

Prevention of Cardiovascular Diseases

Heart Disease &
Stroke Prevention

Division of Chronic Disease
Prevention and Control
www.vdh.virginia.gov



FAST FACTS

VDH VIRGINIA
DEPARTMENT
OF HEALTH
Protecting You and Your Environment
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You Can Take Steps To Help You Quit Smoking

- **Deciding to quit smoking** is the first and most important step.
- Select a Quit Date. Be sure it is not at an unusually stressful time.
- Select a plan. The most successful ones are: “cold turkey”, decreasing the number of cigarettes smoked each day and delaying the time of day when you start smoking.
- Keep a diary of when you smoke and why. Find other things to do with your hands such as doodling or drawing. Find other ways to relax such as deep breathing or stress management techniques.
- Tell friends, family and co-workers about your plan to quit. Quit with a “buddy”. Find a support group.
- Before your quit date: Stop buying cartons of cigarettes. Avoid places or situations that would make you feel like smoking. Limit the places you can smoke. Avoid activities that you do along with smoking (such as drinking coffee or alcohol or talking on the phone).
- Talk to your health care provider about nicotine replacement (patches, gum, etc) and other medications available to help you be successful.
- On your Quit Date: get rid of all smoking materials including ashtrays, establish your home as a smoke-free place, clean your clothes and car to get rid of the smell of cigarette smoke, keep very busy—change your routine, if possible, and do things that don’t remind you of smoking. Get your teeth cleaned and feel good about yourself for not smoking.
- To avoid weight gain: increase your physical activity to a total of 30 minutes a day most days of the week (this can include walking, gardening, playing ball, dancing, etc.); keep healthy snacks on hand for nibbling like hard candy, pretzels and low fat popcorn and cut down on fat and calories in your diet.
- To reduce cravings: drink lots of water, get busy until the craving subsides (most cravings last only 3 minutes), call your support “buddy”, get active.

For more information, call the Centers for Disease Control at 800-CDC-1311 or the National Cancer Institute at 800-4-CANCER. Online information available at www.surgeongeneral.gov/tobacco.



YOU CAN TAKE STEPS TO STOP SMOKING

I smoke _____ cigarettes per day, _____ days per week.

My goal for a quit day is _____.

I promise to work on the following changes everyday before my next appointment.

- 1. _____
- 2. _____
- 3. _____
-

Patient's Signature

Health Care Provider's Signature

Date

Date

My next appointment is: _____
Date

Time