

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.

Sidee loo Joojiyaa Sigaar Cabidda

Sigaar cabiddu halis ayey ku tahay caafimaadkaaga. Joojintu waxay hoos u dhigi doontaa halista in aad u dhimato cudur wadnaha ah, cudur marin dhiig, dhibaatooyin sanbab, kansar iyo xidid qalal (faalig).

Dhakhtarkaaga kala hadal iska joojinta. Warayso fasallada iyo kooxaha taageerada ee xaafaddaada ka jira. Taageero iyo dhiirrigelin ka raadso oo baro sida wax looga qabto diiqada. Dhakhtarkaaga kala hadal daawooyinka iyo kaalmooyinka kale si ay kaaga caawiyaan in aad iska joojiso.

Ka hor inta aanad isku dayin joojinta sigaar cabidda, go'aanso in aad joojiso. Sigaar cabiddu waa dabci la bartay kaasoo ay tahay in aanad barannin. Ma sahlana sidda lagu joojiyo, laakiin waa la sameyn karaa haddii ay dhab kaa tahay joojintiisu. Joojintu waxay kaa caawin doontaa in aad nolol caafimaad leh iyo cimri dheer ku noolaato.

U Diyaargarowga Joojinta

Raac talooyinkan si aad isugu diyaariso iska joojinta:

- Yaree tirada sigaarka aad maalin walba cabto.
 - ▶ Kala badh sigaar oo keliya cab waqti kastaba.
 - ▶ Sigaarka cab oo keliya saacadaha dhabanka ah ee maalintii.
- Nadiifi aashtarigga ka dibna billow in aad iska wada fogeeyso. Nadiifi daahyada, baabuurka, xafiiskaaga, ama wixii kale ee tubaako sigaar oo kale ka soo uraya.
- Raadso saaxiib ama xaas kula joojiya.
- Billow jir dhis ka hor inta aadan joojin.
- U wareeg nooc sigaar ah oo aadan jecleyn.
- Iska tuur sigaar shidayaasha kaydka ah.

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- 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.

- Keligaa cab sigaarka haddii aad jeceshahay in aad dadka sigaarka la cabto.
- La soco oo ogow sababta aad u cabbaysid sigaar kasta. Ka fogow waxyaabaha kuu keena in aad sigaarka cabto.
- Qor taxanaha 5-ta sababood ee aad u dooneysid in aad joojiso. Taxanahaas akhri maalin walba.

Soo qabso taariikh aad ku joojineyso ka dibna si tartiib-tartiib ah u hoos ugu dhig sigaar cabiddaada ilaa aad ka joojiso. Maalinta aad iska joojiso, si buuxda u wada jooji. Haddii aad wax badan shaqada ku cabbi jirtay, iska goo waqtiga fasaxa.

Maalinta aad Iska Goyneyso

- Iska tuur sigaarrada, sigaar shideyaasha iskana qari haashtarayada.
- Caawimo weydiiso qoyska iyo saaxibbadaa.
- Qorsheyaal u sameyso maalinta isna mashquuli. Waqti ku qaado meelaha aan sigaar cabidda loo oggoleyn sida maktabadda ama shaleemooyinka. Nolol maalmeedkaaga bedddel.
- Cab biyo, laakiin ha ka badsan 2 litir. Taasi waxay kaa gargaari doontaa inay kiimikooyinka ka saarto jidhkaaga.
- Hayso caleenta seleri, xanjo aan macaaneyn, nac-nac adag, qori ama findhicil si ay kaaga caawiyaan in aad la kulanto in aad afka wax ku haysato.
- Isku day jimicsi neefsasho qoto dheer ah ka dibna dhegeyso cajaladaha la isku dabciyo.
- Samee 30 daqiiqadood oo ah jimicsi.
- Cuntadii joogtada ahayd cun.
- Billow in aad khasnad dhigato lacagtii aad sigaarka ku soo iibsan jirtay.
- Naftaada ku abaal mari dhammaadka maalinta ineysan sigaar cabbin.

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.

Maalmaha iyo toddobaadyada xiga waxa laga yaabaa in aad wax ka qabaneysid calaamadaha ka noqoshada iyo rabitaankiisa. Jir dhis iyo is kala bixin ayaa kaa caawin kara calaamadaha carada ka noqoshada, xanaaqa iyo niyad kacsaanaanta. Waxa jiri doona waqtiyo aad rabi doonto in aad dhab ahaantii sigaar cabto. Sug. Qabashadiisu waxay kaaga tegi doontaa dhowr daqiiqadood. Neef gaaban, oo qoto dheer qaado ilaa aad nafistid oo aad xukumi kartid rabitaanka sigaarka. Maskaxdaada ka bixi sigaar cabidda adigoo ka fekeraya wax kale ama abbaarsanaya waxyaabaha aad sameyneyso. Guushaada maalin walba ku calaamadee jadwalka taariikhda. Naftaada abaal mari maalin kasta iyo toddobaad kasta.

Guuldarrooyinka

Way adag tahay in sigaar la iska gooyo. Dadka badankoodu waxay isku dayaan marar badan ka hor inta aysan ku guuleysan. Haddii aad sigaar cabto, naftaada ha ka quusan. Naftaada xusuusi immisa saacadood, maalmood ama toddobaad ayaad soo martay. Garo waxa kugu kiciya rabitaanka inaad in aad sigaar cabto. Naftaada xusuusi sababta aad u joojineyso sigaar cabidda. Ku soo cel-celi waxa aad sameyn lahayd marka uu sigaar ku qabto. Naftaada ka abaal mari awoodda ikhtiyaar iyo geesinnimada.

La hadal takhtarkaaga ama kalkaalisada haddii aad wax su'aalo ama walaac ah qabtid.

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