



How to stop smoking

1. Step One – Week One

Take it outside.

As a kid working at a movie theater the instructions were to start the popcorn 3 minutes prior to when people would be in the lobby. The *smell* of popcorn illicited hunger for popcorn. The smell of smoke triggers the desire to smoke.

“Taking it outside” gives you the opportunity to clear the smell out with washing the curtains, using fabric deodorizer, cleaning carpets, etc.

2. Step Two – Week Two

Repeat above cleanup and avoidance of smoking in your living space.

In the car.

3. Step Three – Week Three

By the time you have reached the third week of the plan you will find you have significantly reduced the amount of time you are carrying a cigarette and therefore the number of cigarettes you are using. Count them for a couple of days. Then take the average as your start. Count out that number of cigarettes and stick to that number for three days (do not cheat!). Then decrease by one for the next three days. Repeat until you are down to only one cigarette for three days then you are ready to stop. This helps you reduce the nicotine receptors in your brain which decreases craving.

4. Step Four – a few weeks later.

STOP!

Learn more at: <http://www.ffsonline.org/>

Smoking costs years of your life.

When smokers quit – what are the benefits over time?

- 20 minutes after quitting
 - Your heart rate and blood pressure drop.
- 12 hours after quitting
 - The carbon monoxide level in your blood drops to normal.
- 2 weeks to 3 months after quitting
 - Your circulation improves and your lung function increases.
- 1 to 9 months after quitting
 - Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
- 1 year after quitting
 - The excess risk of coronary heart disease is half that of a continuing smoker's.
- 5 years after quitting
 - Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.
- 10 years after quitting
 - The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.
- 15 years after quitting
 - The risk of coronary heart disease is that of a non-smoker's.

These are just a few of the benefits of quitting smoking for good. Quitting smoking lowers the risk of diabetes, lets blood vessels work better, and helps the heart and lungs. Quitting while you are younger will reduce your health risks more, but quitting at any age can give back years of life that would be lost by continuing to smoke.

1. Effect of smoking on arterial stiffness and pulse pressure amplification, Mahmud A, Feely J. *Hypertension*. 2003;41:183.
2. *US Surgeon General's Report*, 1988, p. 202
3. *US Surgeon General's Report*, 1990, pp.193, 194,196, 285, 323
4. *US Surgeon General's Report*, 1990, pp. 285-287, 304
5. *US Surgeon General's Report*, 2010, p. 359
6. *A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010*; and *Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007*, p 341
7. *A Report of the Surgeon General: How Tobacco Smoke Causes Disease - The Biology and Behavioral Basis for Smoking-Attributable Disease Fact Sheet, 2010*; and *US Surgeon General's Report*, 1990, pp. vi, 155, 165
8. *Tobacco Control: Reversal of Risk After Quitting Smoking. IARC Handbooks of Cancer Prevention, Vol. 11. 2007*. p 11