



CONTENTS

- **Why Should I Quit Smoking?**
- **How Can I Quit Smoking?**
- **What Should I Do on the Day I Quit Smoking?**
- **What Can I Do if I Start Smoking Again?**
- **How Do I Help Someone Else Quit Smoking?**

In the pages of this guide, you will find:

- Information which is the result of scientific studies about the effects of cigarettes
- Methods which have helped many people quit smoking

If you smoke cigarettes:

This guide mentions various reasons to quit smoking and will help you quit by giving you practical and useful advice.

If you don't smoke cigarettes:

At the end of the guide, you will find suggestions of how to help a relative or friend quit smoking.



Why Should I Quit Smoking?

Every smoker has his or her own reasons for wanting to quit smoking. Read the following reasons and take note of the ones you consider to be the most important:

Take care of the health and well being of my family

- Give a better example to my children
- Prevent illness in my children such as bronchitis and colds
- Improve relations with my loved ones
- Not waste money
- Avoid starting fires and burns on the furniture
- Live many years to be able to appreciate my children and my grandchildren

Improve my health immediately

- Breath better
- Less of a cough
- Have fewer problems with indigestion
- Feel more energetic

Avoid serious health problems in the future

- Avoid cancer of the lungs and other parts of the body
- Avoid heart disease

Improve my physical appearance

- Eliminate bad breath
- Have a nicer taste in the mouth
- Have fewer wrinkles on my face
- Get rid of the yellow coloring of the teeth and fingers
- Avoid burn holes on the clothes



How Do Cigarettes Affect My Health?

The poisons in cigarettes affect the entire body. Cigarette smoke contains more than 4,000 chemicals, many of them toxic, such as carbon monoxide, cyanide, formaldehyde, nicotine and lead. Cigarette poisons can produce:

- **Lung Cancer and cancer in other parts of the body**
Smoking cigarettes is the main cause of lung cancer. It can also cause other types of cancer, such as cancer of the mouth, the esophagus, the throat, the stomach, the pancreas, the bladder and the cervix.
- **Heart Attacks**
The nicotine in cigarettes makes the heart work faster and causes problems in its functioning. Cigarettes also cause the obstruction of the arteries of the heart producing heart attacks.
- **Stroke**
The poisons of the cigarette obstruct the arteries of the brain producing strokes.
- **Emphysema of the Lungs**
Smoking causes disease of the lungs such as chronic bronchitis and emphysema. These diseases lower the amount of oxygen that the body receives because breathing is made more difficult.
- **Stomach Ulcers**
Nicotine makes digestion difficult causing stomach ulcers and excessive acidity after eating.
- **Osteoporosis or weakness of the bones**
Cigarettes make the body fail to correctly utilize calcium increasing the risk of osteoporosis or weakness of the bones, which results in fractures in older persons.
- **Low fertility and less sexual desire**
Cigarettes lower fertility and the desire to have sexual relations in men and in women.
- **Abortion**
Cigarettes can cause spontaneous abortion in a pregnant woman.

- **Addiction**
Cigarettes contain nicotine, a drug that produces addiction as strong as heroin or cocaine.
- **Wrinkles**
The carbon monoxide in the cigarette lowers the oxygen in the blood producing premature wrinkles.
- **Stains on the teeth**
The tar in cigarettes produces stains and cavities in the teeth and problems with the gums that can cause teeth to fall out.
- **Tiredness and Headaches**
The carbon monoxide produced by the cigarette lowers the oxygen which reaches the brain producing tiredness and headaches.

What Do I Gain If I Quit Smoking?



Many medical studies show that upon quitting smoking the body begins to improve almost immediately even if you have smoked for many years. Upon quitting smoking:

- Your body will eliminate the poisons of the cigarette reducing the risk of cancer and heart attacks.
- Your bronchial tubes and lungs will clean themselves making breathing easier.
- Your family will not get sick because of cigarettes.
- Your family will look at you with more respect.
- Children will not learn the bad habit of smoking cigarettes from you.
- You will have less nasal congestion and fewer colds.

- You will tire less since your body will receive more oxygen.
- You will raise your productivity and your level of energy.
- You will no longer waste money buying cigarettes. If you smoke a pack each day, when you quit smoking you could save more than \$1,000 per year.
- You will save money spent on medicines and doctors because of cigarettes.
- The cost of your automobile and home insurance will be lower.
- You will have more years of healthy life to share with your loved ones.

How Do Cigarettes Affect My Loved Ones?

Smoking not only spoils your health, it also threatens the health and well being of the persons you love. Cigarette smoke seriously jeopardizes those who do not smoke:

The unborn child:

- When women smoke during pregnancy they increase the risk that their babies will be born with physical defects.
- The newborn of fathers or mothers who smoked during pregnancy weighs less than they should. Babies born with low weight become ill more frequently.
- Babies, who are exposed to cigarette smoke before birth, even if the mother does not smoke, have problems with the development of speech and of intelligence.

Children:

- Because of breathing the cigarette smoke of adults who smoke, babies and children get more pneumonia, colds, ear infections and respiratory diseases.



- Children learn to smoke watching adults. Many of the children of persons who smoke become smokers when they grow up.
- If you die young, you will leave your children and grandchildren without your love, and without your moral and economic support.

Other persons:

- Persons who live or work with a smoker breathe cigarette smoke and have more risks of suffering from lung cancer, heart attacks and other diseases.
- Smoking can lead to many arguments within the family because of problems with the smoke and because the relatives are concerned about the health of the smoker.
- By becoming sick due to cigarettes, the smoker will not be able to fulfill family obligations.

How Can I Quit Smoking?

If you wish to quit smoking, there are several things you can do. Read the list that follows and choose those things that you would like to put into practice.

Reduce your consumption of cigarettes:

- **Don't buy cigarettes**

By not having cigarettes on hand, you will smoke less.

- **Smoke fewer cigarettes than the day before**

Each day smoke two or three cigarettes less than the day before. For example, if generally you smoke 20 cigarettes each day, tomorrow try to smoke 17, the day after tomorrow 15, and so on.

- **Set a Date to Quit Smoking "Cold Turkey"**

Decide to set a date to quit smoking cigarettes completely.

Learn to resist the desire to smoke:

- **When you feel the desire to smoke, wait five minutes before lighting a cigarette**

As time goes by, the desire to smoke lessens gradually.



- **Keep your mouth and your hands busy**

For example, put something in your mouth like a toothpick or breath mints or carrots and keep your hands busy with a pencil or a coin.

- **Do not smoke in your favorite places**

Stop smoking in your favorite places and do not smoke in the same place for more than 4 or 5 days.

- **Do not smoke in your home**

Decide not to smoke inside of your home. If you feel a desire to smoke while you are at home, go out to the street or to the garden before lighting the cigarette.

- **Do not go to places where there are many smokers**

Keep away from places where there are many smokers such as bars, dances or party halls.

- **Talk to persons who have quit smoking**

Ask your friends who have quit smoking how they did it and ask them to help you to quit smoking.

Consider the effects of cigarettes:

- **Be aware of the bad physical effects produced by the cigarette**

Every time that you smoke a cigarette, be aware of the burning in your throat and eyes and the irritation of your lungs. Smoking is not as pleasurable as you might think.



- **Collect the cigarette butts in a bottle**

In a bottle place all the cigarettes and cigarette butts you can find. Add water and cover it. Every time you have a desire to smoke, look at the bottle and open it so you can smell the bad odor of the cigarette poisons.

- **Remember how the cigarette affects your**

health

If you have desires to smoke, remember the adverse effects that the cigarette has on your health.

Obtain the help of friends and your doctor:

- **Tell your friends and relatives that you want to quit smoking**

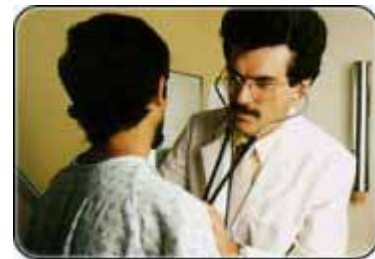
Tell your friends and relatives that you are going to quit smoking so that they will not offer you cigarettes nor smoke in your presence.

- **Tell your doctor that you want to quit smoking**

Your doctor or nurse can give you support and suggestions on how to quit smoking.

- **Ask your doctor for a treatment of the addiction**

If your addiction to nicotine is strong, your doctor may suggest using the nicotine patch or nicotine gum to help you quit smoking. Your doctor can also offer other medical treatments for nicotine addiction or refer you to other professionals that can help you.



- **Contact a group that can help you quit smoking**

If you prefer receiving expert help on methods for quitting smoking, call a group or association dedicated to this work. For example, call the American Lung Association (1-800-LUNG-USA), the American Cancer Society (1-800-ACS-2345), The American Heart Association (1-800-AHA-USA1), the Department of Health in your city, or the Cancer Information Service (1-800-422-6237).

What Should I Do on the Day I Quit Smoking?

When you feel capable of doing without cigarettes, you should do it completely. That day, you can do the following:

- **Remove the things that remind you of smoking cigarettes**

Throw out all the cigarettes. Throw out or put away all the ashtrays, lighters and matches. Even if they cost you money, all of those objects are temptations to start smoking again.

- **Put something in your mouth**

Use a piece of carrot, celery, cinnamon stick, toothpicks, cloves, mint or sugarless chewing gum.

- **Keep busy**

For example, go for a walk, listen to music, read magazines or books, call a friend over the telephone, play with the children, go to the show, go shopping, go to the

beach or to a dance, or rent a video. If you feel desires to smoke, change the activity to keep busy and entertained.

- **Drink plenty of water, juices and herbal teas**

Liquids such as water, fruit juices, or herbal teas cleanse the body.

- **Distract yourself**

Do whatever is fun and distracts you.

- **Rest**

Take a rest or a nap. At night, go to bed early.

- **Eat foods with high nutritional value**

Include vegetables, cereals, fruits, meats and fish in your meals.

- **Avoid drinks with caffeine**

Coffee, tea and refreshments with caffeine can stimulate your desire to smoke.

- **Avoid consumption of alcoholic beverages**

Drinking beer, wine or liquor might give you the urge to smoke.

How Will I Feel the Day I Quit Smoking?

Some people feel bad during the first few days during which they have quit smoking. However, these ill feelings disappear within several days. Some persons complain about:

- nervousness
- insomnia (difficulty sleeping)
- irritability
- lack of concentration
- headaches
- dizziness
- stomachaches
- cough
- constipation

These problems are normal since your body is freeing itself of the nicotine addiction. To avoid these physical ill effects do what is suggested on the prior page.

How Can I Avoid the Temptation to Smoke Again?



At times it is difficult to control the urges to smoke during get-togethers with friends, at parties, at a bar or at a restaurant. Some methods that may help in those situations are:

- **Have several prepared responses or excuses for when you are offered a cigarette**

For example, say:

"Thanks, but I don't want to smoke."

"I am trying to quit smoking."

"Smoking is harmful to me."

"My throat hurts."

"Thanks, but I don't smoke anymore."

- **Tell your friends and relatives that you are quitting smoking**

It is important to tell your friends and relatives that you want to quit smoking and to ask them not to offer you cigarettes. Ask your friends and relatives not to give you cigarettes even if you ask for them.

How Can I Avoid the Temptation to Smoke Again?

- **Try to spend more time with friends who don't smoke**

When one is trying to quit smoking, it is important to have the support of friends who don't smoke. Try to spend time with friends who don't smoke since they will support your decision to quit smoking. In addition, seeing other people smoke could make you feel the urge to smoke.

- **At the moment of temptation, change your thoughts**

When you have the urge to smoke a cigarette, breathe deeply and think: "What will happen if I don't smoke at this moment? I'm not going to die, nor is anything bad going to happen. This urge is uncomfortable, but soon it will decrease."

- **Avoid smoking the first cigarette**

Remember that "just one cigarette" can lead you back to smoking again.

- **Be aware of the effort you have made**

If you smoke again, you are going to waste the effort that you needed to quit smoking cigarettes. Remember that you have passed some time without smoking.

- **Don't depend on cigarettes in difficult situations**

Many persons start to smoke again when they are in difficult situations or when they feel nervous or alone. If you find yourself in one of these situations, try to distract yourself, to relax, not to lose patience. Remember that a cigarette only calms your nerves for a few minutes.

- **Minimize consumption of alcoholic beverages**

Use your will power to control consumption of alcoholic beverages while getting used to not smoking at parties.

- **Imagine yourself advising your son or daughter to quit smoking**

Think of the advice you would give them and do the same for yourself.

What Can I Do to Not Smoke if I Feel Nervous?

Some people light up a cigarette to "calm their nerves" and forget about problems. Probably, smoking helps them for a moment, but after a few minutes the poisons in the cigarette make them feel just as or more nervous than before. There are various ways to calm the nerves without the need for cigarettes:

- **Physical Activity**

Walking is a natural form of relaxation. Invite a friend or a relative to walk around the block or go to the park.

- **Positive thinking**



Thinking about nice things in your life will help calm your nerves

- **Relaxation exercise**

Sit in a comfortable chair and at the same time relax your whole body. Breathe in slowly, hold it in your lungs for a few seconds and let it go out slowly through the mouth. Repeat this exercise at least three times.

- **Take a short break**

Do something that pleases you and gets you out of the routine. For a moment stop what you are doing, rest and later continue your activity.

- **Replace smoking with pleasant activities**

Instead of smoking cigarettes, do something pleasing and healthy such as visit some friends, go out for a walk, phone relatives or friends, play sports, listen to music, read a book or a magazine, or go out with your family to the park or to a restaurant.

Will I Gain Weight if I Quit Smoking?

Not everyone who quits smoking gains weight. Some people gain weight, others lose weight and others stay the same. Sometimes people gain weight after quitting smoking because their appetite increases and food tastes better. To control your weight when you quit smoking you can do the following:

- **Avoid fatty foods and sweets**

To control weight, you should reduce or eliminate sugar, candy and desserts, fried foods, animal grease (lard) and fat, and remove the skin of chickens before cooking them.

- **Eat healthier foods**

There is no need to follow a strict diet to avoid weight gain. Vegetables, fruits, beans (french beans, kidney beans), lentils, potatoes, oats and whole bread in moderation help control weight.



- **Do more exercise**

When you exercise, you burn more calories. Engage in some sport, walk, do gymnastics or take the stairs instead of using the elevator.

What Can I Do if I Start to Smoke?

Many persons start to smoke after quitting for several days. If you were able to quit smoking for a few days and then started again, this is the time to try it again. There are some things that you can do right now in order to quit smoking cigarettes for good.

- **Remember why you started**

Analyze what happened or where you were when you started to smoke again and try to avoid or prepare yourself for that situation in the future.

- **Don't think that you have failed**

Remember that many persons start to smoke again before being able to quit for good. Think of other difficult things that you have accomplished in the past.

- **Be careful with your thoughts**

Thoughts can hurt us or help us to live better. Instead of complaining about the difficulty of quitting smoking, you can say to yourself "even if it's difficult, it's not impossible". "I am capable of quitting smoking!" When you start to think that you are going to die anyway, think "I am going to live the years that God gives me full of health and happy without cigarettes."



- **Look at the bottle with the cigarette butts**

Look at the bottle with the cigarette butts again. Look at all the poisons that the cigarette contains and that you are breathing. Open the bottle and smell the horrible odor of the cigarettes.

- **Talk to your doctor about whether the nicotine patch or nicotine gum (or other medication) would be helpful for you in your effort to quit**

Tell your doctor that you intend to quit smoking to see if he or she can help you with medication that will help you control your addiction to nicotine. Remember that you cannot smoke if you are using any nicotine replacement medication.

- **Find other ways to keep yourself entertained**

Many persons start to smoke again because they feel bored or depressed. Find things that are interesting or fun to do that will help you forget cigarettes. For example, go to the show, to dances, walk through the park, go shopping, visit friends who don't smoke, or go to church.

- **Don't put off until later your quitting smoking again**

You have already gained much by quitting smoking for a few days. Even though you may have many other concerns or problems at this moment, remember that there

will never be a perfect moment to quit smoking. With so many problems, why endanger your future and your family's?

- **Ask your relatives and friends to help you quit smoking**

Talk to your relatives and friends and ask them to help you quit. They can help you quit smoking by not offering you cigarettes, having fun with you in activities that don't involve cigarettes, and supporting your decision to stop smoking.

- **Practice new techniques to quit smoking**

Read this magazine again and do some of the things that are suggested and that you didn't do before. The more techniques you try, the easier it will be to quit smoking.

Do you want to help a smoker to quit smoking?

There are various things that you can do to help a relative or friend to quit smoking.



- Ask about the reasons they have for quitting smoking. It's important that you think of your own reasons, but you can also point out others mentioned here.
- Suggest that they not smoke in the house to protect the health of their family.

- Invite them to exercise, walk, or go to the park, when they feel the urge to smoke.

- Recommend that they have an excuse or reason for not smoking when friends offer cigarettes, for example: "Thanks, but I don't want to smoke" or "I'm trying to quit smoking."

- Do not scold them. Congratulate them for their efforts in trying to quit and support them.

- Ask them how they feel. They will understand that you are concerned about them and that you are aware of the effort they are making.
- Help them to avoid alcohol in the first few weeks after quitting smoking.



- Support them even if they start to smoke again, pointing out that almost all ex-smokers have had to try more than once. At each try, the smoker learns the situations in which it is difficult to control the urges to quit smoking. On the next try, they will have more success.

- Help them to replace cigarettes with other pleasurable activities such as going to the show or taking the kids to the park. In addition, you can do something romantic such as prepare a special meal for them.