

COPD AND ME

4. Smoking Cessation

If you smoke, stopping is the most important thing you can do to help your lungs.

The 3 steps to successful quitting are:

1. Preparing to stop smoking
2. Stop smoking
3. Staying off cigarettes

Tips to help you stop smoking

Prepare to stop: write down reasons for quitting and keep them close at hand

- **Make a date to stop:** stick to it.
- **Support:** ask your family and friends for support.
- **Get help:** you are twice as likely to quit with help o Check out HSE quit resources (listed below). Choose the method that suits you best.
 - Ask your healthcare professional (GP/Nurse) for support: you may be given medication to help symptoms of nicotine withdrawal. This will increase your chances of quitting smoking.
- **Change your routine and plan ahead:** replace or change activities that you usually associate with smoking.
- **Think positively:** you may have withdrawal symptoms once you quit smoking. These are positive signs that your body is recovering from the harmful effects of smoking and will disappear once your body gets used to the change.
- **Learn to deal with cravings:** the 4 Ds:
 - **Delay** at least 3 - 5 minutes and the urge will pass
 - **Drink** a glass of water or fruit juice

- **Distract yourself** - move away from the situation
- **Deep breaths** - breathe slowly and deeply
- **Save money:** treat yourself with the money that you would normally spend on tobacco.
- **Watch what you eat:** if you are worried about putting on weight - be aware of substituting other things for cigarettes for example, food or alcohol.
- **Be active:** regular activity is good for your health and helps you to manage stress.
- **Take one day at a time:** remember every day without smoking is good news for your health, your family and your pocket. If you slip up, all is not lost. Set a new date and start again.
- **Get help** from others who have quit and from professional sources (see below)
- Stay away from places and people that make you want to smoke.
- Keep your hands busy, for example, hold a pen or pencil.
- When the craving is bad, chew gum or a toothpick. Snack on fruits or vegetables.
- Keep smoke, fumes and strong smells out of your home.
- If you start smoking again, don't despair. Try to stop again.



National Smokers' Quitline: 1800 201 203 www.quit.ie

- Freephone 1800 201 203
- Freetext QUIT to 50100
- Get started on www.QUIT.ie
- Find local HSE QUIT support groups on QUIT.ie or by calling the QUIT team.
- Tweet the QUIT team [@hseQUITteam](https://twitter.com/hseQUITteam)
- Join the Facebook page www.facebook.com/HSEquit
- Share your QUIT Story on the [QUIT Heroes App](#)
- Talk to your GP or Pharmacist who may advise on using nicotine replacement therapy or other medications to help you make that quit attempt successful

Need our help? Call the COPD ADVICELINE 1800 831 2146