IMAGINE ME TOBACCO FREE

A guide to help if you are ready, and support if you are not.
WHY WE SHARE OUR STORIES
Quitting tobacco and staying quit is a different process for everyone.

We want to share our stories and what we have learned as we have gone tobacco free. Some of us are still getting there. When we are ready, we know we will have a lot of support to help us through.

As you read our struggles and successes, please keep an open mind. We hope our stories bring a sense of relief, knowing you are not alone.

What we share is no replacement for the advice of a doctor or medical expert, of course. We encourage you to start your own tobacco-free journey by reading this booklet and talking with your health care provider. Even just thinking about quitting tobacco is a great first step!
Imagine Me, Not Cold Turkey

I’m Kirt from North Ogden, Utah. I started smoking when I was 12 or 13. As I got older, it affected my relationships. My wife didn’t like the smell and knew it was causing damage to my body. It was never something I felt I could do at home, so I’d sneak smokes when I was away. My wife expressed that it was harming our relationship to smoke behind her back.

My wife and family are very important to me. So, the first time I tried to quit it was just cold turkey. That didn’t work. The second time was in 1999 and I stayed away until 2008, then hit a stressful time. I was working in the Middle East and a co-worker continually offered me cigarettes. One day, I gave in. I knew I had to quit again, so I gathered up all of my smoking stuff and put it in a bag. I asked a guy I worked with to take it and said, “No matter what, when I ask for this back, don’t give it to me,” and then he wouldn’t. In that way, he was very supportive. By the time I went home, I had quit for two weeks and I have stayed quit. For me, time was the key.

My advice to someone wanting to quit? Do what works for you. There are a lot of programs to help. If you’re trying to quit cold turkey, get support. Have people around that can help, because it is hard. Try to cut out people who enable you. It can take several attempts to quit. It is not as easy as people think.

Using tobacco is an unhealthy choice that can lead to a habit, just like eating a poor diet or not getting enough rest or exercise. It does not make me a bad person.

Quitting tobacco is a personal choice. I knew my wife wanted me to quit, but I had to find my own motivation. Here are things I’d say to my wife while I was making my decision to quit:

• Learn to see ME, not my tobacco use.
• Know that the decision to quit tobacco needs to be my choice.
• Remember the qualities you love and appreciate about me.
• Try to let go of anger and disappointment you may feel about my tobacco use.
• Be ready to support me if or when I come to you for help.
My name is Jamie and I’m from Salt Lake. I started smoking when I was 14 and smoked all through high school and college. It made activities I love to do, like hiking, harder. I remember being scared that one day I wouldn’t be able to take the next breath. I have asthma and smoking made it worse. **My quitting process was a long one.** I tried at various ages and stages in my life. Gum, patches, medication… I would quit and then gain weight, and then feel guilty or bad and start smoking again. It would only take one cigarette and I would be back to smoking.

I was inspired by a neighbor who had cancer. I replaced smoking with running and started doing half marathons with Huntsman Hometown Heroes. I also wanted to get married and have kids, and I didn’t want smoking to be part of my life. Now I hike and do everything I love outdoors. **I feel amazing.** It’s been life-changing. I wanted to do this for my little boy, for my family, and for myself—to be happy and healthy for me. **I have overcome a lot of challenges, and quitting tobacco is one of them!**

My advice to others is to **understand your triggers for smoking and make a plan to avoid them.** One of my triggers was feeling bad about myself and my strategy for avoiding smoking was to start running. Below are other triggers I faced. Add some of your own along with a strategy.

WHAT IS YOUR PLAN?

<table>
<thead>
<tr>
<th>Triggers</th>
<th>Strategies</th>
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<tbody>
<tr>
<td>Waking up in the morning</td>
<td>Glass of water on night stand before bed, wake up and drink it</td>
</tr>
<tr>
<td>After eating</td>
<td>Chew a piece of nicotine gum after meals</td>
</tr>
<tr>
<td>Being with other smokers</td>
<td>Make new friends at work to join on a walking break</td>
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I wanted to do this for my little boy, for my family, and for myself—to be happy and healthy for me.
Imagine Me, Breathing with Ease

My name is Jacob, and I’m from Salt Lake. I wanted to play soccer with my 8-year-old daughter but when I tried, I found myself lying on the ground for 5 minutes sucking wind. My daughter came up to me and asked if I was ok. I could see the worry in her eyes. That sealed the deal for me. Later, I was sitting on the couch looking at my last cigarette in the pack and thought, “I’ve gotta make a choice. Am I or am I not going to let that little tiny piece of paper and tobacco define who I am?” So I put that cigarette and a match on my mantel and made a choice, saying, “I’m not smoking that.”

You can do it. You need to dig deep and make a choice…and every day, get up and make that same choice. It can be done. It’s not easy, but I did it.

I love my daughter and appreciate her love and concern for me. Here are some things that kids can do to help their mom or dad quit:

- Be supportive and do not judge or blame them.
- Offer them rewards or small gifts for trying to quit.
- Make a tobacco-free treat bag. You could add sugar-free gum, cinnamon sticks, toothpicks, licorice, straws, a worry stone, a water bottle, healthy snacks, new toothbrush and toothpaste, and hard candies.
- Understand that your mom or dad might feel grouchy because they are not getting nicotine anymore.
- Encourage them when they feel frustrated, stressed, or anxious.
- Love them, and focus on keeping your family as healthy as possible.
- Play outside together by riding bikes, taking walks, and kicking around a ball.
- Help to clean up and get rid of any ashtrays or things that remind your mom or dad about smoking.
- Help clean out your car and house to get rid of the smoky smell.
- Write a note to tell them how proud you are.
- Distract their hands with a ball, pen, silly putty, or hold their hand.
- Give lots and lots of HUGS!!

Quitting smoking or vaping is easier if you have support. Make a list of people you feel could help you through those tough first weeks of withdrawal. You can use online texting support 24 hours a day as well. Who do you trust?

The family, friends, coworkers, and health care providers I want to tell are

[Names and information]

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My name is Shelley and I’m from Ogden, Utah. I took a pack of cigarettes from my father when I was 11 and shared them with my girlfriends. Who knew 41 years later I would survive breast cancer, and yet, still be smoking. How many times did I try to quit? A thousand! Gum, nicotine, cold turkey, food, friends, going to church—I tried everything I could come up with.

You may be thinking, why would she bother to quit smoking if she already had cancer? **Here are some things I learned about smoking and cancer:**

- Quitting smoking reduces the risk of dying from cancer, even if you have already been diagnosed.

- For people who have cancer, quitting smoking helps the body heal and respond better to treatments like surgery, chemotherapy, and radiation.

- People who have cancer can still reduce their risk of cancer coming back or getting a second cancer if they quit tobacco.

The last time I quit, it took a lot of prep time. I took three months before my quit date and tried to change my behaviors and my attitude. I’m a numbers person. **What helped me was setting an actual numbers date.** So I quit on **12/13/14.** But I took it a step further and quit at **15:16** military time. So, **12, 13, 14, 15, 16.** I get to claim that today!

This chart from the National Cancer Institute is also a great way to get **START-ed.**

**“Don’t quit quitting! It’s really important. I have quit hundreds of times and if I had stopped I wouldn’t have made it to today, as a smoke-free person.”**

**START: FIVE IMPORTANT STEPS TOWARD QUITTING FOR GOOD**

- **S** Set a quit date.
- **T** Tell family, friends, and coworkers you plan to quit.
- **A** Anticipate and plan for the challenges you will face while quitting.
- **R** Remove cigarettes and other tobacco products from your home, car, and workplace.
- **T** Talk to your doctor about getting help to quit.
Imagine Me and My Quit Team

My name is Erik. At 35 years old, I decided to quit tobacco for my overall health. I am a professional action sports photographer. To photograph all the crazy things pro athletes do, I have to go to all the places they go—mostly in the mountains.

I [teamed up] with my doctor to talk about prescription medicine to help me quit. We talked about withdrawal, side effects, and how long I would need to stay on medication, then I made the choice to do it. Medication took away the physical need for cigarettes and nicotine. I wanted to smoke, but I didn’t need to smoke. That made it easy to fully commit to quitting. Team up with my doctor and friends helped, and when I went off the medication, I was a non-smoker.

Everything I do is easier without smoking. My health is better. I perform better while playing sports. I do my job better. I can hike and bike farther and faster. I don’t get sick as often and when I do, it’s not as bad as it was when I was smoking. I travel and fly a lot for work and I’m not anxious to have a cigarette on long flights. I don’t have to deal with the hassle of finding a place to have a cigarette all the time. I’m not wasting time and money spending an hour and a half of my life every day smoking. I’m not that gross smoker guy. The benefits of being a non-smoker were all the motivation I needed to keep from smoking then, and now.

Team up, and talk to your doctor about over-the-counter and prescription products that can help you quit.

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Write down the questions you have for your health care provider

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<table>
<thead>
<tr>
<th>PRODUCT</th>
<th>NICOTINE NASAL SPRAY</th>
<th>NICOTINE INHALER</th>
<th>BUPROPION SR TABLET (GENERIC)</th>
<th>VARENICLINE TABLET</th>
<th>NICOTINE SKIN PATCH</th>
<th>NICOTINE GUM</th>
<th>NICOTINE LOZENGE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brand Name</td>
<td>NICOTROL NS</td>
<td>NICOTROL INHALER</td>
<td>ZYBAN</td>
<td>CHANTIX</td>
<td>NicoDerm CQ</td>
<td>Nicorette Gum</td>
<td>Nicorette Lozenge</td>
</tr>
<tr>
<td>Treatment Time</td>
<td>Up to 3-6 months</td>
<td>6-16 cartridges/day; puff each cartridge for up to 20 minutes</td>
<td>Up to 12 weeks; maintenance up to 6 months</td>
<td>12 weeks; may consider an additional 12 weeks to enhance cessation</td>
<td>Up to 10 weeks</td>
<td>Up to 12 weeks</td>
<td>Up to 12 weeks</td>
</tr>
</tbody>
</table>

TALK WITH YOUR DOCTOR ABOUT DOSAGE, POSSIBLE SIDE EFFECTS, WARNINGS, TREATMENT TIME, AND WHEN OR HOW TO USE PRESCRIPTION NICOTINE REPLACEMENT THERAPY.
Your journey to becoming tobacco free is unique and important for the quality of life you lead. You may have had many ups and downs. But remember, experiences are not failures. Each one gives us the chance to learn something new.

Using what we learn from both negative and positive experiences can give us the determination to keep going or try a different approach. The thing that people like Kirt, Jamie, Jacob, Shelley, and Erik have in common is that they kept trying and continued to make choices that would eventually lead to their success.

What is the next chapter in YOUR STORY? Can YOU imagine yourself tobacco free? What would YOUR LIFE look like without tobacco?

Imagine yourself with YOUR FRIENDS, FAMILY, and OTHERS, living free of addiction, free of added health risks, breathing easier, and enjoying MORE of WHAT LIFE HAS TO OFFER. You can decide when the time is right for you.

When you are ready, there is a wealth of support and resources to help. We know you can do it! Someday, you may be the one helping others and sharing your story of how you chose to TAKE YOUR LIFE BACK from tobacco.
Do you care about someone who uses tobacco? You may feel frustrated if your loved one does not want to quit or has not been successful. The decision must be made by the person who uses tobacco. Though you cannot make someone stop using tobacco, you can be an important player on a quit team. Get prepared so when they are ready, you will be, too.

Here are steps you can take.

**Step 1: Let Go**
Think of how much you care about your loved one. Focus on the things you like and appreciate. Try letting go of anger and disappointment about their using tobacco. Avoid nagging or threatening. These actions will increase trust and respect.

**Step 2: Learn**
Learn how nicotine is addictive and try to understand why your loved one uses tobacco. Think about something you really love such as eating ice cream, shopping, or running. Think about how the activity makes you feel. It may relax you, give you energy, or give you a sense of control. Now think how upset you would feel if you knew you could never enjoy that activity again. Tobacco users deal with the same feelings of anxiety when faced with the loss of their habit. For someone who uses tobacco, quitting can feel like losing something you love.

**Step 3: Love**
When you feel ready, have a relaxed talk with your loved one. This is a chance to show how much you care. Be honest. Make sure it is a time when you are calm, not angry.
- Explain why using tobacco worries you without blaming the person.
- Focus on your love for this person and your hopes for him or her to live a long, healthy life.
- Tell about the type of support you will give through the quitting process.
- Reassure the person that you still love him or her, even if he or she hasn’t quit yet. Say you will be there for support in the future. Quitting can be an overwhelming decision that the person needs to think about and plan.
- If your loved one is ready to quit, talk about the reasons.
- Help learn about ways to quit and find resources.

**Step 4: Support**
Prepare ways to support your loved one during the process.
- What are some ways you can reward your loved one for his or her efforts to quit? (Examples: small gifts or notes of encouragement)
- What resources can help with the costs of nicotine-replacement medicines? (Examples: insurance, waytoquit programs)
- Can you offer emotional support and encouragement if your loved one feels frustrated or anxious?
- Will you make time to spend with your loved one, keeping busy by taking walks, discussing news and events, or watching movies?
- Can you prepare low-fat meals and treats to help limit concerns about weight gain during the quitting process?
- Will you still offer support and not judge your loved one if he or she continues using tobacco?
Tips from Huntsman Cancer Institute

Prepare

• Make a tobacco-free treat bag with things like gum, cinnamon sticks, licorice, straws, and toothpicks.
• Be ready for withdrawal symptoms your loved one might have such as irritability and tiredness, especially during the first week—and try not to take it personally.
• Help your loved one stay active by riding bikes, playing tennis, or going outdoors for fun.
• Offer to buy nicotine patches or gum, a relaxing book, or music.
• Make healthy, low-fat meals or snacks.
• Help get rid of or clean things that remind the person of using tobacco such as ashtrays, smoky clothing, and inside cars.

Communicate

• Visit or call just to listen to your loved one’s concerns and feelings.
• Take the person out to a restaurant or social event.
• Send a card or text congratulating him or her on quitting.
• Acknowledge how hard your loved one is working to quit. Say that you notice the efforts, in person or with a note or text message.
• Give praise and compliments every day. Ask friends and family for their support and encouragement, too.

Recognize

• Make coupons for fun activities such as hugs, walks, massages, or movies.
• Give a piggy bank to your loved one for the money saved by not buying tobacco products.
• Buy your loved one a gift certificate for a manicure. Smoker’s fingers and nails may have yellowed from years of smoking.
• Celebrate the first tobacco-free week, month, and each year.
• Throw a six-month tobacco-free party.
• With permission, congratulate the person on Facebook or other social media.

Find your way to quit. waytoquit.org
If you are more than a little curious, here is one of many reliable resources to get you started.

**way to quit**

<waytoquit.org> tells about the health risks of tobacco and nicotine use and offers proven resources and motivation for living a tobacco-free life. It offers access to quit coaches both online and over the phone at 1-800-QUIT-NOW.

If you had cancer or were recently diagnosed, there is no better time to quit than now.

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**LUNG CANCER SCREENING**

Lung cancer screening is a procedure that uses low-dose radiation to make a series of very detailed pictures of areas inside the body. This procedure is also called a low-dose CT scan. Lung cancer screening is not for everyone. It is recommended only for adults who have no symptoms but who are at high risk for developing the disease because of their smoking history and age.

**LUNG CANCER SCREENING GUIDELINES**

- People 55 years old and over
  - More than 30 pack years of smoking
  - Currently smoking or quit within the past 15 years

**OR**

- People 50 years old and over and more than 20 pack years of smoking

One or more of these risk factors:
- Exposure to radon
- Workplace exposure to chemicals
- Family history of lung cancer
- Disease history (COPD or pulmonary fibrosis)

People who are concerned about their risk should discuss individual cancer screening recommendations with their health care provider.

**FOR MORE INFORMATION ABOUT SCREENING ELIGIBILITY, CALL 801-587-4470.**