

# SMOKING

If you're trying to quit smoking, it's not easy. You may have even tried to quit time and time again. It's hard to quit because smoking is an addiction. That's right, **An Addiction!** That means that you have a strong physical and emotional need to smoke. This need has two parts.

1. **Nicotine** is one part of the addiction which makes you have the need for more cigarettes.
2. **Habit** is the other part of the need to smoke. The brain learns to link smoking with certain places, people, moods, and activities.

## TAKE THIS TEST:

Check the puff for every yes answer.

- ☞ Do you tend to smoke within a half hour after you wake up?
- ☞ Do you find it hard not to smoke where smoking isn't allowed?
- ☞ Do you smoke 10 or more cigarettes a day?
- ☞ Do you smoke more during the morning than during the rest of the day?
- ☞ Do you smoke when you are sick?

The more puffs you've checked, the more you rely on Nicotine!

## HOW QUITTING HELPS YOUR BODY

Smoking harms nearly every organ of the body. It causes many diseases. These include cancers, as well as lung and heart problems. You are healthier the day you quit.

- **Minutes** after you quit smoking, your body starts to respond.
- **20 minutes** after quitting your heart rate drops.
- **24 hours** after quitting carbon monoxide levels in your blood return to normal.

Carbon monoxide is a poison found in cigarette smoke. DOES THAT SCARE YOU?

- **2-12 weeks** after quitting your chance of heart attack lessen.

- **1 year** after quitting, your excess risk of heart disease drops to half that of a smoker.
- **10 years** after quitting, your risk of cancer is lower.
- **5-15 years** after quitting, your stroke risk is that of a non smoker.

## ASK ABOUT MEDICINES

Your doctor or pharmacist can help you choose the best option for you. Medicine can double your chances of quitting. It is not easy to quit smoking, but you can do it!

## FOLLOW THE 5-DAY COUNTDOWN SET AT DATE!

- **5 days** before your quit date: Think about your reasons for quitting. **STOP BUYING CIGARETTES.**
- **4 days** before your quit date: Pay attention to when and why you smoke. Think of habits or routines to change.
- **3 days** before your quit date: Think about why you'll do with the extra money when you stop buying cigarettes.
- **2 days** before your quit date: Buy your stop-smoking aid if you are going to use one.
- **1 day** before your quit date: Put away lighters and ash trays. Throw away all cigarettes and matches.

**QUIT DAY:** Keep busy; stay away from alcohol; give yourself a treat, or do something special.

**Congratulations** you are on your way to being smoke-free!

If you slip and smoke, don't give up because your body will be going through withdrawals. Please don't give up! Set a new date and get back on track.

*Isaiah 40:29 He giveth power to the faint; and to them that have no might he increaseth strength. Amen!*