



KICKING HABITS IS GOOD HEALTH.

Be a quitter, and a winner. Smoking is one of the most preventable causes of disease in the United States. That means you have the power to quit smoking and get healthier.

SMOKING CESSATION

Stop the damage.

Each time you light up, at least 69 cancer-causing chemicals are heading straight into your lungs. You're also inhaling poisons such as carbon monoxide and hydrogen cyanide. It's no surprise that 90 percent of lung cancer cases are caused by smoking. Cigarettes are also estimated to cause 80 to 90 percent of cases of emphysema and other chronic

obstructive pulmonary diseases. And your lungs aren't the only organs that suffer. Smoking is known to increase your risk for cancer, heart attack, stroke, and many other conditions, as well. The American Heart Association reports that heart disease and strokes account for 33.5 percent of all smoking-related deaths.

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SMOKING CESSATION

Let the healing begin.

Do yourself—and your body—a huge favor and commit to quit. You'll start feeling the benefits right away:

- **After 24 hours:** The oxygen levels in your blood return to normal. Your chance of heart attack is reduced.
- **After one month to nine months:** Circulation, smell, and taste improve. You have better lung function, more energy, and are less likely to get respiratory infections like the cold and flu.
- **After one year:** Your excess risk of heart disease is half that of an active smoker.

Steps to becoming smoke-free

If you're ready to quit, talk with your doctor about your plans. He or she can advise you about using prescription medication, nicotine patches, or nicotine gum that can help with the physical symptoms of withdrawal. Your physician may also know of an effective smoking-cessation program.

You may find it easier to quit with a little outside support. Try signing up for one of our stop smoking classes and get ready to kick some butt. You can find a class near you at kp.org/classes. Some classes are open to the public, and some classes may require a fee.

Fight the cravings.

The urge to smoke is hard to ignore. But there are ways to handle the craving. Try the following tips to help you get free from tobacco.

At work:

- Replace cigarettes with healthy things like carrot or celery sticks, apple slices, or sugarless gum. And keep them handy.

- Break the routine. If you enjoy a smoke on your coffee break, try doing a crossword puzzle instead of lighting up.
- Hang out with nonsmokers and people who are also trying to quit.

At home:

- Learn and practice relaxation techniques. Reduce stress with a soak in the tub.
- Keep your hands busy with household chores, puzzles, or gardening.
- Do something active to take your mind off cigarettes. Go for a walk or ride a bike.
- Get rid of ashtrays and lighters, and clean your home to remove the smell of smoke.

Anywhere:

- Be committed to quitting. Don't give in to the thought that "one won't hurt."
- If you do slip and smoke a cigarette, go easy on yourself and recommit.
- Talk to your personal physician about medications that can help, like nicotine patches.

Don't give up on giving up.

Don't be too hard on yourself over a slipup. It can take several attempts to permanently quit smoking. If you do light up, forgive yourself and try to figure out why you couldn't resist that cigarette. It will help you stay in control the next time you feel the urge to smoke. The important thing is to keep trying—you'll eventually succeed.

Learn more.

Visit kp.org/quitsmoking for more tools and information to help you kick the habit.

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