands and mouth busy.
- Take short breaks and reward yourself in small ways. Listen to your favorite music, call a friend, or buy yourself a small treat — a pack of sugarless gum or a new lipstick.



"Now when I want to pick up a cigarette, I pick up my grandson instead."
— Kendyl



"My sister said if I walked 3 times a week for 30 minutes, I wouldn't gain weight. She was right."
— Kathleen

Prevent weight gain

Quitting smoking does not have to mean gaining weight. Here's how to keep the weight off and stay smoke-free:

- Get moving. Exercise is the best defense against weight gain. Take the stairs, go for a quick walk at lunch time, or try a hobby like gardening, dancing, or a new sport that gets you moving.
- Drink more water - 6 to 8 glasses a day. Drink less alcohol and caffeine (coffee, tea, soda) which can make withdrawal symptoms worse.
- Don't diet. Instead, eat plenty of fruits and vegetables. Eat smaller portions, more frequently. Keep low-calorie snacks like carrots, celery, licorice, sunflower seeds, or sugarless gum on hand.
- Be realistic. Consider changing your exercise or eating habits before you quit so that you're not trying to do too much at once.

Don't give up!

- Write down your most important reasons for quitting and look at them often. For some people, it's health; for others, their children or grandchildren. Others quit to save the money they spent on cigarettes.
- Take one day at a time. Concentrate on getting through just one day — today — without smoking.
- If you do have a cigarette, don't give up. Call a friend, telephone counselor, or someone who supports your desire to quit.

"I take the money I used to spend on cigarettes and take my family out to eat once a month."
— Jim

