## Smoking Cessation Handouts

### Fact Sheet – Benefits of Quitting Smoking

<table>
<thead>
<tr>
<th><strong>Within 20 minutes of your last cigarette:</strong></th>
<th></th>
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<tbody>
<tr>
<td>• Blood pressure drops to normal</td>
<td></td>
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<tr>
<td>• Pulse rate drops to normal</td>
<td></td>
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<tr>
<td>• Body temperature of extremities increases to normal</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>After 8 hours:</strong></th>
<th></th>
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<tbody>
<tr>
<td>• Carbon monoxide level in blood drops to normal</td>
<td></td>
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<tr>
<td>• Oxygen level in blood increases to normal</td>
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<table>
<thead>
<tr>
<th><strong>After 24 hours:</strong></th>
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<tbody>
<tr>
<td>• Chances of heart attack decrease</td>
<td></td>
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<thead>
<tr>
<th><strong>After 48 hours:</strong></th>
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<tbody>
<tr>
<td>• Nerve endings in nose and mouth start to re-grow</td>
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<tr>
<td>• Ability to taste and smell improves</td>
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<table>
<thead>
<tr>
<th><strong>After 72 hours:</strong></th>
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<tbody>
<tr>
<td>• Bronchial tubes relax, making breathing easier</td>
<td></td>
</tr>
<tr>
<td>• Lung capacity increases</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th><strong>2 weeks to 3 months:</strong></th>
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<tbody>
<tr>
<td>• Circulation improves</td>
<td></td>
</tr>
<tr>
<td>• Walking becomes easier</td>
<td></td>
</tr>
<tr>
<td>• Lung function increases up to 30%</td>
<td></td>
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<table>
<thead>
<tr>
<th><strong>1 to 9 months:</strong></th>
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<tbody>
<tr>
<td>• Coughing, sinus congestion, fatigue, shortness of breath decrease</td>
<td></td>
</tr>
<tr>
<td>• Cilia re-grow in lungs, increasing ability to handle mucus, clean lungs, and reduce infection</td>
<td></td>
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<table>
<thead>
<tr>
<th><strong>5 years:</strong></th>
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<tbody>
<tr>
<td>• Lung cancer death rate for average smoker decreases from 137 per 100,000 people to 72 per 100,000 people</td>
<td></td>
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<table>
<thead>
<tr>
<th><strong>10 years:</strong></th>
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</thead>
<tbody>
<tr>
<td>• Pre-cancerous cells are replaced with normal cells; risk of other cancers such as mouth, voice box, esophagus, bladder, kidney and pancreas decreases</td>
<td></td>
</tr>
</tbody>
</table>

## Activity Sheet – Smoking Triggers and Cues

### A. Physical settings or events in which I am likely to smoke:
1. 
2. 
3.  

**Alternatives to a cigarette:**
1. 
2. 
3.  

### B. Emotional events in which I am likely to smoke:
1. 
2. 
3.  

**Alternatives to a cigarette:**
1. 
2. 
3.  

### C. Behavioral settings in which I am likely to smoke:
1. 
2. 
3.  

**Alternatives to a cigarette:**
1. 
2. 
3.  

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Smoking Cessation Handouts

Fact Sheet – Your Plan for Success

**Step One: Prepare for Quit Day**

- Restrict smoking access or locations
- Practice going without one cigarette
- Set a specific quit day and time
- Start buying cigarettes by the pack, rather than by the carton
- Identify and practice coping skills
- Enlist support
- Build and maintain your motivation
- Remove all cigarettes, lighters, matches and ashtrays the night before Quit Day
- Put together a “survival kit” of gum, hard candies, rubber bands, bottled water, carrot sticks, etc. for Quit Day

**Step Two: Quit Day Arrives**

- Plan out the entire day
- Practice coping skills
- Identify and maintain your reward system
- Use your survival kit supplies
- Have your teeth cleaned
- Air out your home, car, office
- Utilize your support network
- Go to bed early, if necessary!

**Step Three: Maintaining Your Motivation**

- Keep track of your nonsmoking days on a calendar
- Start a walking program
- Purchase a reward with your newfound savings
- Refer to the *Fact Sheet – Benefits of Quitting Smoking* handout
- Never allow smoking to be an option
Activity Sheet – People and Places Support

A. People who will support my decision to quit smoking:
1. 
2. 
3. 
4. 
5. 
6. 

B. Places where I will be comfortable as a nonsmoker:
1. 
2. 
3. 
4. 
5. 
6.
Activity Sheet – Financial Impact of Smoking

Calculate my weekly cost of smoking:

Multiply packs per week ______ by cost per pack $_______

MY TOTAL SMOKING COST PER WEEK = $_________

Calculate my annual cost of smoking:

Multiply my weekly cost (above) by 52 weeks per year

MY TOTAL SMOKING COST PER YEAR = $__________

Alternative ways I could use this money:

•

•

•

•

•

•

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