



## Get READY: Kick-off to Quit Smoking

---

If you've tried quitting before, you know how hard it can be. That's because the nicotine in tobacco is an addictive drug.<sup>1</sup> Medical guidelines suggest treatment that includes both medication and behavioral counseling.<sup>2</sup> By joining the Beat the Pack program, you will get help that may make the path to quitting smoking easier. Also, under our current smoking cessation benefit, you may be qualified for a stop-smoking medication. You should talk to your doctor to see which medication is right for you.

Most smokers who quit have tried more than once.<sup>3</sup> So don't feel discouraged if you've tried before. In fact, past attempts make your chance of success better this time. After a previous attempt, you know what works and what doesn't.<sup>4</sup>

### Prepare for success

Even if you've never tried to quit before, there are ways you can raise your chances of success. First you have to get **READY**:

#### Reasons to quit:

- Think about what's good about not smoking
  - Better health
  - Save money, etc

#### Encouragement from others:

- Get support from others. Talk to:
  - Your family
  - Friends
  - Coworkers
  - Doctor
  - Phone quit line
  - Support group

Research shows that getting help boosts your odds of success.<sup>5</sup>

#### Anticipate the next steps: Be prepared!

- Figure out what will give you the urge to smoke and what you'll do to overcome it
  - Call a friend
  - Go for a walk
  - Use a stop-smoking medication
  - Carry hard candy to suck on
- What will you do if you "slip up" and have a cigarette?
- If someone else at home smokes and does not quit with you, can you make a smoke-free zone in the house?



**Doctor support is important. Be sure to talk to your doctor about what may help you quit.**

- Research shows stop-smoking medicines can double or triple your chances of quitting<sup>2,6</sup>
- Only 3% to 5% of smokers are able to quit on their own, without treatment<sup>7</sup>
- A smoker is more likely to quit by knowing his or her “lung age.” You can ask your doctor to do a lung-function test. It will compare how well your lungs work with those of an average healthy person<sup>8</sup>
- Again, find out how a stop-smoking medication can help you

**You set the time: You have to decide that quitting is what you want and commit to it. Then, set a date to quit.**

### Make a quit plan

Write a quit plan that has the above information. If you’ve tried quitting before, include what helped and what didn’t.<sup>5</sup>

Once you’re READY, set a date when you will quit—in 2 weeks or less. And then do it! On your quit day, do not smoke even 1 puff.<sup>5</sup> If you cannot stop smoking on your quit date, pick another day and try again.

#### References:

1. American Cancer Society. Guide to quitting smoking. [http://www.cancer.org/docroot/PED/content/PED\\_10\\_13X\\_Guide\\_for\\_Quitting\\_Smoking.asp](http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp). Accessed February 29, 2008.
2. Fiore MC, Jaén CR, Baker TB, et al. *Clinical Practice Guideline: Treating Tobacco Use and Dependence: 2008 Update*. Washington, DC: US Department of Health and Human Services. Public Health Service; 2008.
3. Agency for Healthcare Research and Quality, US Public Health Service. Patients not ready to make a quit attempt now (the 5 “Rs”). <http://www.ahrq.gov/clinic/tobacco/5rs.htm>. Accessed March 1, 2008.
4. Mayo Clinic. Smoking cessation: take it one day at a time. <http://www.mayoclinic.com/health/smoking-cessation/SK00055>. Accessed February 28, 2008.
5. US Department of Health and Human Services, US Public Health Service. You can quit smoking: consumer guide. June 2000. <http://www.surgeongeneral.gov/tobacco/smconsumr.pdf>. Accessed April 6, 2008.
6. American Cancer Society. Double your chances of quitting smoking. October 23, 2007. [http://www.cancer.org/docroot/PED/content/PED\\_10\\_3x\\_Double\\_Your\\_Chances.asp](http://www.cancer.org/docroot/PED/content/PED_10_3x_Double_Your_Chances.asp). Accessed March 1, 2008.
7. Hughes JR, Keely J, Naud S. Shape of the relapse curve and long-term abstinence among untreated smokers [review]. *Addiction*. 2004;99(1):29-38.
8. Parkes G, Greenhalgh T, Griffin M, Dent R. Effect on smoking quit rate of telling patients their lung age: the Step2quit randomized controlled trial. *BMJ Online*. March 10, 2008. <http://www.bmj.com>. Accessed March 10, 2008.