



HACKENSACK MERIDIAN HEALTH

QUIT CENTER

TOBACCO FREE FOR A HEALTHY NJ

Hackensack Meridian Health now offers
a Tobacco Treatment Program to help people
stop smoking.

To speak with a Tobacco Treatment Specialist
call 551-996-1632, text 201-655-1024
Or email QuitCenter@HackensackMeridian.org



Hackensack
Meridian Health



John Theurer
Cancer Center

NJ Health
Improving Health Through Leadership and Innovation

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INTRODUCTION

Congratulations!

You are taking the first step to quit smoking.

The information in this booklet will guide you in your journey in quitting cigarette smoking.

MYTH

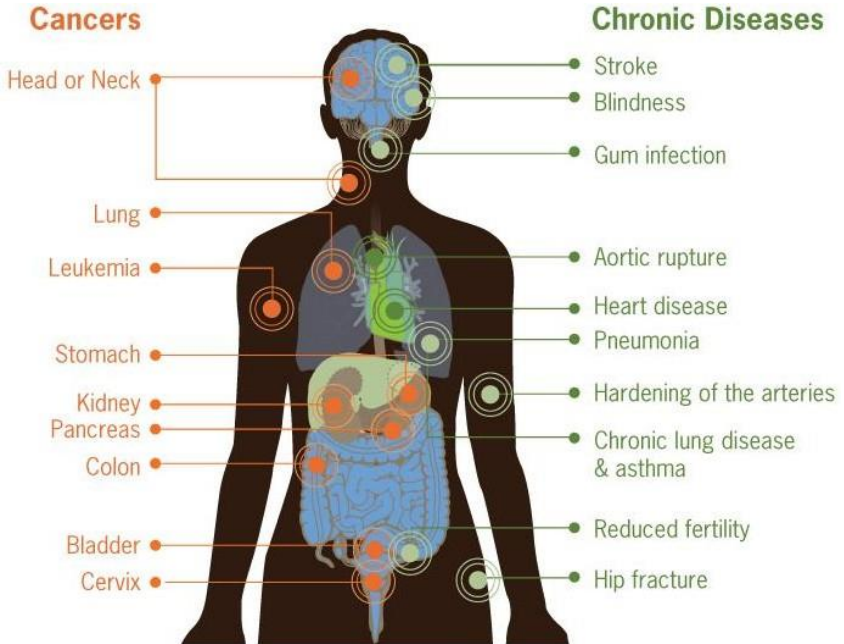
"I smoke because I don't have will power!"

FALSE!

Nicotine is addictive and can make quitting hard. Many people quit smoking every day. You can do it, our program is customized to meet your needs and help you.

RISKS OF SMOKING

Smoking damages every part of your body.



MYTH

“It is healthier to smoke fewer cigarettes!”

FALSE!

There is no safe level of smoking. Even smoking one cigarette per day increases your risk of heart disease and stroke.

SHORT-TERM HEALTH BENEFITS

Quitting smoking is one of the best things you can do for your health. When you quit smoking, you will feel the benefit immediately.

20 Minutes:
Heart rate and blood pressure decrease.



12 Hours:
Oxygen levels normalize. You can breathe better.

48 Hours:
Sense of smell and taste improve. Food tastes better.



72 Hours:
Pulmonary function improves.

LONG-TERM HEALTH BENEFITS

3 Months:

Circulation improves and lung capacity increases. It is easier to exercise.



9 Months:

Lungs are cleaned. The risk of respiratory infections decreases.



12 Months:

Risk of having a heart attack is reduced by half.



5 Years:

Risk of developing mouth, throat and esophagus cancer is reduced by half.



10 Years:

Risk of lung cancer decrease by half.



15 Years:

Risk of heart disease is the same as that of a person who never smoked.



Everyone has different reasons to quit smoking. What reasons are important to you?

My Appearance



My Family



My Pets



My Spirituality



Being proud of myself



Saving Money

MYTH

“If I fail to quit the first time, I'll never be able to quit!”

FALSE!

Most smokers try to quit more than once.
You are more likely to succeed each time that you try.

You do not need to quit smoking alone!

Many smokers use pharmacotherapy to help them quit. We provide three options of Nicotine Replacement Therapy (**NRT**) that are safe and evidence based which doubles your chances of quitting:



Nicotine Patch

Nicotine Gum



Nicotine Lozenge

MYTH

"Using NRT will make me addicted to nicotine!"
FALSE!

Using this medication will not get you addicted to nicotine. NRT will help you be more comfortable while you quit.

NICOTINE PATCH



- Nicotine patches deliver nicotine through the skin for 24 hours.
- Place the patch in different parts of the body (like arms or back). Use it in a clean, dry and hairless place.
- Be sure to use a new patch every day. Do not use more than one patch a day. Do not cut into small pieces.
- If you have nightmares while using it, take it off before going to sleep.
- To know the dosage and how long to use the nicotine patches, look at the table below.

How many cigarettes do you smoke?	21 mg	14 mg	7 mg
More than 10 cigarettes a day?	6 Weeks	2 Weeks	2 Weeks
Between 5-10 cigarettes a day?		6 Weeks	2 Weeks
Less than 5 cigarettes a day?			8 Weeks

NICOTINE GUM

(Recommended for those who smoke less than 10 cigarettes per day)



- When you are about to face a difficult situation, follow these steps:

1. Chew a piece of gum until you feel tingling in your mouth.

2. Put it between your cheek and gum until the tingling stops.

3. Change sides and repeat steps 1 and 2 until the tingling is gone.

- Following these steps will help with the urge to smoke.
- Nicotine gum works in 15 minutes and lasts around 30 minutes.
- Do not eat or drink anything for at least 15 minutes before use.

NICOTINE LOZENGE



- Nicotine lozenges are available for smokers trying to quit and for ex-smokers seeking quick relief from nicotine cravings.
- When you are about to face a difficult situation, follow these steps:
 1. Place 1 lozenge in your mouth.
Occasionally move it from side to side.
 2. Allow it to slowly dissolve in your mouth (20-30 minutes.) Do not chew or swallow.
- Use only one lozenge at a time.
- Do not use more than 5 lozenges in 6 hours or more than 20 lozenges per day.
- Do not eat or drink anything for at least 15 minutes before use.

NRT SIDE EFFECTS

Side effects are generally minor and disappear after a few days. Here are some solutions to the most common side effects:

Nicotine Patch

Side Effects	Solutions
Skin Rash	<ul style="list-style-type: none">• Try a different area. Make sure the skin area is clean, dry and hairless.• Apply an over-the-counter antihistamine cream.
Nightmares or Insomnia	<ul style="list-style-type: none">• Take it off before sleeping. Remember to put on a new one in the morning.• Have a relaxing routine when going to sleep. Do not drink coffee, tea or soda with caffeine after 6:00 PM.
Headaches	<ul style="list-style-type: none">• Use an over-the-counter pain reliever like Tylenol.• Drink a glass of water or try taking a nap.
Upset Stomach or Nausea	<ul style="list-style-type: none">• Try a stomach acid tablet like Tums or Rolaids.• Drink a glass of water or eat something bland such as rice or cooked carrots.

Nicotine Gum

Side Effects	Solutions
Upset Stomach	<ul style="list-style-type: none">• Make sure you are not chewing it like a regular gum. Remember to put it between your cheek and gum.• Try a stomach acid tablet like Tums or Rolaids.
Jaw Pain	<ul style="list-style-type: none">• Use an over-the-counter pain reliever like Tylenol.• Chew gum more slowly.
Headaches	<ul style="list-style-type: none">• Use an over-the-counter pain reliever like Tylenol.• Drink a glass of water or try taking a nap.

NRT SIDE EFFECTS

Nicotine Lozenge

Side Effect	Solutions
Coughing	<ul style="list-style-type: none">• Drink liquids to soothe your throat such as water; try over-the-counter cough drops, hard candies or mints.
Nausea	<ul style="list-style-type: none">• Make sure you are not actively sucking on the lozenge – let it dissolve slowly. Drink water and try a stomach acid neutralizer such as Tums or Rolaids.
Insomnia	<ul style="list-style-type: none">• Do not use the lozenge right before bedtime.
Headaches	<ul style="list-style-type: none">• Try taking a nap; use Tylenol or another over-the-counter pain reliever.

STRATEGIES FOR QUITTING SMOKING

Talk to your doctor if symptoms persist. Remember, NRT is safe and doubles your chances of quitting smoking.

Here are some important steps to quit smoking:

Set a “quit date”

- Choose a realistic date to quit smoking. Make sure you feel comfortable with it. Give yourself time to get ready.

Make a plan to face difficult situations.

- Think about when and why you smoke. These situations are known as “triggers”.
 - o When stuck in traffic, social events, when drinking alcohol, etc.
 - o Stress, anger, sadness, loneliness, boredom, etc.
- Plan a variety of strategies to use in these situations.
 - o Talk with friends and family, practice relaxation, and deep breathing, etc.
 - o Distract yourself, exercise, dance, etc.

Reward yourself

- Celebrate your progress. Schedule fun activities!

OUR TREATMENT TEAM

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My plan to quit smoking:

My QUIT DATE is _____

My main reason to quit smoking is _____

These situations make me want to smoke:

1. _____
2. _____
3. _____

When I face this situation, I will:

1. _____
2. _____
3. _____

PREPARE YOURSELF:

- Involve your loved ones
 - o Tell your friends and family that you are quitting smoking.
- Create a smoke-free environment
 - o Get rid of all your cigarettes, ashtrays, and lighters. Do not forget to check your drawers, coats and bags.
 - o Clean your home, work and car to get rid of the cigarette smell.
 - o Create “No Smoking” rules. Ask your friends and family to not smoke around you.
- Stop buying new cigarettes. Avoid places where you purchase cigarettes.

Need more help?

If you need additional resources to quit smoking, you can call the Quit Center (551-996-1632) or 1-866-NJSTOPS (1-866-657-8677) to receive counseling, and to guide you in your quit plan.





**Take the first step...
...To a tobacco free life**