



# THE LITTLE QUIT-SMOKING GUIDE

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## COLOPHON

The little Quit-smoking guide  
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# Soon to be smoke-free

Congratulations on your decision to stop smoking. This is a really good decision for you. No matter how old you are, quitting smoking is the most important thing you can do to improve your health.

Quitting smoking can be difficult, especially if you've been smoking for many years. Planning how to quit is the key to success.

Most people who quit smoking have a period during which they are getting ready to quit. This is when they plan how they are going to do it. Then they actually quit, and then there is a period during which they need to stick to their decision.

Reading "The Little Quit-Smoking Guide" can help you plan, quit, and stick to your decision. Here are stories and good advice from others who have quit smoking. This will help you carry out your decision.

Good luck with quitting smoking!

# Meet an ex-smoker

## MORTEN, AGE 34

I think I started smoking because my father smoked. That made it exciting. By the time I became a carpenter I was smoking 20 cigarettes a day.

I could feel how my body gradually started to react to my cigarettes. For example, I had difficulty going up the stairs in apartment buildings.

My youngest child was allergic to the smoke, so in the beginning I smoked under the range hood, instead of smoking all over the house. But finally I signed up for a quit-smoking course for parents of small children. That was the push I needed.

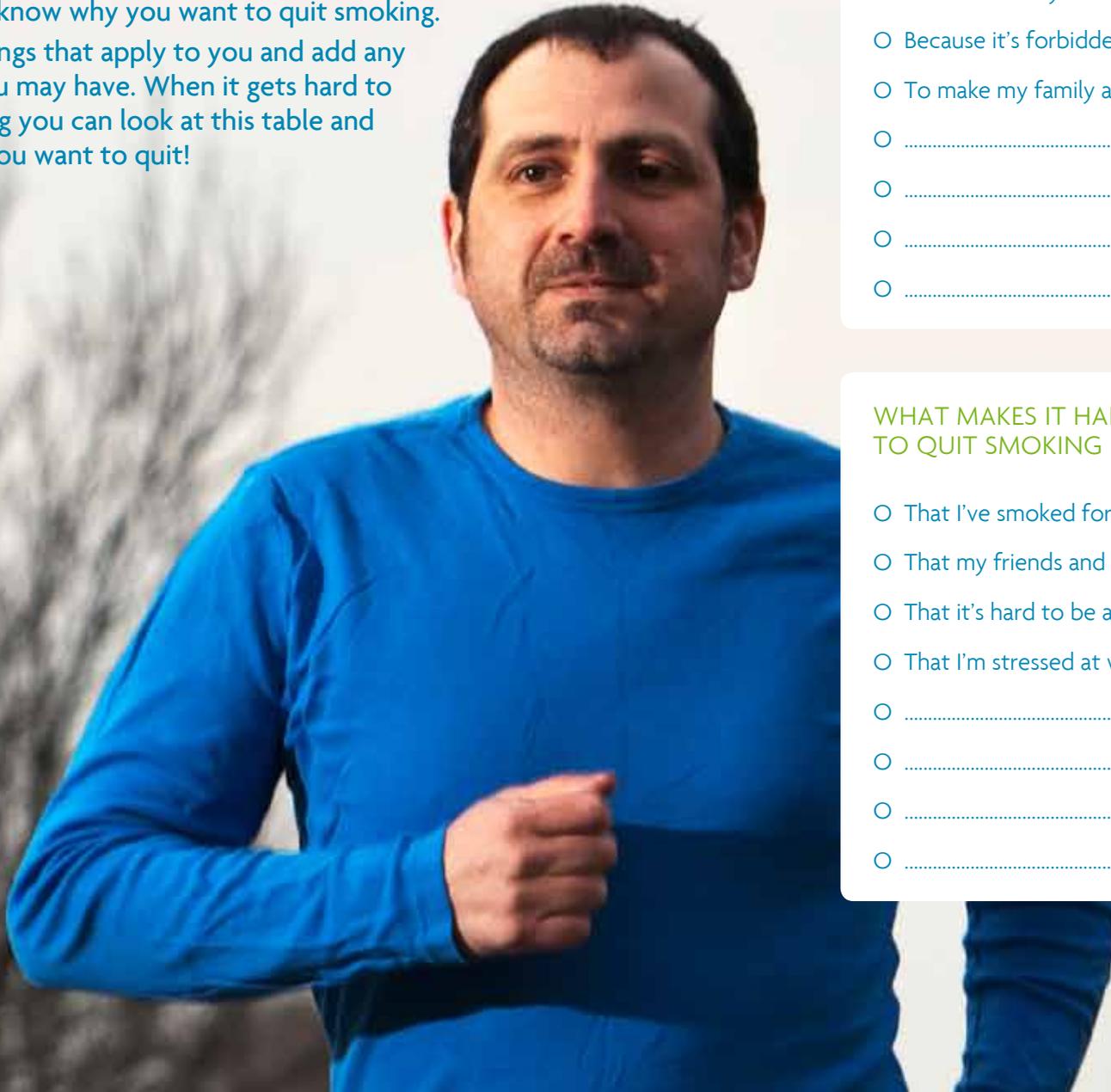
At work, there are still colleagues who smoke. Today, it doesn't bother me any longer to stand around with them when they smoke. I just don't have the urge to smoke anymore and I don't like to inhale somebody else's smoke.

My life has changed now, and I know that my children will grow up without damage to their health.

# Why

## do you want to quit smoking, and why is it hard?

It's important to know why you want to quit smoking. Check off the things that apply to you and add any other reasons you may have. When it gets hard to resist not smoking you can look at this table and remember why you want to quit!



### THE MOST IMPORTANT REASONS I WANT TO QUIT SMOKING ARE:

- To not become ill
- To have money for other things
- Because it's forbidden to smoke where I work
- To make my family and friends happy
- .....
- .....
- .....
- .....

### WHAT MAKES IT HARD FOR ME TO QUIT SMOKING IS:

- That I've smoked for many years
- That my friends and family smoke
- That it's hard to be at a party without smoking
- That I'm stressed at work
- .....
- .....
- .....
- .....

# Choose a quitting day

## HERE'S HOW:

- **Choose a quitting day, 2 to 3 weeks in the future**  
Until quitting day you should prepare yourself and plan how you will quit smoking.
- **Choose a quitting day that is, for example, on a weekend**  
It's best if the quitting day is during a period where you will not be going to a party or will be busy at work. For some people it can be an advantage to plan the quitting day during vacation and for Muslims during Ramadan.
- **You should think about what you will do when it gets tough**  
Everybody has problems when they quit smoking. But you can manage them more easily if you have thought about them beforehand.
- **Ask your doctor, or get advice from your pharmacist**  
Your chances of quitting smoking are five times better if you have help. You can also call StopLinien free of charge at telephone number 80 31 31 31 and talk to a counselor.
- **Tell your family and friends that you will be quitting**  
Their help can make it easier – and maybe one or more will quit smoking together with you.
- **Throw out the cigarettes**  
Don't have cigarettes, lighters and ashtrays laying around while you're quitting. Throw it all out.
- **Believe in your ability to quit smoking**  
Even if you have tried previously and failed, you must believe that you will succeed this time.

# Turn your habits around

Smoking is a habit. It can be helpful to change the habits you have in connection with smoking before you completely quit smoking.

- Smoke less than you usually do. Every time you want to smoke, think about whether this particular cigarette is necessary.
- Smoking less during the period up to quitting day helps some people.
- Decide only to smoke in a few places, for example on the balcony.
- Take a fruit break, instead of a smoking break.
- Throw the lighter into a corner, once you've used it, so you'll have to get up in order to light the next cigarette.
- Keep the cigarettes on the top shelf in the closet so you'll have to stand up on a chair to get them.
- Change to a different brand.

## BUILD UP SOME GOOD HABITS

You can make it easier on yourself if you try to build up some good habits.

### FOOD

- Eat less fat – just 25 grams less butter or oil each day means that you won't gain weight when you quit smoking.
- Drink 1½ liters of water every day, about 6 glasses. Count the glasses to make sure you drink enough.
- Eat 3 fruits and 3 vegetables every day. Count every day, so you don't lose track.

### EXERCISE

- Take a walk after supper – without smoking.
- Take your bicycle instead of the bus.
- Play with your kids or grandchildren until you are out of breath.

# Get ready

for the fight against dependency

If you've been smoking for years, your body and your brain are used to getting nicotine. You've become addicted. When you no longer get nicotine, your body reacts. You can experience withdrawal symptoms that can be felt both physically and mentally.

## YOU WILL EXPERIENCE:

- A great desire to smoke
- Nervousness and anxiety
- Difficulty concentrating
- More hunger
- Bad moods
- Coughing
- Headaches

The worst time will be 2 to 3 days after you have quit. After that it gets better, and 3 to 4 weeks after quitting smoking you will only experience withdrawal symptoms once in a while.

You may continue to feel the urge to smoke. But resist smoking even just one cigarette, because then your addiction will return.

“When I considered quitting smoking I was afraid I would gain weight. I decided I'd Eat 5 large carrots and 2 pieces of fruit each day for snacks”

ABDUL, AGE 42.

## WHAT CAN HELP ME TO STICK TO QUITTING MY SMOKING?

- To remember that my family is happy that I'm quitting smoking
- To remember that quitting smoking makes me healthier
- To remember that I have more money for other things
- To remember my good reasons for quitting smoking
- .....
- .....
- .....

# You can get help quitting

Anyone who wants to quit smoking can get help. Help will make it easier for you to successfully quit smoking. You can ask your doctor or the pharmacy if you want medicine. You can also attend a quit-smoking course where a trained counselor will help you as part of a group. Enquire at your municipality.

## Medicine for quitting smoking

Three kinds of medicine are available that can make it easier to quit smoking:

- Nicotine replacement products, available in many varieties
- Champix
- Zyban

Champix and Zyban require a doctor's prescription.

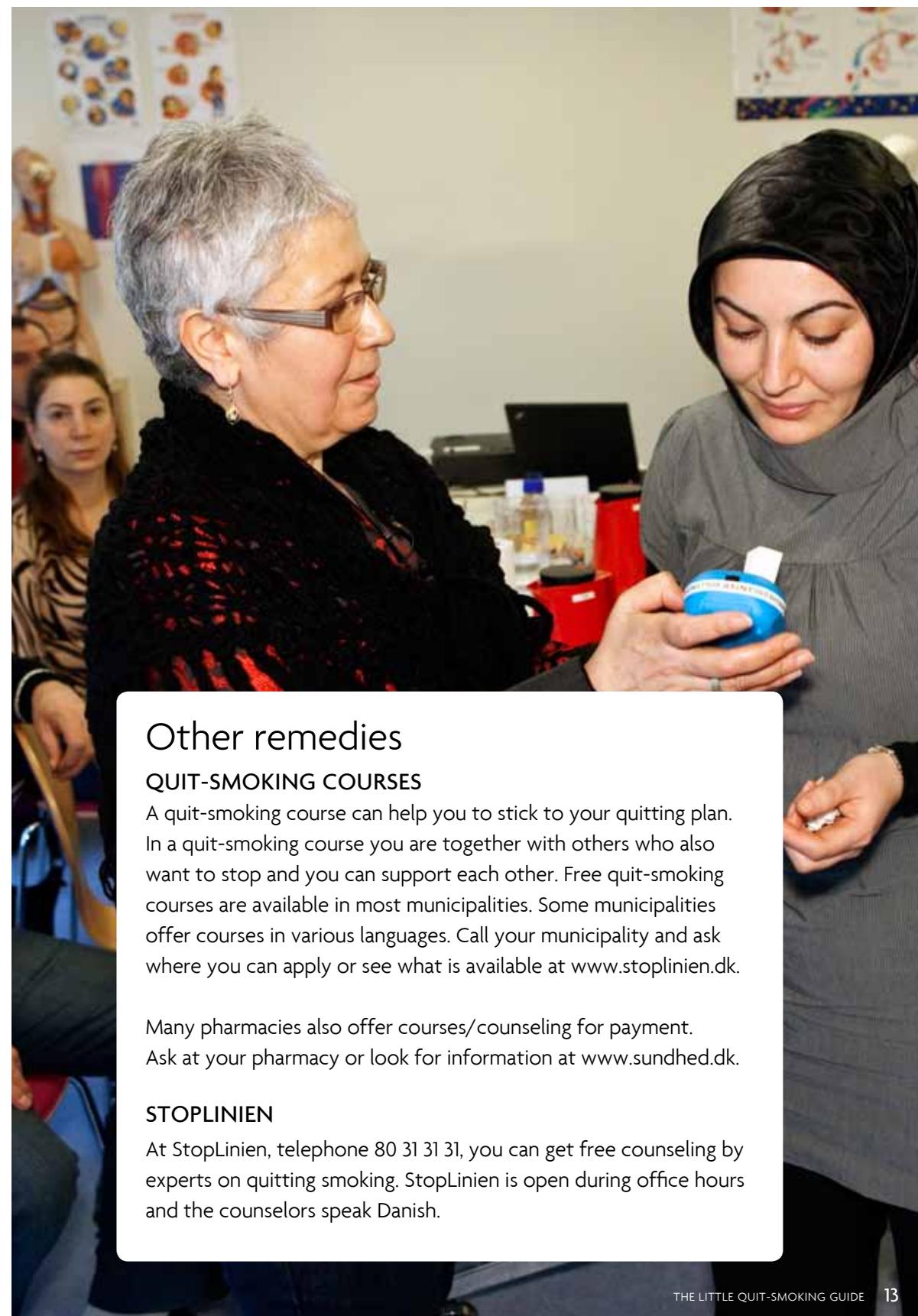
### NICOTINE REPLACEMENT PRODUCTS

There are various types of Nicotine replacement products. For example, you can get patches, chewing gum, pills or an inhaler. Nicotine replacement products make it easier to quit smoking, if one uses them correctly.

One should use nicotine replacement products for 3 to 4 months at the most – and never longer than half a year. One should get advice from one's doctor or from the pharmacy.

#### FACTS ABOUT NICOTINE REPLACEMENT PRODUCTS

- It costs 20 to 40 kr daily to use nicotine replacement products.
- One must use nicotine replacement products for 3 to 4 months.
- Nicotine replacement products are not cancer-causing like tobacco.
- If you are pregnant, breastfeeding or have heart problems, you should always consult with your doctor before using nicotine replacement products.



## Other remedies

### QUIT-SMOKING COURSES

A quit-smoking course can help you to stick to your quitting plan. In a quit-smoking course you are together with others who also want to stop and you can support each other. Free quit-smoking courses are available in most municipalities. Some municipalities offer courses in various languages. Call your municipality and ask where you can apply or see what is available at [www.stoplinien.dk](http://www.stoplinien.dk).

Many pharmacies also offer courses/counseling for payment. Ask at your pharmacy or look for information at [www.sundhed.dk](http://www.sundhed.dk).

### STOPLINIEN

At StopLinien, telephone 80 31 31 31, you can get free counseling by experts on quitting smoking. StopLinien is open during office hours and the counselors speak Danish.

# Quitting day

“It felt as though I’d stopped smoking from one day to the next. But now I can see that I’d been gathering reasons to quit for a long time.”

FATIMA, AGE 60.

- Encourage yourself and believe that you can quit smoking.
- Throw all tobacco out along with everything that reminds you of smoking: cigarette butts, lighters and ashtrays. Remember to look in your pockets and handbags.
- Tell your friends and family that you’ve quit and that you need their support.
- Use your restlessness for something good. Take a walk, do the dishes, play with the kids.
- Drink tea, water or juice instead of coffee the first weeks after you quit.
- Leave the table as soon as you’re done eating – and clear it off.
- Brush your teeth or drink water, when you feel the urge for a cigarette.
- Go to bed early with a good book. This day doesn’t need to last any longer than necessary.
- Praise yourself before falling asleep. It was good to get through the first day!

## Here’s what you can do if you start feeling poorly

When your body is no longer getting the nicotine from cigarettes that it is used to, you can start feeling poorly. You get withdrawal symptoms. Here’s a list of the most common symptoms and what you can do to get through this.

| SYMPTOM                               | HERE’S WHAT YOU CAN DO   |
|---------------------------------------|--|
| Strong urge to smoke                  | Take a walk, brush your teeth, suck on a sugar-free lozenge, drink a glass of water and count to 50. You can also call a friend or call StopLinien at telephone 80 31 31 31.             |
| Influenza-like discomfort             | Be extra good to yourself, rest, drink a cup of tea, put on a warm sweater, take a bath.   |
| Nervousness, anxiety and restlessness | Take a walk or jog, clean house, avoid coffee.   |
| Difficulty concentrating              | Move around, take a break.   |
| Hunger                                | Eat green, lean and unrefined food, drink a glass of water, use tooth-picks. Avoid fatty and sweet foods.  |
| Bad moods                             | Exercise and do things that make you happy. Talk with your partner/friends about how hard it is for you right now.   |
| More coughing                         | It is completely natural to cough a bit more when you quit smoking. Think of the coughing as a cleansing process – it lasts for a while, until the lungs are functioning properly again. |
| Headaches                             | Drink a glass of water, go for a walk, take a painkiller.  |

# Quitting your smoking is good for others

It is good to consider that your quitting smoking also helps others to stay healthy, because they are no longer exposed to secondhand smoke. Secondhand smoke is harmful for everybody – especially for children, also the older kids.

## SECONDHAND SMOKE AND CHILDREN

If children are exposed daily to secondhand smoke, they become ill more often. Children of smokers have a greater risk of, for example:

- Ear infections
- Colic
- Asthmatic bronchitis
- Allergies
- Asthma
- Crib death (SIDS)

Children exposed to secondhand smoke require more medicine and are more often hospitalized.

## IF YOU HAVE A SETBACK

- You have decided to completely quit smoking. If you, nevertheless, smoke a cigarette, don't drop the entire quitting program. Look at it as a slip – like eating a single cookie while on a diet.
- Stick to your decision and continue quitting smoking, non-stop. Then you're on track again.

# The urge to smoke can still turn up

A long time after you've quit smoking, you can still want to smoke. Don't! You'll quickly become a smoker again.

"When I feel a terrible urge to smoke coming on, I get totally panicked, when I think I can never smoke again. Instead, I think about avoiding smoking for one more hour. Then the urge disappears and when the hour is over, I couldn't dream of smoking again."

KARIM, AGE 32.

The urge to smoke disappears again after a few minutes. Here's some good advice if you get the urge to smoke:

- Take a walk
- Eat a piece of fruit
- Think about your reasons for quitting
- Straighten up the house
- Call a friend
- Take a deep breath
- Drink a glass of water

## WHEN IT GETS TOUGH

There are some situations in which it is extra hard to avoid smoking. For example, if you're going to a party where everybody smokes, or if you have guests who smoke. Make a plan beforehand for what you can do to get through the situation. It'll then be easier, when you're in it.

# Facts about smoking and illness

It's good to remember how dangerous smoking is. It can help to strengthen your decision to become an ex-smoker.

- Half of the smokers who don't stop smoking, die of smoking.
- It is especially cancer, heart-disease and lung diseases that make smokers ill.
- On the average, smokers live 8-10 years less than non-smokers.
- The last 10 years of a smoker's life will be marked by illness and poor quality of life.

## Facts about quitting smoking and health

Here you can check off how quickly your health improves when you quit smoking.

| TIME SINCE LAST CIGARETTE | IMPROVEMENT OF HEALTH   |
|---------------------------|---|
| 20 minutes                | <ul style="list-style-type: none"> <li>• Your blood pressure and pulse become normal</li> </ul>   |
| 24 hours                  | <ul style="list-style-type: none"> <li>• Your risk of a blood-clot are already lessened</li> <li>• You have more blood in your skin and warmth in your toes and fingers</li> <li>• Your lungs start to clean themselves, and this can cause coughing</li> </ul>       |
| 48 hours                  | <ul style="list-style-type: none"> <li>• Your taste buds and sense of smell work better</li> </ul>  |
| 72 hours                  | <ul style="list-style-type: none"> <li>• Your breathing becomes easier</li> </ul>   |
| 2 weeks-3 months          | <ul style="list-style-type: none"> <li>• Your circulation gradually improves</li> <li>• Your lungs can combat infection better</li> </ul>   |
| 3-12 months               | <ul style="list-style-type: none"> <li>• Your skin color is improved</li> <li>• Your skin looks better</li> <li>• Your fertility is improved</li> <li>• You're coughing less</li> <li>• You're feeling perkier</li> <li>• Your breathing has become easier</li> </ul> |
| 1-2 years                 | <ul style="list-style-type: none"> <li>• Your risk of a blood clot has been halved</li> </ul>   |
| 5-10 years                | <ul style="list-style-type: none"> <li>• Your risk of getting cancer is already halved and will continue to drop.</li> <li>• Your risk of getting a blood clot is now the same as for someone who has never smoked.</li> </ul>  |

# You've won



“I’ve tried to quit smoking many times without preparing for it. This time it has been easier, because it is planned and already after 3 weeks I’ve beaten my own record.”

MURAT, AGE 51.

Congratulations! You’ve gotten through your quitting program and you’ve beaten cigarettes and your addiction to them.

You’ve become healthier, and improved your chances for a better and much longer life. You are helping to improve the lives of others, now that they no longer breathe your smoke.

It will probably also surprise you how much extra money you have, now that you no longer need to buy tobacco. And you can advise others who would like to quit smoking.

Good luck for the future!

## USEFUL ADDRESSES

[HTTP://SMOKEFREE.NHS.UK/QUIT-TOOLS/ORDER-SUPPORT-MATERIALS/](http://smokefree.nhs.uk/quit-tools/order-support-materials/)

At this website you can find materials in English on quitting smoking.

[WWW.SST.DK](http://www.sst.dk)

The website of The National Board of Health with lots of information on smoking and quitting.

[WWW.STOPLINIEN.DK](http://www.stoplيني.dk)

The National Board of Health's website for smoking quitters.

[WWW.CANCER.DK](http://www.cancer.dk)

This is the website of The Danish Cancer Society, and here you can read about the damage caused by smoking and the advantages of quitting, etc.

[www.sst.dk](http://www.sst.dk)

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