

Quit Tobacco

Plan for Success



*Redington-Fairview General Hospital
would like to support your goal of
becoming tobacco-free.*



REDINGTON-FAIRVIEW
GENERAL HOSPITAL
(207) 474-5121 ♦ www.rfgh.net

Reach For Good Health!

Quit Plan Worksheet

List your reasons for wanting to quit.

Some examples include: health, quality of life, family, cost, control tobacco products have on us, smell, etc.

- 1.
- 2.
- 3.
- 4.
- 5.

List your tobacco triggers & identify a plan to address each of your triggers.

Triggers are the times or habits when you have the strongest cravings. Examples include: stress, after meals, being around others who use tobacco products, after coffee, after an alcoholic beverage, etc.

Triggers:	Plan for each Trigger:

Work with your doctor to decide on any medications that you might take to help reduce your cravings.

There are several medications, both prescription and over-the-counter that have been proven to at least double a person's chances of quitting long-term.

Tobacco Quit Medication?_____

Seeking the support of others can increase chances for success.

Support from friends, family & co-workers can be beneficial. Be sure to communicate to them the kind of support that you need.

Who are your support people?

- 1.
- 2.
- 3.
- 4.
- 5.

Tobacco Cessation Support Programs are proven to increase success rates.

Which programs are you interested in participating in?

- RFGH's FREE Tobacco Cessation Support Group (858-2318)
- Somerset Heart Health's FREE Quit & Win Tobacco Support Program (474-7473, ext. 206)
- Maine Tobacco Helpline (1-800-207-1230)
- Other

Reward Plan

Setting both short & long term rewards for quitting can help to keep individuals motivated.

Short Term Reward _____

Long Term Reward _____

Set a Quit Date

Give yourself time to put your plan in place.

Quit Date? _____

Relapse Prevention

Identify relapse prevention strategies that can help you stay tobacco-free. Below are some things that can be helpful.

Identify healthy ways to manage stress.

Examples include exercise, journaling, deep breathing, supportive relationships, engaging in hobbies, seeking professional help when necessary.

Healthy Strategies for managing stress?

- 1.
- 2.
- 3.

Remind yourself that you can not have just 1.

If alcohol has tripped you up in the past avoid it until you feel confident that you have successfully quit.

Keep referring to your list of reasons for wanting to quit in the first place. Also recognize the benefits that you are starting to see.

Communicate with your doctor if you are having any side effects from any tobacco cessation medications that you are taking or if your cravings are still very strong. Your physician may change or adjust your medications.

After you quit.....

Within 20 minutes of smoking that last cigarette, your body begins a series of changes that continue for years.

In 20 minutes:

- ✓ Blood pressure drops to normal.
- ✓ Pulse rate drops to normal.
- ✓ Body temperature of hands & feet return to normal.

In 1 year:

- ✓ Excess risk of heart disease is half that of a smoker.

In 5 years:

- ✓ Lung Cancer death rate for average former smoker (one pack a day) decreases by almost half.

Quit Tip

Remember that tobacco use is highly addictive and it often takes many attempts before individuals successfully quit.

Try not to get discouraged and understand that it is normal to struggle.

Learn from each quit attempt.

Having a good plan & seeking support can increase chances for success.

(See next page for Support Programs)

You only fail when you quit trying.

Tobacco Cessation Support Programs

Redington-Fairview General Hospital's FREE Tobacco Cessation Support Group

Meets the 1st and 3rd Thursday of each month
from 5:30 - 6:30 pm at the hospital.
Call 858-2318 for more information.

Somerset Heart Health's Quit & Win Program

FREE tobacco support program.
Call 474 - 7473, ext. 206 for more information.

Maine Tobacco Helpline

FREE support over the phone.
Call 1 - 800 - 207 - 1230.

Also Visit:

www.tobaccofreemaine.org

www.mainelung.org

www.cancer.org

www.americanheart.org



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 A Healthy Maine Partnership