American Cancer Society®

Smoke-Free New England

Quit Tips

Smoking is the most preventable cause of premature death in the United States. Yet knowing this, smokers still find it hard to break their addiction. But there is help available.

The American Cancer Society offers these tips for quitting:

- **Talk to your health care provider about using nicotine replacement therapy and/or Zyban to help you quit.**
- **Don't keep your intention to quit a secret. Tell your friends and family and let them know what they can do to support you.**
- **Keep smoking "out of sight, out of mind" by clearing the usual places you smoke - home, office, and car – of cigarettes, lighters, matches, and ashtrays. Also, ask friends and family members not to smoke around you, and clean your home and car thoroughly to remove the smell of cigarettes.**
- **Avoid bars and other places where smokers gather; go to the movies, museums, or other places where smoking is not allowed.**
- **Calm the jitters with long strolls and deep breaths of fresh air, and find things to keep your hands busy, such as trying a crossword puzzle or squeezing a stress-ball.**
- **Call a supportive friend; do brief exercises such as pushups, walking up a flight of stairs or touching your toes; brush your teeth; keep oral substitutions such as carrots, apples, raisins or gum handy; light incense or a candle instead of a cigarette; and never allow yourself to think that "one won't hurt," because it will.**

For more information about smoke-free activities in your community, contact the ACS at 1-800-ACS-2345.