

Get Healthy with Your Benefits: Smoking Cessation

VEBA online



Why quit

Most of us are well aware that quitting smoking will make an immediate difference in our lives — we'll taste and smell food better, have a diminished cough, and fresher breath. Our blood pressure, pulse, and body temperature, elevated by nicotine, will return to normal. Carbon monoxide and oxygen levels in our blood will return to normal, and our chance of having a heart attack decreases. Also, our circulation will improve and our lungs will become stronger, making it easier to walk and exercise.

We also know the long-term benefits for quitting smoking. Our chance of dying from lung cancer is less than it would be if we continued to smoke, and our chance of getting cancer of the throat, bladder, kidney, or pancreas also decreases.

How to quit

But the big question is how to quit. For tips on quitting smoking and how to keep it that way, view and print the online guide to quitting smoking at <http://www.smokefree.gov/guide/>.

Here are some of the tips you'll find in the guide:

- Set a date for quitting and stick to it.
- Smoke only in certain places, such as outdoors.
- When you want a cigarette, wait a few minutes. Try to think of something to do instead of smoking; you might chew gum or drink a glass of water.
- Buy one pack of cigarettes at a time. Switch to a brand of cigarettes you don't like.
- When you get the urge to smoke, do something else instead. Carry other things to put in your mouth, such as gum, hard candy, or a toothpick.
- Start a money jar with the money you save by not buying cigarettes.

online resources

Additional online resources include:

- <http://www.quitnet.org> — QuitNet contains extensive information, chat rooms, and news about tobacco and health
- <http://www.cdc.gov/tobacco> — this Web site, provided by the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP), provides access to many government resources for quitting smoking
- <http://www.surgeongeneral.gov/tobacco/default.htm> — this Web site provides the U.S. Tobacco Cessation Guidelines and materials for people who want to quit smoking.

You can also call the National Cancer Institute's Smoking Quitline toll-free at 1-877-44U-QUIT (1-877-448-7848). Information specialists are available to provide suggestions and support.

Another place you can go for help is your medical plan. Go to www.pacificare.com or www.kaiserpermanente.org. PacifiCare offers a 20% savings on a wide range of LifeSign smoking cessation products, and Kaiser Permanente's HealthMedia Breathe® includes customized strategies to quit smoking.

Help is available if you want it: call or click to stop smoking today.