

(207) 287-3488, or 1-800-438-5514 (TTY).

221 State Street, Augusta, Maine 04333.

The Department's Affirmative Action Coordinator has been designated to coordinate our efforts to comply with and implement these Federal laws and can be contacted for further information at

or employment in its programs and activities.

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John Elias Baldacci, Governor



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# Quit Tobacco



## Once and for all!



 **Healthy Maine Partnerships**  
**Partnership For A Tobacco-Free Maine**  
Bureau of Health, Maine Department of Health and Human Services

# So You're Thinking About Quitting... Good for You



By kicking the smoking habit, you do yourself a huge favor. Quitting smoking is the most important thing you can do for your health. The sooner you quit, the sooner you reverse the damaging effects of tobacco. That's why the best time to quit is now.

## Good for your family

If you can't quit for yourself, do it for your family and friends. The smoke from your cigarettes is bad for their health too. Secondhand smoke is especially harmful to children, making them more likely to develop asthma and other illnesses. If you're expecting a baby, you have an even greater reason to quit since smoking and secondhand smoke can put your baby at serious risk.



### The Sad Facts

- Tobacco kills about 2,500 people in Maine every year and nearly 430,000 people in the United States. That's more than illegal drugs, alcohol, AIDS and car crashes combined. Tobacco is the number one cause of death and disease, and it's also the most preventable.
- The smoke from a cigarette contains more than 40 cancer-causing chemicals, including arsenic, carbon monoxide and other poisons.
- Secondhand smoke makes children more likely to develop asthma, allergies, colds, coughs, sore throats and ear infections. They also get more respiratory infections such as pneumonia, bronchitis and other lung illnesses.
- **Special note to parents-to-be.** Exposure to smoking and secondhand smoke puts your baby at risk! Dangers include delivery problems, low birth weight, colic and other serious health and behavioral problems.

### It's Never Too Late to Quit

The benefits of quitting start right away:

- Twenty minutes after your last cigarette, your blood pressure and pulse drop to normal.
- In two weeks, your circulation is better.
- After a year, your risk of heart disease is reduced by half.
- In five years, your risk of lung cancer is cut in half.

Because your skin and teeth will look better, you may even start to look younger. You'll have more money too! The cigarette money you save in a year could amount to hundreds of dollars.



SO YOU'RE THINKING ABOUT QUITTING...

## The Nicotine Blues



Nicotine, the key ingredient in tobacco, is very addictive. That's one of the main reasons it's so hard to quit smoking. When you do quit, you may have some of these common withdrawal symptoms:

**Anxiety • Irritability • Headaches • Depression • Restlessness • Trouble Concentrating**

It takes a while for your system to stop craving nicotine. But don't worry, these symptoms won't last.

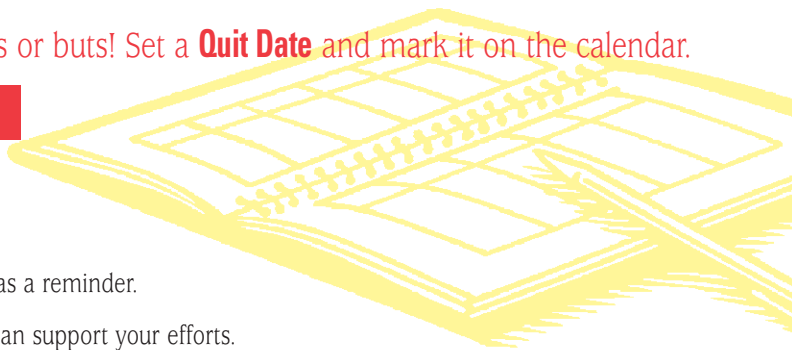
*If at first you don't succeed, try quitting again. You'll have better luck the next time.*

## You Can Do It!

Quitting tobacco is hard, there's no doubt about it. It will take a big effort. It may take more than one try. But don't give up – good health is worth it. The important thing to remember is, **YOU CAN DO IT. YOU REALLY CAN.**

The first step is to decide to quit. No ifs, ands or buts! Set a **Quit Date** and mark it on the calendar.

**Then follow these steps to success:**



### Get Ready

- Write down all of your reasons for quitting and keep it as a reminder.
- Tell friends and family about your plan to quit so they can support your efforts.
- Pay attention to when and why you smoke. Think of new ways to relax and take up a hobby to keep your hands busy. See if there are habits or routines you want to change. Make a list of these tips and keep it handy when you quit.
- Make plans for all the money you'll save by not smoking.
- Find a support group or other friends who can offer help if you need it.
- If this isn't your first time quitting, think about what went wrong before and make a plan to avoid that problem.



### Get Set...

- Make an appointment with your doctor or contact a smoking cessation clinic and ask about medications to help you quit. In addition to nicotine patches and nicotine gum, there are prescription medications including a non-nicotine pill called bupropion. If you decide to take medication, be sure to follow directions carefully.
- Call the **Maine Tobacco Helpline** for free professional counseling right over the phone.

**1-800-207-1230**

#### THE MAINE TOBACCO HELPLINE

**Monday to Thursday** 10 a.m. to 8 p.m.  
**Friday** 10 a.m. to 5 p.m.  
**Saturday** 10 a.m. to 2 p.m.

After hours, leave a message for someone to return your call. Hearing Impaired call **Maine Relay Service** at 1-800-457-1220.

**YOU CAN DO IT!**

- Clean your clothes to get rid of the smell of cigarette smoke.
- Make an appointment with your dentist to have your teeth cleaned.
- On the day before **QUIT DAY**, throw away all cigarettes and matches and hide the lighters and ashtrays.



## QUIT!

- Remind family and friends that this is your **QUIT DAY**. Ask them not to smoke around you.
- Stay busy. Exercise, read a book or work around the house – anything to avoid cigarettes.
- Change routines that remind you of smoking. For example, instead of that after-meal cigarette, get up and take a walk.
- Go to smoke-free places. Try a restaurant, a movie theater or a library where smoking is not allowed.
- Drink water and nibble on carrot sticks, fruit or air-popped popcorn to help with cravings.
- Call your support network.
- Buy yourself a treat or do something to celebrate.

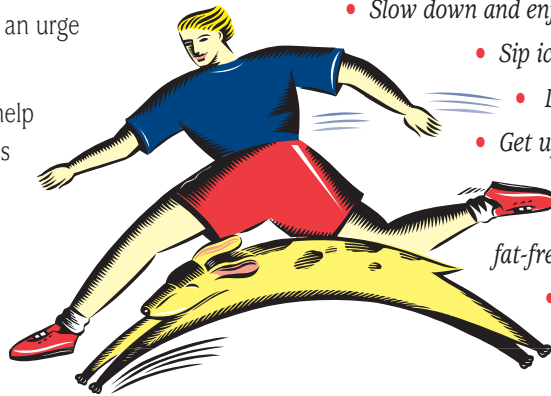


**This is a big day!**

## Stay Healthy and Smoke-Free

Congratulations! You're on your way to enjoying a longer, healthier life. Here are some tips to keep you healthy and smoke-free for good.

- Avoid alcohol since it can trigger an urge to smoke.
- Exercise as often as you can to help avoid stress (stress and cigarettes often go hand in hand).
- Use exercise to avoid gaining weight when you quit.



Here are some mealtime ideas for more help in watching your weight:

- *Eat smaller portions.*
- *Slow down and enjoy each mouthful.*
- *Sip ice water along with your meal.*
- *Don't take second helpings.*
- *Get up from the table as soon as you finish eating.*
- *Eat fruit or a low-calorie or fat-free treat as dessert.*
- *Reward yourself for every day you stay smoke-free.*



### Need help with quitting? Check these out.

The Maine Tobacco HelpLine • 1-800-207-1230 | American Lung Association of Maine • 1-800-499-LUNG |  
American Cancer Society • 1-800-464-3102 | American Heart Association • 1-800-937-0944

### Also visit:

[www.tobaccofreemaine.org](http://www.tobaccofreemaine.org) | [www.maine-lung.org](http://www.maine-lung.org) | [www.cancer.org](http://www.cancer.org) |  
[www.americanheart.org](http://www.americanheart.org)



**STAY HEALTHY AND SMOKE-FREE**