

FHC First
Healthcare

Smoking Cessation



IT IS POSSIBLE TO STOP SMOKING!

Reasons to Quit Smoking



Feel Healthier

- Improves the appearance of skin and teeth
- Less prone to lung disease
- Less risk of cancer, heart attacks, and heart disease

Improve Lifestyle

- Save money
- Share more family time
- Don't be impregnated with the cigarette smell
- Reduce the risk of erectile dysfunction

Improve Family Life

- Be an example for your children
- More energy to enjoy the things I do
- Protect the family and friends from second and third-hand smoke



Guide to Quit Smoking



Nicotine is a chemical that causes addiction, so, the longer time and the amount of nicotine you have been exposed to, the longer the time you will need more to feel normal. When the body does not receive nicotine, it may feel some withdrawal symptoms such as cravings for smoking, feeling sad or irritable, difficulty sleeping or a mild cold. Symptoms are usually stronger in the first week after you quit smoking. To counteract these symptoms, it is recommended you visit your physician and check a form of safe nicotine replacement.

Decide the reason to quit smoking

- Health
- Improve lifestyle
- Improve family relationships

Consider a smoking cessation program

- Helps you understand why you smoke
- Offers advice to help you resist the smoke cravings
- Teaches how to manage withdrawal and stress symptoms

Preparation of a smoking cessation plan

- **Know what your triggers are** - there are certain things, places and situations that can trigger the craving to smoke. Know what they are so you can be prepared and handle them.
- **Fight cravings** - The more time you go without smoking, the impulses will disappear.
- **Be positive** - quitting smoking is a one-day at a time process, maintain a positive attitude. There are other ways to manage stress and emotions without smoking.
- **Celebrate your achievements** - You can reward yourself with something special, going out, sharing with a friend or a special meal.



- **Look for support** - Talk to people who encourage you to quit smoking. Family and friends play an important role, let them know how they can help you. Talk to an expert on the line to quit smoking.

National Cancer Institute at 1-877-44U-QUIT (1-877-448-7848)

Get support in real-time in the National Cancer Institute's LiveHelp live chat.

**Teach yourself to manage your cravings and triggers;
the cravings can last from 5 to 10 minutes, here are several
strategies to manage them:**

- Breathe slowly and deeply
- Frequent smoke-free zone
- Nicotine replacement therapies
- Exercise (yoga, walking, jogging)
- Think about the reasons to quit smoking
- Use online smoking cessation tools (smokefree.gov, LiveHelp)
- Behavioral treatments- emotional health
- Keep your mouth busy (gum, water, candy)
- Get support, text your network of friends.

Smoking cessation guide



Nicotine withdrawal is not dangerous

Nicotine withdrawal is not dangerous to your health, it is different from controlled substances and alcohol withdrawal in which the recommended action is to be under medical supervision. Quitting smoking is the best thing you can do for your health.

Cessation of smoking and mental health

It is important that if you have had a mental health disorder to pay attention to behavioral symptoms especially if you have ever had depression. If you become depressed or are too sad, talk to a family member or consult a psychologist or the clinical social worker of your choice.

Help resources

cdc.gov/tobacco/features

smokefree.gov

www.fhcsaludmental.com/adiccion-a-la-nicotina

Quitting smoking is possible!

Smoking cessation guide



References

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Information obtained from the website smokefree.com and the American Cancer Society.



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EAP. Mental Health. FHC Academy

1.888.575.5141

Free 24-hour/7-day access line