

COPD and smoking

Quitting smoking is one of the best things you can do for your health and your COPD.

Did you know?

- Smoking is the leading cause of COPD
- Secondhand smoke may make COPD symptoms worse
- Smoking increases your chances of getting heart disease, having a stroke, and developing lung cancer
- No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier



Think about reasons for quitting

If you woke up tomorrow as a nonsmoker, what would you like about that? How would your life be better?

What are some next steps?

Make a plan to quit smoking

- Remember your reasons for quitting
- Plan ahead for the triggers that cause you to smoke
- Make your home smoke free
- Tell your family, friends, and co-workers you are going to quit and want their support. Ask them not to smoke around you
- Get support
 - Web sites such as www.lung.org and www.smokefree.gov have programs to help
 - The National Cancer Institute offers a toll-free support line at 877-44U-QUIT (877-448-7848)

Prepare to quit

Identify and plan for triggers

When do you smoke? I smoke:	
<input type="checkbox"/> When I am feeling stressed or depressed	<input type="checkbox"/> When I drink coffee
<input type="checkbox"/> When I am around others who smoke	<input type="checkbox"/> When I am on the phone
<input type="checkbox"/> When I am drinking alcohol	
Other times I smoke:	

Here are ideas that may help

Which will you try?	
<input type="checkbox"/> Remove cigarette odors. For example, wash your clothes, vacuum floors and furniture	<input type="checkbox"/> Drink water
<input type="checkbox"/> Remove ashtrays, lighters, and cigarettes	<input type="checkbox"/> Take deep breaths
<input type="checkbox"/> Change your daily routine and habits	<input type="checkbox"/> Use a stress ball
<input type="checkbox"/> Use nicotine replacement	<input type="checkbox"/> Listen to music
<input type="checkbox"/> Take a walk	
What other ideas will you try?	

Set a date to quit smoking, and stick to it

- My date to quit smoking is: _____
- If you've tried 1 or more times to quit, keep on trying! Most smokers try several times before they quit for good.

**It's never too late to quit smoking.
Talk to your healthcare provider about your plan to quit.**

