

## Steps for Coping with Quitting

### Where you live/play/volunteer

- Avoid places where people smoke
- Remove ashtrays and other things that remind you of smoking

### Handling Cravings

Think of the 4 **D**'s when you get cravings:

- **D**eep breathe
- **D**istract yourself
- **D**elay the smoke by 5 minutes
- **D**rink water

### Dealing with Stress

- Think of what makes you want to smoke and plan to avoid these triggers

### Proven Tools for Quitting

- Set a quit date
- Seek support (quitline, online, doctor, pharmacist)
- Nicotine Replacement Therapy (gum, patch, inhaler, or lozenge) or prescription medications from your doctor
- Support from family and friends
- Personal belief that you can quit

**quitnow.ca**  
1-877-455-2233

## Steps for Getting Help to Quit

### Family Doctor/Pharmacist

- Provide counselling and advice about medications that can help

### QuitNow By Phone

- **FREE** telephone counselling available 24/7; trained care coaches will help you in developing a quit plan
- Call **1-877-455-2233**

### QuitNow Online

- **FREE** web-based quit smoking help
- Support from experts as well as from lots of others who have quit, or are trying to quit smoking
- Click [www.quitnow.ca](http://www.quitnow.ca)

### Government Services for Seniors

- Health and Seniors Information line  
**1-800-465-4911**
- Website for seniors, click [www.seniorsbc.ca](http://www.seniorsbc.ca)

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## Take The Smart Steps...



## It's Never Too Late to Quit Smoking



ActNowBC

THE  LUNG ASSOCIATION™  
British Columbia

## Steps To Better Health

- It is never too late to quit smoking
- Long time smokers get more short-term health gains from quitting than younger smokers
- Within days of quitting, breathing becomes easier and taste and smell improve
- Quitting smoking helps the body remain healthy and strong which leads to longer independence
- Drinking lots of water, eating fresh fruit and vegetables and participating in regular physical activity, will keep you healthy and regular while your body adjusts to a new routine
- Non-smokers recover more quickly from surgery and from injuries related to a fall

### Pamela Wray's advice:

*"Try to get fit with activities you are able to enjoy, one step at a time. Throw away the junk food. After a while it seems redundant to smoke... besides food tastes better and your sense of smell returns."*

## It Can All Be in Your Head



- Studies have shown that if you have a strong belief that you can quit smoking you have greater chance of success
- Quitting without help (cold turkey) can work, but your chances of successfully quitting improve when you add counselling and other tools like medication to your quit plan



*"Tobacco was involved in almost all of the ailments that I had suffered from."*

*"Since I quit I have become so much healthier in all ways."*

### Meet Pamela Wray

Pam was 72 years old when she quit; she had smoked for over half a century.

Pam decided to stop smoking one chilly evening when it was too cold to get cigarettes. An added reason for her to quit was the BC Lung Association's QuitNow & WIN contest she saw advertised on TV. Pam says: "Quitting was difficult, but I was aware of what triggered my smoking and I was tired of the coughing, the stink and the cost."

Pam says: "It is never too late to quit! Regardless of your age you will benefit so much by quitting: financially, physically and psychologically. No matter what your health situation, not smoking will make you feel better, smell better and... there will be more money in your wallet!"

