

Quitter A La Mode

Health Recipe for Quitting Smoking

Sponsored by Matt Colaluca, PA-C
Belgrade Regional Health Center



Ingredients

- *1 cup of Knowledge
- *1 cup of Planning
- *½ cup of Support
- *3 tsp of Perseverance

1. **Whip up some Knowledge.** Learn what exactly smoking does to your body. Find out health consequences such as increased risk of lung cancer. Discover how addiction works. As a quitter, you are working against your brain! That is not easy at all, so medication can be a huge help in overcoming that challenge. When you are ready to quit, talk to your doctor about aids that might make smoking cessation easier. And do not be afraid to try a number of different medications until you find one that works best for you!

2. **Mix with some Planning.** Any quitting effort involves a plan. In addition to finding helpful resources, it is important to take the time and learn what your triggers are, and have plans to address them. That way, once you pick your quit date, you already have developed strategies, which you can then refine as you go along.

3. **Add Support to above mixture.** In addition to letting friends and family members know what you are doing, you can contact different agencies for advice, support and help. Quitting does not need to be done alone. Here are some free resources:

- *Maine's Tobacco Helpline* (1-800-207-1230) provides free, confidential support for quitters and smokers considering quitting.
- <http://www.becomeanex.org/> is an online support site for quitters. Users can create a login to track their progress.

4. **Finally, stir in Perseverance.** Quitting smoking is hard. It often takes people 8-11 attempts to quit for good. Therefore, treat a quit as a learning experience. If you fall off of the wagon, you can learn from that attempt and try something different on your next quit.

After ingredients are mixed, continue adding bits of each as needed to remain a successful quitter!

<http://www.becomeanex.org/>
http://www.tobaccofreemaine.org/quit_tobacco/how_to_quit.php
<https://www.thenatc.org/Default.aspx>

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11 locations to serve you:

Bethel Family Health Center – Bethel
Bingham Area Health & Dental Center – Bingham
Belgrade Regional Health Center – Belgrade
Lovejoy Health Center – Albion
Madison Area Health Center – Madison
Mt. Abram Regional Health Center – Kingfield
Richmond Area Health Center – Richmond
Rangeley Family Medicine – Rangeley
Strong Area Health & Dental Center – Strong
Sheepscot Valley Health Center – Coopers Mills
Western Maine Family Health Center – Livermore Falls