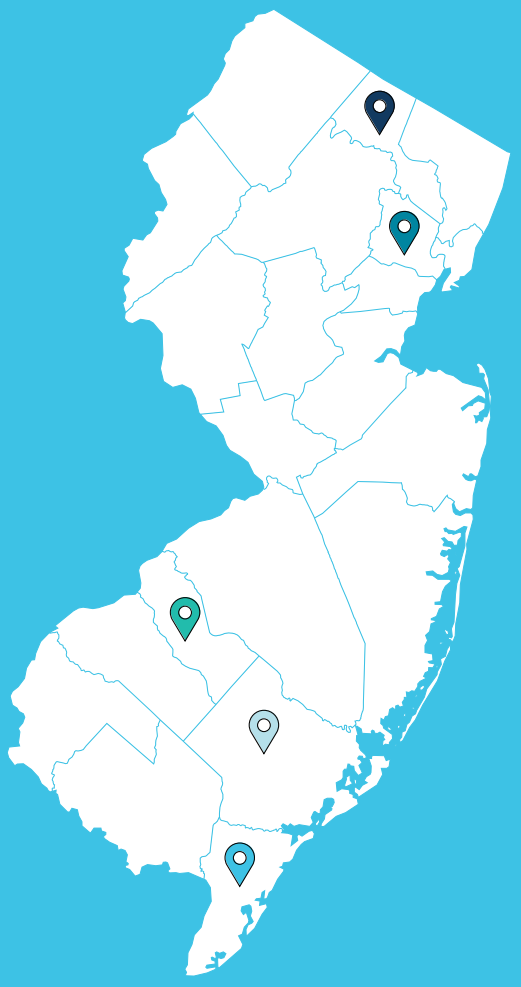
TOBACCO FREE FOR A HEALTHY NJ
QUIT CENTERS

Tobacco-Free
FOR A HEALTHY NEW JERSEY

FREE SUPPORT TO HELP YOU QUIT

New Jersey residents can receive free support to quit smoking or vaping at five Quit Centers statewide. Services include individual and group counseling, plus free nicotine replacement therapy (NRT) for eligible participants.

CALL OR EMAIL THE QUIT CENTER NEAREST YOU TO GET STARTED.



Atlantic County

Atlantic Prevention Resources Quit Center
609-804-QUIT (7848) QuitCenter@atlprev.org

Camden County

CAMcare Quit Together Quit Center
856-583-2412 alpiscerello@camcare.net

Cape May County

Cape May County Quit Center at Cape Assist
609-522-5960 QuitCenter@capeassist.org

Essex County

RWJBH Institute for Prevention and Recovery Quit Center
833-795-QUIT (7848) QuitCenter@rwjbh.org

Passaic County

Hackensack Meridian Health Quit Center
551-996-1632 QuitCenter@hmhn.org

NEW JERSEY QUITLINE℠

1-866-NJ-STOPS (1-866-657-8677)
Visit njquitline.org to enroll

The New Jersey Quitline is a free, 24/7 phone and online service for anyone 13 or older who is ready to quit smoking or vaping. Experienced Quit Coaches provide non-judgmental support and help create personalized quit plans, including tips for managing cravings and preventing relapse. Multilingual services are available. **FREE patches for qualified callers.**

Funded by the New Jersey Department of Health, Office of Tobacco Control

FDA-Approved Tobacco Treatment Medications

LONG ACTING MEDICATIONS

Product	Use	Advantages	Disadvantages	Precautions	Side Effects	Cost (Estimates)
Nicotine Patch	Apply each day to clean, dry, hairless skin; Starting 21mg patch > 10 cig per day; can taper to 14mg after 4-6 weeks then 7mg after 2 weeks if no cravings	Place and forget; Over-the-counter; can decrease morning cravings if worn at night	Passive - No action to take when craving occurs	Not recommended to use while smoking, but no serious effects have been noted; caution within 2 weeks of heart attack	Skin reaction (50% of patients); Rotate sites; hydrocortisone cream; vivid dreams or sleep disturbances possible if worn at night	$25 / 2 weeks supple (generics available and effective) at big discount stores
Zyban/ Wellbutrin/ Bupropion: SR (2x daily) & XL (1x daily	150mg each morning for 3-7 days, then may increase to 300mg/day if desired (OK to maintain 150mg dose). Start 1-2 weeks before quit date; If 2x daily dosing doses mist be at least 8hrs apart; take second pill in early evening to reduce insomnia	Less weight gain while using; antidepressant benefit	Side effects not uncommon; Passive - No action take with cravings; Prescription required	DO NOT USE with: Seizure disorders; current use of Wellbutrin or MAO inhibitors; electrolyte abnormalities; eating disorders; Monitor blood pressure	Insomnia (40%); dry mouth, headache, anxiety, rash Flexible dosing (keeping at 150mg/day) helpful if side effects occur	$60/month (Generic) $150/month (Brand)
Chantix (Varenicline)	0.5mg 1x daily - Days 1-3 0.5mg 2x daily - Days 4-7, then 1mg 2x daily	Reduces withdraw and may prevent relapse	Passive - No action to take with cravings' Prescription required	DO NOT USE if you have sever kidney disease; Evaluate mental illness and monitor mood	Nausea (30% usually mild - can reduce to 0.5mg level; Take with food; insomnia. Caution for Neuropsych effects (e.g. depression, suicidal ideation). Need good follow-up	$200/month or more

SHORT ACTING MEDICATIONS

Nicotine Gum	Chew every 1-2 hours as needed; chew and park; 2 and 4mg strength (4mg if dependent)	Use as needed; can self-dose; Over-the-counter	Difficult to chew, taste (newer flavors improved)	Avoid food and drinks 15 min. before and while using (decreases absorption); caution within 2 weeks of heart attack	Jaw pain; nausea if swallowing saliva	$35-$50 - 2 week supply; Generic brands less expensive
Nicotine Inhaler	Puff as needed; up to 16 cartridges/ day; oral absorbed - no need to inhale deeply	Use as needed; mimics hand-mouth behavior	Costly, visible; Requires prescription	Avoid food and acidic drinks before and while using; Caution within 2 weeks of heart attack	Cough, throat irritation (usually mild)	$300 / 168 cartridges Wide variation in price
Nicotine Nasal Spray	102 sprays per hour; do not sniff/ inhale - tilt head back to spray	Use as needed; rapid relief of symptoms	Cost; Requires prescription	Caution with asthma, nasal/sinus problems; caution within 2 weeks of heart attack	Nasal irritation; Possible dependence	$300 / 4 bottles
Nicotine Lozenge	2 and 4mg (4mg if smoke within 30 min of waking); dissolve in mouth; do not chew; use 9-15 per day for 6 weeks then taper; Mini-lozenges	Ease of use, over-the-counter; flexible	Slightly more costly than gum	Avoid food and acidic drinks before and while using; caution within 2 weeks of heart attack	Hiccups, nausea, heartburn	$40-50 for 72 lozenges; Generic brand may be cheaper

PRODUCED BY: RUTGERS TOBACCO DEPENDENCE PROGRAM /JULY 2019

What Chemicals Are in My Cigarette?

There are over 7,000 chemicals in one cigarette. Many of these chemicals are harmful to you and at least 70 chemicals in your cigarette cause cancer. Listed below are some of the chemicals that goes into you every time you smoke.



Naphthalene

Main ingredient in mothballs



Arsenic

Found in rat poison



Mercury

Used in thermometers



Ammonia

Household cleaner



Nitrous Oxide

Disinfectant



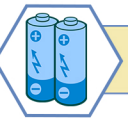
Stearic Acid

Found in candle wax



Nitrobenzene

Found in gasoline



Cadmium

Used in some batteries



Butane

Cigarette lighter fluid



Acetic Acid

Also known as vinegar



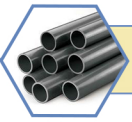
Acetone

Nail polish remover



Hexamine

Barbecue lighter fluid



Vinyl Chloride

Component of PCV pipes



Formaldehyde

Embalming fluid



DDT

Insecticide banned by most countries



Hydrogen Cyanide

Gas chamber poison

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Things To Do Before Quitting

Quitting can be difficult. Here are a list of things to do before quitting to help make the process of becoming tobacco-free easier.



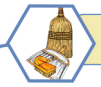
Tell Your Friends

Tell your friends, family, or coworkers that you have decided to become a tobacco-free.



Set A Date

Set a quit date and tell everyone when it is.



Clean Up

Clean your house, car and place of work.



Throw Out

Begin to throw away all your tobacco products and equipment.



Start Exercising

Begin an exercise program with the permission of your doctor.



Avoid Smokers

Reduce the amount of time that you spend with other smokers or people who vape.



Avoid Places

Reduce the amount of time you spend in places where smoking/vaping is allowed.



Keep Busy

Try to keep yourself busy.



Get Support

Get support from someone who has already quit.



Practice Saying No

Practice what to say when someone offers you a cigarette or a puff from a vape device.

For example:

"No thank you, I have quit"

"Thank you, but I don't smoke/vape anymore".



Cut Back

Cut down on the number of cigarettes you smoke or how much you vape. Each day postpone the lighting of your first cigarette or using your vape device by 1 hour. Decide that you will only smoke/vape during odd or even hours of the day. Smoke only half of each cigarette. Smoke only those cigarettes that you really, really want – not the ones you smoke out of habit. Remember, cutting down can help you quit, but it is not a substitute for quitting. Set your quit date and stick to it!



Survival Kit

Prepare and carry a "Survival Kit"

- A 3 x 5 index card with your top three reasons for being tobacco-free.
- A picture of your family or something that motivated you.
- Gum, straws and toothpicks.
- The New Jersey Quitline number: (1-866-657-8677)

What else can you do that will help you become tobacco-free?

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Reasons to Quit

List all the reasons why you want to be tobacco-free.
Before going to bed every night, repeat these reasons 10 times.

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The Benefits of Quitting Smoking

The Will's

- You will have improved health.
- Your food will taste better.
- You will have an improved sense of smell.
- You will save money.
- You will feel better about yourself.
- Your home, your car, and your breath will smell better.
- You will stop worrying about having to quit.
- You will set a good example for your kids.
- You will have healthier babies and children.
- You will not have to worry about exposing others to smoke.
- You will feel better physically.
- You will perform better in sports and exercise activities.

The Will Not's

- You will not have stained teeth and bad breath.
- You will not have shortness of breath.
- You will not provoke asthma attacks.
- You will not be at a greater risk of having a heart attack, stroke, or getting cancers of the lung, larynx, oral cavity, pharynx, esophagus, pancreas, bladder, cervix, skin or Leukemia. You will also not be at a greater risk of having chronic bronchitis and emphysema.
- You will not have increased hair loss.
- You will not have increased wrinkling of the skin.
- You will not have an increased risk of hearing impairment.
- You will not have an increased risk of osteoporosis.
- You will not have increased risks of stomach and gum ulcers.
- You will not cause an increased risk of lung cancer in you spouse and children.
- You will not cause middle ear disease and respiratory infections in your children.

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The Effects of Quitting Smoking

How Soon Will You See Health Benefits?

20 minutes	Blood pressure, heart rate return to normal.
8 hours	Oxygen level returns to normal; nicotine and Carbon Monoxide levels reduced by half.
24 hours	CO is eliminated from body; lungs begin to eliminate mucus and debris.
48 hours	Nicotine is eliminated from body; taste and smell improve.
72 hours	Breathing is easier; bronchial tubes relax; energy levels increase.
2-12 weeks	Circulation improves.
3-9 months	Lung function increases up to 10%; coughing, wheezing, breathing problems reduced.
1 year	Heart attack risk decreased by 50%.
10 years	Lung cancer risk decreased by 50%.
15 years	Heart attack risk same as for someone who NEVER smoked.

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My Support Team

When you decide to become tobacco-free, it will help if you have support from other people that you know. Friends and family members are great allies to have by your side when quitting smoking/vaping. All you have to do is ask them.



Your Friends & Family

Start by telling all your friends and family about your choice to become tobacco-free.

- You may want to ask your friends and family members that smoke/vape to not smoke/vape around you. Being around someone while they are smoking/vaping may tempt you because you will see and smell it, making it harder to quit.
- Ask your friends and family to be patient with you as you become tobacco-free. There are times that you may feel very grumpy and your friends and family can help you get through these times.
- Ask your friends and family to remind you how well you are doing by not smoking/vaping. Lean on your friends and family to cheer you on and support your decision to be smoke-free.
- A friend or family member that has already quit smoking/vaping is a good person to have on your team because they know exactly what you are going through.



Your Health Care Team

Tell your health care team about your plans to quit smoking/vaping or other tobacco use. Your doctors, nurses and health care providers can be a big help and source of support.



Your Support Team

These are the people that I will ask to help me become tobacco-free:

Name	Phone Number

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Know Your Triggers

When you decide to quit smoking, one of the best things that you can do is plan ahead for difficult situations. You want to give yourself the best chance of succeeding. Knowing what "triggers" your cravings for a cigarette and planning ways to cope with these "triggers" will help you quit successfully. Here are some common triggers and suggestions on how to deal with them.



After I Eat

Brush your teeth right after you eat. Wash your dishes by hand after meals. Eat at tobacco-free restaurants. Go for a walk. Get rid of all tobacco products.



When I'm in the Car

Clean the inside of your car and tell yourself that you will not smoke/vape in your clean car. Change your driving routes. Suck on lollipops whenever you have cravings in the car. Get rid of your car lighter, matches and any other lighters that are in your car.



When I Drink Coffee

Drink your coffee at tobacco-free coffee shops. Call a friend or relative when cravings hit. Drink your coffee while you take a bath. Drink your coffee with breakfast. Cut down on the amount of coffee you are drinking. Get rid of all tobacco products.



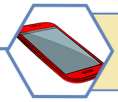
When I Watch TV

Go for a walk instead of watching TV. Get rid of all tobacco products in your house. Snack on veggie sticks or fruit. Read a book instead of watching TV. Do some arts and crafts while you watch TV (scrap booking, stamping, flower arranging, etc). File and paint your nails while you watch TV. Keep your hands busy.



When I Wake Up

Go for a walk when you get up. Shower and get dressed right when you wake up. Make a home cooked breakfast. Clean your house. Read the newspaper. Get rid of all tobacco products. Call a friend or a relative for support.



When on the Phone

Get rid of all tobacco products. Talk about how you are feeling. Draw on a piece of paper while you talk. Keep your hands busy with arts and crafts. File and paint your nails when you are on the phone.



When I'm Stressed

Get rid of all tobacco products. Practice stress reducers such as the four D's – Delay lighting up a cigarette, Deeply breathe, Drink lots of water, and Do something else. Take a bubble bath. Light a candle and meditate. Go shopping. Buy yourself something new. Go for a walk. Reach out to your support group. Call a friend. Rest or go see a movie.



When I'm at Parties

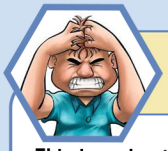
Have someone with you that supports your attempt to quit smoking. Stay away from the "smoking section" at the party. Skip the party until you feel ready. Let people know that you have just quit and ask them not to smoke/vape around you. Plan what you are going to do if you have a craving at the party.

What are some of your triggers and what can you do to avoid smoking/vaping?

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Coping With Your Withdrawal

Nicotine is a very addictive drug. Withdrawal symptoms are usually the hardest part of becoming tobacco-free. Symptoms can include strong cravings, headaches, irritability and other reactions such as dry mouth, sore throat and trouble sleeping. Withdrawal symptoms are temporary, usually lasting only 1-2 weeks; they are a sign that your body is healing. Here are some tips to help you cope with your withdrawal:



Feel irritable, moody or tense?

This is a sign that your body is craving nicotine. Find a way to relax even if it is just for a minute or two. Call a friend or a relative and tell them about how you are feeling, Watch a movie, meditate, read a book, listen to some quiet music, take a walk or exercise, work on a hobby, write in a journal, or do anything that makes you happy!



Feel Dizzy?

Your body is getting extra oxygen now.
Take extra caution and change positions slowly.



Coughing, dry mouth or a sore throat?

Your body is getting rid of mucus which has blocked your airways and restricted your breathing. Drink plenty of fluids. Sit or lie down and close your eyes. Do some relaxation techniques. Take a bath or hot shower. Suck on some ice cubes or lollipops. Try some cough drops.



Trouble Concentrating?

Your body needs some time to adjust to not having the constant stimulation of nicotine. Plan your work so that you do not have a lot of different things to do when you first start to quit smoking/vaping. Avoid additional stress during your first few weeks of becoming tobacco-free.



Upset stomach or constipation?

Intestinal movement decreases for a brief time. Try to drink 6-8 glasses of water a day. Exercise regularly if it is ok with your doctor. Eat more fruits, vegetables, and whole grains.



Feel Hungry?

Cravings for cigarettes can be confused with hunger pain. Drink water or low calorie liquids. Sometimes just having something in your mouth can help. Have low calories snacks around like fruits and veggies.



Feel Tired?

Nicotine is a stimulant that may help keep people awake. Take naps, rest when you feel tired and do not push yourself.



Trouble sleeping?

Nicotine affects brain wave function and influences sleep patterns. Dreams about smoking/vaping or using other tobacco products are common. Avoid caffeine in the afternoon and evening. Exercise regularly if it is ok with your doctor. Take deep breathes for ten minutes before going to bed. Read in bed. Set aside some quiet time for yourself before going to sleep. Eat a well-balanced diet.

What other things are you feeling and what can you do to cope with your withdrawal symptoms?

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What If I Relapse?



Don't Give Up!

- Most relapses occur in the first week after quitting smoking/vaping when withdrawal symptoms are the strongest and your body is still dependent on nicotine. Be aware that this will be your hardest time and use all your family, friends, and quitting tips.
- Know that most other relapses occur in the first three months after quitting. This happens at times when people reach for cigarettes or vape device automatically or because a stressful situation arises. Remember that smoking/vaping is a habit, but it is a habit that you can break.
- Don't give up!! If you relapse the best thing to do is to get yourself back on track.
- Re-read your reasons for quitting. Get rid of any cigarettes that you bought or have. Think about what led you to smoke.
- Plan new strategies for dealing with your relapse.
- Plan a new quit date.
- Try again. You can do it!!

What are some things you can do next time instead of smoking?

_____

_____

_____

_____

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Relax

Relaxation techniques can help you stay tobacco-free. There are lots of ways that you can relax. Try some of these and see how they make you feel.



Calm Breathing

If you make your breathing slower, deeper, and steadier, then your body will relax.

1. Breathe in slowly through your nose
2. Pause for a moment
3. Then breathe out slowly through your mouth like you're fogging up a window
4. Carry on breathing calmly for 2 minutes



Relax Your Muscles

You can relax by letting the tension out of your muscles. A great way to do this is to tense and then relax all of the muscles in your body. Sit in a chair or lie on the floor and then:

1. Curl up your toes and clench your feet... then release
2. Tighten the muscles in your legs... then release
3. Push your shoulders back and up... then release
4. Tighten the muscles on your arms ... then relax
5. Clench your fits... then release
6. Scrunch up the muscles in your face... then relax



Use the Power of Imagination

Imagine doing something or being somewhere that makes you happy.

Close your eyes, take a deep breath, then imagine finding yourself in a place or doing something that makes your really happy. Picture all of the details – sights, sounds, smells, and tastes. Notice all of the sensations. Notice how your body feels when you are in this place.

For more relaxation, turn off the lights, go to a quiet room, use scented candles, lavender essential oils, or listen to calming music in the background during these techniques.

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