

# How to Quit Smoking

Smoking is dangerous to your health. Quitting will reduce your risk of dying from heart disease, blood vessel disease, lung problems, cancer and stroke.

Talk to your doctor about quitting. Ask about classes and support groups in your area. Get support and encouragement and learn how to deal with stress. Talk with your doctor about medicines and other aids to help you quit. Call the National Network of Tobacco Cessation Quitlines at 1-800-784-8669 or go to the Ohio website at [www.standohio.org](http://www.standohio.org) for more information.

Before you try to stop smoking, commit to stopping. Smoking is a learned behavior that you must unlearn. It is not easy to stop, but it can be done if you are serious about quitting. Stopping will help you live a healthier and longer life.

## Getting Ready to Quit

Follow these tips to get ready to quit:

- Cut down the number of cigarettes you smoke each day.
  - Smoke only half a cigarette each time.
  - Smoke only during the even hours of the day.
- Clean out ashtrays and start putting them away one by one. Clean the drapes, the car, your office, or anything else that smells of tobacco smoke.
- Get a friend or spouse to quit with you.
- Start exercising before you quit.
- Switch to a brand of cigarettes you do not like as much.
- Throw away spare lighters.
- Smoke alone if you like to smoke with people.
- Become aware of why you smoke each cigarette. Avoid the things that cause you to smoke.
- Write down a list of the top 5 reasons you want to quit. Read this list daily.

# Kako prestati pušiti

Pušenje je opasno po Vaše zdravlje. Prestanak će smanjiti rizik od umiranja usljed oboljenja srca, bolesti krvnih žila, problema sa plućima, raka i moždanog udara.

Razgovarajte sa svojim doktorom o prestanku. Raspitajte se o predavanjima i grupama za pružanje podrške u području gdje živite. Dobijte podršku i ohrabrenje i naučite kako se nositi sa stresom. Razgovarajte sa svojim doktorom o medikamentima i drugim pomagalima da Vam pomognu prestati. Pozovite Nacionalnu mrežu za prestanak pušenja (*National Network of Tobacco Cessation Quitlines*) na 1-800-784-8669 ili posjetite web stranicu Ohaja [www.standohio.org](http://www.standohio.org) za više informacija.

Prije nego što pokušate prestati pušiti, obavezite se na prestanak. Pušenje je naučeno ponašanja od kojeg se morate odučiti. Nije lako prestati, ali to se može postići ako ste ozbiljni u vezi prestanka. Prestanak će Vam pomoći živjeti zdravije i duže.

## Pripreme za prestanak

Slijedite ove savjete da postanete spremni na prestanak:

- Smanjite broj cigareta koje popušite svaki dan.
  - Svaki put ispušite samo pola cigarete.
  - Pušite samo za vrijeme parnih sati u danu.
- Očistite pepeljare i počnite ih sklanjati jednu po jednu. Operite zavjese, automobil, očistite kancelariju ili bilo šta drugo što miriše na duhanski dim.
- Nagovorite prijatelja ili supružnika da sa Vama prestanu pušiti.
- Počnite vježbati prije nego što prestanete.
- Prijedite na vrstu cigareta koja Vam se ne dopada.
- Bacite rezervne upaljače.
- Pušite sami ako volite zapaliti u društvu.
- Počnite razmišljati o tome zašto popušite svaku cigaretu. Izbjegavajte stvari zbog kojih pušite.
- Napišite listu od 5 glavnih razloga zašto želite prestati. Svakodnevno pročitajte tu listu.

Pick a date to quit and slowly reduce your smoking until your quit date. On your quit date, stop completely. If you smoke a lot at work, quit during a vacation.

### **The Day You Quit**

- Throw away your cigarettes, lighters and hide remaining ashtrays.
- Ask for help from family and friends.
- Make plans for the day and keep busy. Spend time in places where smoking is not allowed such as a library or the movies. Change your routine.
- Drink 8 glasses of water each day. This helps flush out the nicotine in your body.
- Keep celery, sugarless gum, hard candy, straws or toothpicks handy to help meet the urge of something in your mouth.
- Try deep breathing exercises and listen to relaxation tapes.
- Exercise.
- Eat regular meals.
- Start a money jar with the money you save by not buying cigarettes.
- Reward yourself at the end of the day for not smoking.

Over the next days and weeks you may be coping with withdrawal symptoms and cravings. Exercise and relaxation can help with withdrawal symptoms of anger, edginess or irritability. There will be times when you really want to smoke. Wait. The urge will pass in a few minutes. Take slow, deep breaths until you relax and forget about the urge to smoke. Drink water slowly and hold it in your mouth for a little while. Take your mind off smoking by thinking about something else or focus on the things you are doing. Get up and move around.

Mark your success every day on a calendar. Reward yourself each day and week.

Izaberite datum prestanka i polako smanjujte pušenje do tog datuma. Na svoj datum prestanka, potpuno prekinite. Ako puno pušite na poslu, prestanite za vrijeme godišnjeg odmora.

### **Dan kada ste prestali**

- Bacite svoje cigarete, upaljače i sakrijte preostale pepeljare.
- Zatražite pomoć od porodice i prijatelja.
- Isplanirajte dan i budite zauzeti. Provedite vrijeme na mjestima gdje pušenje nije dozvoljeno, kao što su biblioteka ili kino. Promijenite svoju rutinu.
- Pijte 8 čaša vode svaki dan. To pomaže za ispiranje nikotina iz Vašeg tijela.
- Držite pri ruci celer, gume za žvakanje bez šećera, tvrde bombone, slamke ili čačkalice zbog zadovoljavanja potrebe da imate nešto u ustima.
- Pokušajte vježbe dubokog disanja i slušajte audio snimke za opuštanje.
- Vježbajte.
- Redovno uzimajte obroke.
- Započnite štednju, u neku posudicu ostavljajte novac ušteden zbog prestanka kupovine cigareta.
- Nagradite sebe na kraju dana zbog nepušenja.

Tokom sljedećih nekoliko dana i sedmica možda ćete se boriti sa simptomima povlačenja i žudnje. Vježbanje i opuštanje mogu pomoći pri simptomima prestanka kao što su ljutnja, napeti živci ili razdražljivost. Biće perioda kada ćete stvarno poželjeti pušiti. Pričekajte. Žudnja će Vas proći za nekoliko minuta. Polako duboko dišite dok se ne opustite i ne zaboravite na potrebu za pušenjem. Polako pijte vodu i nakratko je zadržite u ustima. Odvratite misli sa pušenja razmišljajući o nečemu drugom ili fokusirajući se na stvari koje radite. Ustanite i krećite se.

Svakodnevno na kalendaru obilježite svoj uspjeh. Nagradite sebe svaki dan i svake sedmice.

## **Setbacks**

It is hard to quit smoking. Most people try several times before they succeed. If you do smoke, do not give up on yourself. Remind yourself of how many hours, days or weeks you have already gotten through. Identify what caused you to smoke. Add it to your list of things to avoid or practice how you will deal with it next time. Remind yourself why you quit smoking. Practice what to do when you feel the urge to smoke. Reward yourself for your willpower and courage. Take one day at a time.

**Talk to your doctor or nurse if you have any questions or concerns.**

## **Prepreke**

Teško je prestati pušiti. Većina ljudi to pokuša nekoliko puta prije nego što u tome uspije. Ako pušite, nemojte odustajati. Podsjetite se koliko već imate iza sebe sati, dana ili sedmica. Identifikujte šta Vas je potaknulo da pušite. Dodajte to na listu za izbjegavanje ili vježbajte kako se nositi s time sljedeći put. Podsjetite se zašto se prestali pušiti. Vježbajte šta činiti sljedeći put kad osjetite želju da zapalite cigaretu. Nagradite se za svoju snagu volje i hrabrost. Radite to dan za danom.

**Razgovarajte sa svojim doktorom ili medicinskom sestrom ako ste zabrinuti ili imate pitanja.**

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