

IT'S NOT TOO LATE TO QUIT SMOKING



“I’ve smoked two packs of cigarettes a day for 40 years. What’s the use of quitting now?”

It doesn't matter how old you are, or how long you've been smoking, quitting smoking at any age improves your overall health. When you quit, you are likely to add years to your life, breathe more easily, have more energy and save money.

You will also:

- Lower your risk of cancer, heart attack, stroke and lung disease
- Improve blood circulation
- Stop smelling like smoke
- Set a healthy example for your children and grandchildren
- Stabilize your heart rate and blood pressure to more normal levels
- Improve the smell and taste of food as your nerve endings begin to regenerate
- Improve overall function of lungs, heart and circulatory system

“I live alone and I am without friends and family. Cigarettes are my only friend!”

Some people smoke when they are lonely while some others use nicotine to regulate their emotions. Loneliness is a need for emotional intimacy. Think of substituting smoking with new healthy habits. This is an opportunity to add new behaviors that become habits.

You may want to consider:

- Calling a close friend
- Speaking to a counselor
- Volunteering to help others in need
- Focusing on those things that help divert your cravings/urges away from smoking
- Getting a pet
- Taking a walk
- Meditating

“Is it better to use nicotine products than use cigarettes, cigars, snuff/chewing tobacco?”

Nicotine is the drug in tobacco that makes cigarettes so addictive. Although some people who give up smoking have no withdrawal symptoms, many people continue to have strong cravings for cigarettes. They also may feel grumpy, hungry or tired. Some people have headaches, feel depressed or have problems sleeping or concentrating. These symptoms fade over time with help.

Nicotine is an addictive substance in tobacco that is proven to help in quitting smoking. Nicotine is available as a medicine in smaller doses through gum, troches, or transdermal patches. However, a few side effects such as increased heart rate, headache and sleeping difficulties have been reported.

The harmful components of cigarettes are the substances that are in tobacco products, which can ultimately lead to cancer. Ask your provider for other options to consider for smoking cessation.



NICOTINE REPLACEMENT OPTIONS

- **Non-Prescription Nicotine Replacement Therapy (NRT) — Gum or Patch**
Some individuals find Nicotine Replacement Therapy to be helpful when they first quit. Talk to your pharmacist or health care provider regarding NRT options. NRT works best when paired with counseling or a cessation program.
- **Non-Prescription Non-Nicotine Replacement Quit Kit**
Create your own quit kit. Your kit may include gum, mints, toothpicks, sunflower seeds, silly putty, etc.

COUNSELING AND SUPPORT

- **Nevada Tobacco Quitline**
A free telephone and online coaching service for any Nevada resident who is ready to quit tobacco:
 - 1-800-QuitNow (800-784-8669)
 - nevadatobaccoquitline.com
- **American Lung Association**
The association offers a Freedom From Smoking Online program specifically designed for adults who want to quit smoking. It's an adaptation of the association's group clinic that has helped thousands of smokers quit for good by providing tools, tips, and support. This service is offered for a fee.
www.lung.org/stop-smoking or 1-800-LUNGUSA
- **Renown Health Quit Tobacco Program**
This program is offered to patients who want support for their decision to quit using tobacco. It offers a pharmacist consultation, which includes personalized medication or other nicotine replacement products to support quitting smoking or chewing tobacco.
 - Go to www.renown.org and search "quit tobacco."
 - Select the first link for more information and the workshop schedule or call (775)-982-RSVP (7787)
- **Centers for Disease Control and Prevention (CDC)**
Provides tobacco related complications and experiences from ex-smokers.
1-800-232-4636 (toll-free)
1-888-232-6348 (TTY/toll-free)
cdcinfo@cdc.gov
www.cdc.gov
- **MedlinePlus (National Library of Medicine)**
Offers different steps and techniques for smoking cessation.
www.medlineplus.gov
- **National Cancer Institute**
Provides tobacco related complications and experiences from ex-smokers.
1-800-422-6237 (toll-free)
cancergovstaff@mail.nih.gov
www.cancer.gov
- **Smokefree60+**
Offers quit smoking resources and information.
1-877-448-7848 (toll-free)
cancergovstaff@mail.nih.gov
www.60plus.smokefree.gov

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2. Sie, A. L. Behavioral and Pharmacotherapy Interventions for Tobacco Smoking Cessation in Adults, Including Pregnant Women: U.S. Preventive Services Task Force Recommendation Statement. *Annals of Internal Medicine*, 2015; 163: 622-634
3. Shields PG, Herbst RS, Arenberg D, et al. Smoking Cessation, Version 1.2016, NCCN Clinical Practice Guidelines in Oncology. *J Natl Compr Canc Netw*. 2016;14(11):1430-1468