

TOBACCO-FREE COALITION

of Lancaster County



Fact Sheet 9—Smoking: *How to Decrease Problems Related to Quitting*

Weight Gain

- Make dieting and exercise changes that address fat and calorie intake and how calories are burned.
- Think before you eat.
- Keep a diary before all the food you eat.
- Add exercise into your daily schedule.
- Exercise reduces stress.

Negative Mood or Depression

- Use strategies to keep your mind off the quitting process – EXERCISE.
- Be sure to see your primary physician.
- Don't look at your decision to quit smoking in isolation. It is part of your goal to be a better healthier you.

Relapse

- Stay away from other smokers.
- Avoid situations that produce pressure.
- Avoid alcohol and/or coffee (or whatever triggers make you think about smoking).
- Try to distract yourself from urges to smoke: talk to someone, go for a walk, change your routine, take a hot bath, read a book.

Prolonged Withdrawal Symptoms

- See primary doctor for possibility of nicotine replacement therapy.
- Medications are available over the counter.
- Talk to your pharmacist.

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Lack of Support for Cessation

- Contact local agencies. Examples: American Cancer Society, American Lung Association.
- Hook up with an ex-smoker buddy who you can call at any time to help you through bad cravings.
- Tell your family, friends, and coworkers.

RESOURCES:

American Lung Association: 1-800-LUNG-USA www.lungusa.org

National Cancer Institute (NCI): 1-800-4-CANCER www.ncinoh.gov

PA Quitline: 1-877-724-1090 (24 hours/day, 7 days/week)

Freedom from Smoking, Lancaster General Hospital: 290-3138

American Heart Association: 1-800-242-8721 www.americanheart.org

American Cancer Society: 1-800-227-2345