

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.

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.

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.

Porazgovarajte sa svojim doktorom o prestanku. Raspitajte se o predavanjima i grupama za pružanje podrške u području gdje živite. Pokušajte dobiti podršku i ohrabrenje i naučite kako da se nosite sa stresom. Porazgovarajte sa svojim doktorom o lijekovima i drugim sredstvima koja Vam mogu pomoći da prestanete pušiti.

Prije nego što pokušate prestati pušiti, čvrsto odlučite da ćete prestati. Pušenje je naučeno ponašanje od kojeg se morate odučiti. Nije lako prestati, ali je moguće ako ste ozbiljni u vezi toga. Prestanak će Vam pomoći da živite zdravije i duže.

Pripreme za prestanak

Slijedite ove savjete kao pripremu za 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.
- Pređite na vrstu cigareta koja Vam se ne dopada.
- Bacite rezervne upaljače.

- 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.

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 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 water, but not more than 2 Liters. This will help to remove chemicals from 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.
- Get 30 minutes of 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.

- Pušite sami ako volite zapaliti u društvu.
- Počnite razmišljati o tome zašto popušite svaku cigaretu. Izbjegavajte stvari zbog kojih pušite.
- Napišite listu sa 5 glavnih razloga zašto želite prestati. Svakodnevno pročitajte tu listu.

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 prestajete pušiti

- Bacite svoje cigarete, upaljače i pepeljare.
- Zatražite pomoć od porodice i prijatelja.
- Isplanirajte šta ćete raditi taj dan i ispunite ga aktivnostima. Provedite vrijeme na mjestima gdje pušenje nije dozvoljeno, kao što su biblioteka ili kino. Promijenite svoje dnevne navike.
- Pijte vodu, ali ne više od 2 litra dnevno. To pomaže da se štetne hemikalije uklone iz Vašeg organizma.
- Držite pri ruci celer, gume za žvakanje bez šećera, tvrde bombone, slamke ili čačkalice zbog zadovoljavanja potrebe da imate nešto u ustima.
- Pokušajte raditi vježbe dubokog disanja i slušajte audio snimke za opuštanje.
- Vježbajte 30 minuta.
- Redovno uzimajte obroke.
- Započnite štediti novac koji bi ste inače potrošili na cigarete tako što ćete ga stavljati u kasicu.
- Nagradite sebe na kraju dana zbog nepušenja.

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 have control of the craving. Take your mind off smoking by thinking about something else or focus on the things you are doing. Mark your success every day on a calendar. Reward yourself each day and week.

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 triggers your desire to smoke. Remind yourself why you quit smoking. Practice what to do when you feel the urge to smoke. Reward yourself for your willpower and courage.

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

Može se desiti da ćete se tokom sljedećih nekoliko dana i sedmica boriti sa simptomima povlačenja i žudnje za cigaretom. Fizičke vježbe i opuštanje mogu pomoći kod simptoma prestanka kao što su ljutnja, napetost 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 žudnju za cigaretom. Odvratite misli sa pušenja razmišljajući o nečemu drugom ili fokusirajući se na stvari koje radite. Svakodnevno na kalendaru obilježite svoj uspjeh. Nagradite sebe svaki dan i svake sedmice.

Prepreke

Teško je prestati pušiti. Većina ljudi to pokuša nekoliko puta prije nego što u tome uspije. Ako pušite, nemojte odustajati. Podsjetite se koliko sati, dana ili sedmica ste već prebrodili bez pušenja. Identifikujte šta kod Vas potiče želju za pušenjem. Podsjetite se zašto se prestali pušiti. Vježbajte šta činiti slijedeći put kad osjetite nagon na pušenje. Nagradite sebe za snagu svoje volje i hrabrost.

Ako imate bilo kakvih pitanja ili briga, posavjetujte se sa svojim ljekarom ili medicinskom sestrom.

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