

Quitting tobacco

Yes — You can quit!

KAISER PERMANENTE NORTHWEST REGION • HEALTH EDUCATION SERVICES DEPARTMENT



Is it time to address your tobacco habit?

You already know that tobacco is bad for you, and you may have tried to quit several times before.

If you think of quitting tobacco as a single step, it can seem overwhelming. But quitting is usually a gradual process that occurs over time.

Quitting successfully depends on developing new skills and habits, using the lessons you've learned from past attempts.

Changing old habits is not easy and requires patience. It involves changing some behaviors. The following tips can help.

Tips that can help

- Acknowledge that quitting tobacco use is important and worth the effort.
- Increase your readiness by focusing on what you will gain.
- Try not to wait for the “perfect” time to quit — there will probably never be one.
- If you live with smokers or chewers, talk with them about setting up “tobacco-free zones” in your home. Ask them to keep tobacco products out of your sight for at least the first few weeks.
- Set a quit date.
- Keep a log or diary to work out problems, examine motivations, and figure out which tools work for you.
- Get plenty of sleep, and take rest breaks if you can.
- Manage stress. Take it easy on yourself as much as possible, and keep your caffeine intake low.
- Avoid boredom — stay busy with things you do not associate with tobacco.

Your Health Online:

shortcuts to better health

- **kp.org/quitsmoking** — quitting smoking is one of the best things you can do for your health.
- **kp.org/breathe** — get free digital coaching from this HealthMedia® program. It assesses where you are and what you need, then provides tailored tips, tools, and email messages to help you quit using tobacco.
- **kp.org/classes** — find programs, services, and products.
- **kp.org/health** — health encyclopedia.
- **kp.org/healthdecisions** — learn about health care decision options.
- **kp.org/healthyliving** — tools to help you live well.
- **kp.org/audio** — listen to or download free guided imagery podcasts.
- **kp.org/myhealthmanager** — email with your doctor, view lab results, refill medications, and more.
- **kp.org/video** — view health videos online. Topics include hypertension, asthma, and COPD.
- **kp.org/espanol** — content in Spanish.
- **twitter.com/QuitandStayQuit** — follow for motivation and tips to support your quit journey.

- Move around. Add more physical activity to your life.
- Brush your teeth and use mouthwash often to keep a clean-mouth taste, especially after meals.
- Drink lots of water.
- Avoid foods high in sugar and fat if you are concerned about gaining weight. Many people substitute food for tobacco.
- Try the “4D’s” if you have a craving:
 - Deep breathing.
 - Drinking water.
 - Doing something else.
 - Delaying gratification.
- Have confidence in your ability to make this work!

Medication therapy

You can use medication to lessen the physical urge to use tobacco. Medication can double your chances of quitting for good — if you also use support. Support can be in the form of tobacco counseling, classes, or self-help tools.

Kaiser Permanente recommends two types of short-term medication therapy:

- Prescription medication.
- Nicotine-replacement therapy (NRT) patches or gum.

Speak with your health care clinician to see if medication therapy is appropriate for you and which you might try.



Health Education Services

Contact Health Education Services for a variety of products and services. You also can get details in a *Healthy Living* catalog, available at any medical or dental office, or online at kp.org/healthylivingcatalog/nw.

- **Talk with a Health Coach** for support and motivation to reach your health goals. This service, free for members, is available Monday through Friday, 8 a.m. to 5 p.m. Call the number below and select option 2.
- **Register for a class or telephone counseling** with a tobacco specialist. Call the number below and select option 2.
- Order **health and wellness products**, including pedometers, DVDs, Cultivating Health® *Freedom from Tobacco Kit*, and more. Call the number below and select option 1 — or order by mail from a catalog.

**503-286-6816 or
1-866-301-3866 (toll free)**

