

MAKE A FRESH START

Change your life for the better

**Expert help is a
phone call away.**



**Call the Quit Line
011 720 3145**



**NATIONAL COUNCIL
AGAINST SMOKING**
www.againstsmoking.org

Make a Fresh Start

*Your personal guide
to stop smoking*



Image courtesy of No Smoking Day UK



health

Department:
Health
REPUBLIC OF SOUTH AFRICA

NATIONAL COUNCIL AGAINST SMOKING

P O Box 1242 Houghton 2041

Quit Line: (011) 720 3145

www.againstsmoking.org

IS SMOKING REALLY WORTH IT?



"I used to think it wouldn't happen
to me. I won't get cancer,
but I was wrong.
I had my voice-box removed
because of smoking. I now breathe
through a hole in my throat."

**"Please quit while you can still
breathe and talk"**

Dennis Woest, cancer survivor

CONTENTS

Is Smoking really Worth It?	1
You can stop smoking	3
There are five steps to quitting	3
How hard is it to stop smoking?	4
Why Quit?	5
Family and friends	7
What does the future hold?	8
Ditch the excuses!	12
Getting Ready To Quit	13
Quit Date	14
Get support	14
Identify danger and find solutions	16
Plan your “Survival Kit”	17
Start saving your cigarette money	17
Helpful Medicines	18
Take it one day at a time	20
Stopping	21
The Night Before	21
The Big Day – Your Fresh Start	22
Avoid Temptation	22
When you get an urge to smoke	23
Getting over Smoking	25
Coping with Withdrawal	26
Beating Stress	27
Coping with Weight	27
Other Tips	28
If you smoke	28
Staying Free	29
The First Week	29
From Weeks 2-6	29
Weeks 7 and after	30
Some Final Questions	31
Message from Nelson Mandela	34

YOU CAN STOP SMOKING!

Congratulations on deciding to stop smoking! Quitting tobacco use is the best thing you can do for your health. Being free of tobacco is choosing life, health and happiness.

Although it is a challenge, you can do it. Millions of people around the world have successfully stopped smoking – SO CAN YOU.

This booklet will help. It gives you the best chance to beat smoking and has been used by thousands of ex-smokers.



**Don't be a prisoner
in your own body**



Break Free

There are five steps to quitting:

1. Think about why you should quit.
2. Decide to quit.
3. Set a quit date and prepare to stop.
4. Stop smoking.
5. Stay free – do not go back to tobacco.

HOW HARD IS IT TO STOP SMOKING?

Some people find it very easy to stop smoking. A few find it very difficult. But, for most people, quitting is neither easy nor impossible.

Here's what five ex-smokers had to say about quitting:

"I chose a date and stuck to it. It was easier than I thought after all the talk of withdrawals."

(Smoked 25 a day for 23 years)

"I tried three times. Finally I used willpower and nearly went mad for three weeks."

(Smoked 20 to 40 a day for 6 years)

"Me and a friend decided to try together. We helped each other and it was quite easy."

(Smoked 15 a day for 34 years)

"I feel wonderfully calm and happy. Looking back it was not that difficult."

(Smoked 30 a day for 32 years)

Remember, everyone is different, and every ex-smoker has his or her own story to tell about how they quit.

What helps one person may not be useful to another. So be prepared to try different things to find out what is best for you.

However, most ex-smokers agree:

"Once I'd really made up my mind to stop, I could do it and it wasn't as hard as I thought."

In the past 15 years, millions of South Africans have stopped smoking for good. They've proven that if you really want to stop, you can.

WHY QUIT?

Kiss Me



I Quit Smoking

The first step in stopping smoking is to make a firm decision to quit. Many people are in two minds about quitting. A part of them wants to stop and another part wants to continue smoking. They are not sure what they really want, and that is why they fail when they try to stop.

So decide what you want. The key to success is WANT power not will power. If you really want to stop smoking you can.

Here are some reasons for stopping smoking, tick the ones that are most important to you:

- ☐ **I want to be healthy.**
- ☐ **I will save money - more than R7500 a year for those who smoke a pack a day. (at 2009 prices)**
- ☐ **I want to set a good example to my children and don't want them to smoke.**
- ☐ **I will be able to go to places where smoking is not allowed.**
- ☐ **No more smelly clothes, dirty ashtrays, and smoky rooms.**

- ☐ **I don't like being controlled by cigarettes. No more desperate hunts for a cigarette when I've run out.**
- ☐ **I'll be nicer to kiss.**
- ☐ **I won't poison the air others have to breathe.**
- ☐ **I will be free from the worry that I may be killing myself.**

Now write down your most important personal reasons for quitting.

(For example: "I will be able to climb stairs without becoming short of breath")

I have decided to quit because

Read your reasons for quitting two or three times a day for the next month. One way to beat an urge to smoke is to remind yourself of why you chose to quit in the first place.



Get ready to save money and get more kisses for it.

FAMILY AND FRIENDS

Your family and friends will also benefit when you stop smoking:

- They will enjoy cleaner air;
 - They won't get lung cancer;
 - They won't get heart disease
- from your second-hand smoke.**



**Spare their lungs.
Do not expose them to tobacco smoke.**

Young children's lungs will grow better. They will also be less likely to be hospitalised with diseases like asthma, bronchitis and pneumonia or to start smoking themselves.

WHAT DOES THE FUTURE HOLD?

What may happen if you keep smoking?

Coughing and blocked sinuses get worse.

Tar coats your nerve endings and you'll continue to lose your ability to smell and taste.

Blood circulation gets poorer causing pain in the legs when you walk and perhaps leading to your arms or legs being amputated.

Your lungs get more damaged &

- breathing becomes more difficult;
- you are more likely to get chest infections like flu and pneumonia;
- you cough up thick, black mucus.

Your teeth keep getting more yellow, and your hair and clothes stink of stale tobacco smoke. There will be an awful taste in your mouth.

You greatly increase your chances of getting sick or dying from:

- A Heart attack
- Stroke
- Cancer
- Emphysema
- Chronic bronchitis
- Peptic ulcer

What will happen if you stop smoking?

Coughing and sinus congestion clears up.

Your nerve endings begin to recover, and your taste buds come alive, as does your sense of smell.

Blood circulation improves. It is easier to walk or exercise. The risk of an amputation falls away.

The lung's natural cleaning system starts working again and

- breathing is easier;
- you have fewer chest infections; and
- the phlegm will clear up.

Your teeth stay whiter and your hair and clothes smell better. Your mouth feels fresh and clean.

With every day, month and year of being free of tobacco your risk of serious diseases starts to fall, until the risk is almost the same as that of a non-smoker.

What may happen if you keep smoking?

Inhaling Carbon monoxide in cigarette smoke reduces the blood's ability to carry oxygen.

In men - you risk becoming impotent and your sperm count goes down. In women, it is takes longer to become pregnant.

A baby is more likely to be born underweight, stillborn or to die before its first birthday.

What will happen if you stop smoking?

The carbon monoxide levels in the blood fall and you'll have more energy and stamina.

In men, sperm becomes more normal and their numbers increase. In women it will be easier to become pregnant when you want to have a child.

Better chance of a normal, healthy full-term baby.



A healthy lung



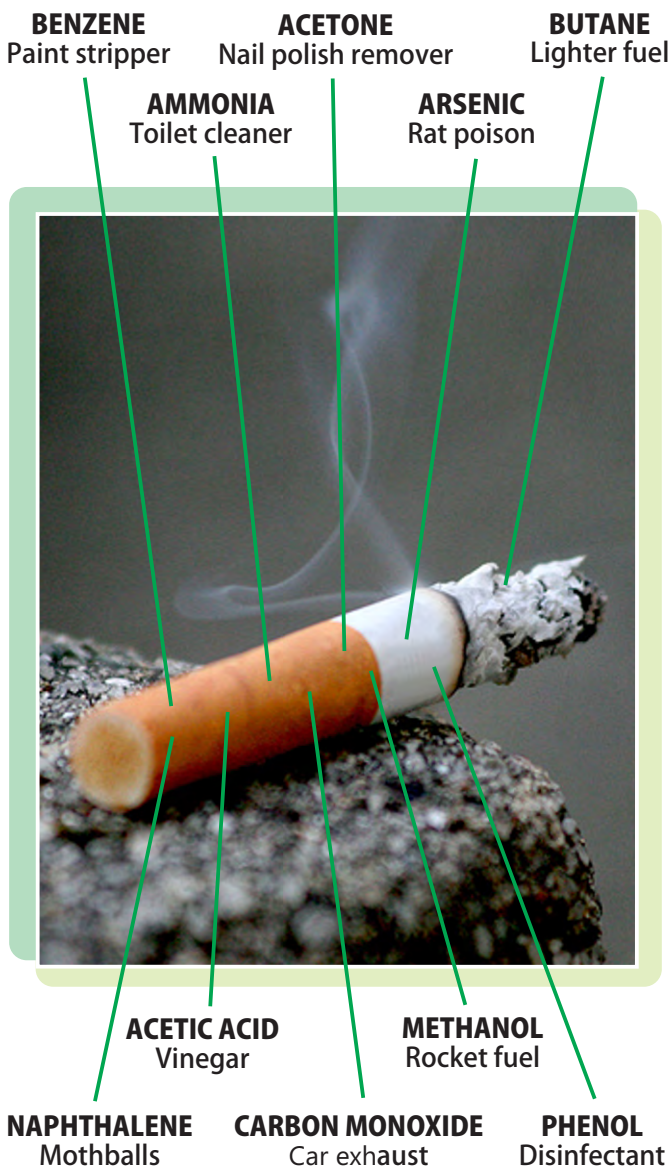
A lung with cancer

If you keep smoking, and inhaling the poisons in tobacco smoke the damage will continue and you could become a respiratory cripple, riddled with cancer or paralysed with a stroke.

If you stop smoking your body will begin to heal and your health will improve. You will experience pride and satisfaction after achieving something you thought was very difficult.

SOME OF THE POISONS IN TOBACCO SMOKE

Tobacco smoke is a cocktail of over 7000 chemicals, of which 200 are poisons and over 60 cause cancer.



DITCH THE EXCUSES!

Here are some reasons people give for not quitting smoking. Do they sound familiar?



"It's one of the few pleasures I have left"

Is this pleasure worth dying for? A 45 year-old smoker with a lung disease called emphysema says: "All I have is problems. Because of cigarettes, I can't breathe. Each and every breath I take is painful and I must take about 20 000 breaths a day. Nothing is worth this pain."



"It is my only friend"

Smoking promises friendship, but it stabs you in the back. It steals your time, your health and your money. Worst of all, it may even take your life. What kind of friend is that?



"Smoking soothes my nerves"

The only tension smoking really eases is the craving for nicotine and the stress of not smoking! There are healthier ways of dealing with stress than smoking, people who stop smoking eventually feel more relaxed.



"It's too late to stop, the damage is done"

No matter how old you are or for how long you've smoked, quitting is good for you. Your body will begin healing the damage caused by tobacco the minute you quit. It is never too late to stop and never too soon.



"I've tried everything and nothing works"

This time it can be different. Many smokers find that they have to try to quit a few times before they finally succeed. Learn from your past mistakes and you can make it this time.

GETTING READY TO QUIT



You have been stuck in the gutter for too long. Get out!

Your best chance of success is to stop smoking completely (cold turkey) rather than slowly cutting down. If you try to cut down, each cigarette becomes more important to you, making it very difficult to give up the last few cigarettes.

However, everyone is different and you may prefer to cut down before quitting completely. Some steps you can make before you stop smoking follow.

1. QUIT DATE



Set a quit date today and make a fresh start.

Decide the date on which you are going to stop. Make it a day when you won't be under much stress, but don't find excuses for putting off your quit date. Set a day about a week from now and get ready to quit.

2. GET SUPPORT



Let their smiles make you strong.

Family, friends and workmates can be a big help to someone who wants to stop smoking. You are more likely to succeed with their support. On the other hand, if you are surrounded by smokers, you will have a harder time stopping. So getting other people to help you is important.

Here are some things you can ask them to do:

- "Please put up with me if I am short tempered or irritable in the first few days after I stop smoking. This will go away soon."
- "Don't tempt me. Seeing and smelling cigarettes will make it harder for me to stop. So, please don't offer me a cigarette and don't smoke in front of me."
- "Be helpful. Keep telling me that you are glad that I stopped smoking."
- "Reward and praise me. Do small things to show that you are proud of me."
- "Don't nag. Be understanding, because I'm doing my best."
- "Give me encouragement when I am finding it difficult. Tell me to stay with it."

Try to find an ex-smoker to help you. Someone who will listen to you and offer encouragement. You can also call the Quit Line for support.

When it gets tough, get expert help.



Call 011 720 3145

3. IDENTIFY DANGER AND FIND SOLUTIONS

Ask yourself “What is the cigarette that is hardest for me to do without?” Is it the first cigarette in the morning, the one after a meal, with a drink, when socializing with other smokers, when you are upset or in some other situation? These are the cigarettes you are likely to miss most when you quit.

Make a list of the situations in which it will be hard for you not to smoke. Now think of ways you can handle the situation without smoking. Be creative. A week or so before your Quit Day, start practicing NOT smoking in these situations.

Here are some WINNING tips:

Problem Situation	Winning Strategy
After a meal or the first cigarette in the morning.	Wait 10-15 minutes after a meal before you smoke. Increase the time by 5 minutes every day so that by Quit Day you do not smoke until at least 30 minutes after a meal. Similarly, extend the time to the first cigarette of the day.
The cigarette with a drink or with coffee.	Avoid alcohol for the first few weeks after quitting. Switch from coffee to tea or another beverage you do not associate with cigarettes.
The cigarette when socializing with other smokers.	Stay away from smokers as much as possible for the first 10 days after quitting. Out of sight, out of mind. Socialize more with non-smokers.
When I'm alone or bored.	Find other things to do. Phone a friend. Go to the cinema. Do a crossword puzzle or a Sudoku. Start a hobby.
When I'm upset or stressed.	Get active – go for a walk, do some stretching. Exercise is a good way to beat stress. Practice deep breathing (see page 23). Tell yourself “Relax. Stay calm.”

By practicing not smoking in tempting situations before Quit Day you will weaken the power of the urges and strengthen your self-control.

4. **PLAN YOUR "SURVIVAL KIT"**

You'll need substitutes for your cigarette. If you need something to put in your mouth try sugar-free chewing gum, a straw, toothpicks or carrots cut into small sticks.

Keep your hands busy by playing with a pencil or worry beads.

You should also decide whether you are going to use medicines. These can help reduce withdrawal symptoms after you give up.

But remember there is no miracle cure - you will still need to put effort into quitting.

Speak to your doctor or pharmacist before your Quit Day. Remember you can quit without using medicines.

5. **START SAVING YOUR CIGARETTE MONEY**

Every day put the money you would have spent on tobacco in a jar and watch it grow. Your savings will soon turn into hundreds of Rand. Save the money for a special treat like a holiday or a day trip for the family. Or buy thank you gifts for the people who helped you the most. Instead of burning your money use it to buy something you could not previously afford.



Notice how smoking steals your money?

Quit and see your wallet become fuller.

HELPFUL MEDICINES

Medicines to help you stop smoking can be bought from a chemist. You should think about using these medicines if you smoke 10 or more cigarettes a day or have tried unsuccessfully to stop several times. There are three types of medicines.

NICOTINE REPLACEMENT THERAPY (NRT)

Addiction to nicotine is the main reason for smoking. You get urges to smoke as the nicotine levels in the blood fall. By getting nicotine from a safer source than cigarettes, like nicotine gum, patches, spray or tablets, smoking withdrawal symptoms can be reduced.

These products generally provide less nicotine than cigarette smoking. So it does not totally remove the cravings and other withdrawal symptoms but does reduce them.

Here are some tips on using nicotine replacement products:

1. Use as much of the nicotine replacement products as you need to relieve withdrawal. Use the gum, spray or tablets before the cravings or discomfort becomes strong.
2. You can use nicotine replacement products for up to 12 weeks.
3. Research suggests that combining the nicotine patch with either the gum, spray or tablets may work better. Put on the patch in the morning and then use the gum, spray or tablets in addition at the times which are particularly difficult.

Nicotine replacement products are available as over the counter medications, and have to be used in a special way. Ask your chemist about how to use them.

BUPROPION

Bupropion is an antidepressant that helps people stop smoking. It does not contain nicotine but acts in the part of the brain that causes the craving for nicotine.

Use of bupropion should begin 1 to 2 weeks before stopping smoking, and it should be used for 7 to 9 weeks after quitting. This medicine should not be taken if you have ever had seizures, serious head injury, mental illness, eating disorders or used alcohol heavily. A prescription from a doctor is required to buy bupropion.

VARENICLINE

Varenicline was designed specifically to help people stop smoking. It helps reduce the urge to smoke by relieving craving and withdrawal symptoms. It also reduces the satisfaction obtained from smoking by blocking the actions of nicotine in the brain. It is an effective medication.

Varenicline use should begin a week before quitting, and it should be used for 12 weeks. A prescription from a doctor is needed to buy varenicline.

In some people symptoms of depression, agitation, suicidal thoughts or actions, may worsen when attempting to quit smoking using varenicline. Stop taking the medicine and contact your doctor should you experience any such symptoms. Tell your doctor if you have a history of psychiatric illness before starting this medication.

ADDITIONAL INFORMATION

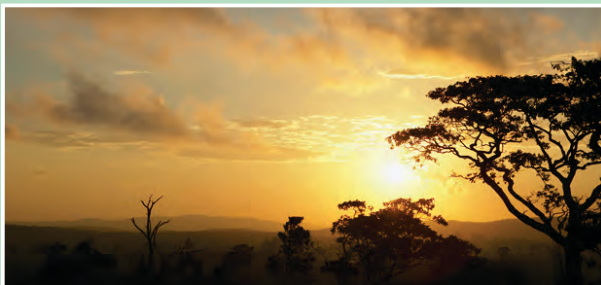
Pregnant and breastfeeding women should first try to stop smoking without using any medication.

Bupropion and the different types of nicotine replacement products are all nearly equally helpful. So choose the medicine you can afford, which has the least side effects and which suits you best. For instance, people with dentures may not want to use the gum, while others may like chewing and so prefer the gum.

Talk to your doctor or pharmacist if you are interested in using a medicine to help you quit smoking.

TAKE IT ONE DAY AT A TIME

Stopping smoking forever seems like a big step. Don't think of never smoking again. Instead, think of quitting in terms of one day at a time. Say to yourself: "I won't smoke today." and then don't.



Each day is a new beginning.

STOPPING



Give smoking the Red Light

THE NIGHT BEFORE QUIT DAY:

- Throw away all your cigarettes, every last one. Make sure that you have no cigarettes left, not even butts.
- Get rid of lighters and ashtrays too. "Out of sight, out of mind."
- Replace cigarettes with sugar-free gum, carrot sticks, straws, toothpicks, or worry beads to keep your hands and mouth busy.
- Be positive. Stopping smoking is a challenge. You can do it!
- If you are using medication be sure that you know how to use them. Read the package insert carefully.
- Smoke your last cigarette and say goodbye to an old enemy.

THE BIG DAY - YOUR FRESH START:

Today is a special day - it's QUIT DAY. So do not smoke. This means none at all -- not even one puff!

It's a day to be kind to yourself. So take it easy today and don't push yourself too hard.

But keep active - try walking, exercising, or doing other activities or hobbies.

Have your 'survival kit' and plans to beat the tough moments ready. Remember it is best to do something to cope with uncomfortable moments, instead of doing nothing. Your motto is: Active coping, not passive suffering.

Plan a treat for the end of the day as a reward for your success. Your goal is to get through the day without smoking. Deal with one urge at a time and beat it.

AVOID TEMPTATION

- Develop a clean, fresh, non-smoking environment around yourself.
- Avoid smokers. Spend more time with non-smokers.
- Avoid places where you used to smoke and smoking areas.
- For the first week or two, try to avoid alcohol, coffee, and other beverages that you associate with smoking.

WHEN YOU GET AN URGE TO SMOKE, HERE IS WHAT TO DO:

1. Remind yourself of your reasons for stopping smoking (see "Why Quit?" on page 5). Tell yourself: "This may be tough, but I can do it!" Give yourself commands like "Don't do it!"; "Stop!" and tell yourself "I am a non-smoker".
2. Practice the "5 D's to Do" listed below. These are simple but effective ways to deal with cravings:



Drink water

Drink between 8 - 10 small glasses of water a day to help wash the nicotine out of your body. (Note: if you are using nicotine patches, gum, spray or tablets, do not drink more water than you normally do).



Deep breathing

Reduce stress through deep breathing. Take a deep breath in through your nose, hold it for 5 seconds, and breathe out slowly through your mouth. Repeat these steps 4 or 5 times until you feel more relaxed. Close your eyes to relax even more.



Do something else

Take your mind off cigarettes by keeping busy – physically or mentally. For example, don't stay at the table after meals. Instead, get busy – wash up, brush your teeth, or go for a walk. Make a list of quick and simple things to do when you get the urge to smoke. You could try a crossword puzzle, read a magazine, listen to music, chew on a carrot or take a relaxing bath.



Discuss with friends and family

Discussing your feelings with friends, especially if they are ex-smokers, can help you feel better and stay smoke free.

Call the Quite Line at (011) 720-3145 to talk to an expert about staying smoke free.



Delay

An urge to smoke disappears after about 1 to 5 minutes. When the urge to smoke is not very strong, you can wait it out. Count to 100, recite a short poem, or say a small prayer. By the time you finish the craving will have gone.

3. Eat a carrot, apple, prune, radish or sugarless gum, but avoid chocolates, crisps and anything fattening. Suck on a straw or play with worry beads.
4. Use your imagination to help you cope with the urge to smoke. When you start to think about how "nice" it would be to have a smoke, imagine instead a pair of black, tar-stained lungs. You can also imagine how disappointed YOU and others will be if you start smoking again.

And when you feel miserable, pick yourself up by seeing yourself as healthy, breathing easily and enjoying life. Who needs a drag?

5. Use nicotine gum, spray or tablets if you decided to use it.

PLAN AHEAD

At the end of each day think about what helped you and what did not work. Call the Quit line if you need to talk about anything. Then look ahead to the next day and make a plan to avoid or handle difficult situations. Be prepared and stay one step ahead of the craving.

GETTING OVER SMOKING

You'll probably find the first week after stopping the hardest. After that, the problems become easier and easier.

While some people do not experience any side effects after quitting, most people notice some withdrawal symptoms. These normally disappear after two weeks, but some, like cravings and hunger, may last longer.

It usually takes a few months before you become completely comfortable with your new life as a non-smoker.

No two people are alike - you are unique. Many of the tips on coping with stopping smoking will work for you, while others won't. It's up to you to select the ones that will work for you.



**It doesn't matter what age you are...
you will still benefit from quitting!**

COPING WITH WITHDRAWAL

You may notice a few physical and mood changes after you stop smoking. These withdrawal symptoms are perfectly normal and will only last a few days.

Symptom	Coping Activity
Craving	The strong urge to smoke usually lasts 1-5 minutes before fading away. Practice the 5 Ds.
Light Headedness and Loss of Concentration	Take things more slowly. Don't push yourself too hard for the next few days. Get regular exercise. Work for short periods and then take a break. Make sure you eat properly.
Coughing	Sip warm water. The coughing will soon clear up by itself.
Tension and Irritability	Take a walk, soak in a warm bath, and try relaxation techniques. Talk to someone about your feelings.
Depression	Modest exercise (a five or ten minute brisk walk, for example) can help to lift your mood. Your problems can be solved. Just tackle them one by one.
Hunger	Eat healthy snacks such as popcorn, carrots, and prunes. Try to eat 6 small meals a day. Drink water.
Trouble Sleeping	Soak in the bath and have a glass of hot milk before going to bed. If you can't sleep, get up and read - or listen to the radio.

Other withdrawal symptoms include dry mouth, headaches, constipation, tiredness, tearfulness, and weight gain. These too are temporary and will soon disappear.

Beating Stress:

Here is a simple technique to help you feel calm. First, reduce nearby noise. Sit comfortably, close your eyes and breathe quietly. Concentrate on your breathing and say the word “calm” (like - caaaalm) or “relax” (like relaaaax) as you breathe out. After 5 to 10 minutes, you will feel better.

Coping with Weight:

Not everyone gains weight after they stop smoking. However, on average, smokers gain 2 kg after quitting. Luckily, weight gain is avoidable. The following tips may help you maintain your current weight after quitting:

- Plan your meals. Eat 3 to 6 small meals daily instead of one big meal.
- Don't replace the cigarette with fatty foods like chocolate, chips, crisps and cake.
- Eat more fresh fruits and vegetables.
- Stay active - do more exercise (e.g. a quick walk around the block).

If you still gain weight, do not panic. If you eat a healthy diet and exercise regularly, you will shed those extra kilograms. Remember that the benefits of stopping smoking far outweigh the risks of gaining a few kilograms.

For more information on healthy eating, phone the Heart and Stroke Foundation of Southern Africa's help line at 0860 223 222.

Other Tips:

Here are some other tips to help you cope with withdrawal symptoms and to stay smoke-free:

- Do stretching exercises. It will help you relax, clear your mind, and distract you from thinking about smoking.
- Get plenty of rest.
- Give yourself plenty of time for those activities that are really important to you.
- Keep feeling positive. Don't feel sorry for yourself. You were a victim. Now you are a victor, beating nicotine.

IF you Smoke...

Something went wrong! You had a smoke. You feel guilty and are in danger of going back to smoking. You don't have to!

Learn from the experience:

What triggered your urge to smoke?

Was it the sight and smell of tobacco?

Was it a stressful experience?

What could you have done to avoid smoking?

How will you cope with the urge to smoke next time?

Now go over your reasons for stopping and tell yourself: **"I'm not going to let this effort go to waste. I'm still a non-smoker!"** Then pick up where you left off.

"I'd rather be a non smoker with an occasional urge to smoke than a smoker with a constant urge to quit"

Unknown

STAYING FREE



**You are now free and in control
of your life. Be Happy!**

THE FIRST WEEK:

Take one day at a time. Today is enough of a challenge; why worry about tomorrow? Use your coping tools like your 'Survival Kit,' your support person, your deep breathing, and exercise. Don't lose hope! The worst will be over in about a week, but it may take 3 months to be really comfortable as a non-smoker.

FROM WEEKS 2-6:

By now the worst of the physical withdrawal is over, but you may still miss smoking. So be sure to reward yourself for staying off cigarettes. When the urge to smoke comes, talk yourself out of it. Remind yourself of why you decided to quit. Say: **"I choose not to smoke"** and make a fresh commitment to staying free of tobacco. The urge will only last a few minutes and then it's over! But if you smoke you will throw away all your hard work.

THE DANGERS NOW ARE:

- **Thinking that one smoke won't hurt**

Yes it will hurt. One cigarette will lead to another and you will soon be back to where you started. So ask yourself "Am I going to throw away everything I've achieved so far?" You're either a smoker or you're not.

- **A celebration**

The company of smokers and the presence of alcohol is a dangerous combination - so be careful. Do not give yourself permission to smoke; give yourself permission to be healthy.

- **A crisis**

Things seem so bad that it does not matter whether or not you smoke. But every crisis will pass. And when it's over, you don't want to have to begin quitting all over again. Get support from a friend or call the Quit Line for help.

WEEK 7 AND AFTER:

Well done! You've stopped smoking. Now the challenge is to stay free of tobacco.

By this stage you will find that people have stopped making a fuss over how well you've done. As far as they're concerned, it's all over.

But you know better. Don't let your commitment fade. Being free from tobacco is a habit too. The longer you stay a non-smoker, the more natural it will seem.

Stopping smoking is one of the best things you have ever done in your life. You have beaten nicotine and changed the habit of many years. Be proud.

SOME FINAL QUESTIONS



“How long will it be before the craving goes away for good?”

It is difficult to say for sure. For some people it only takes a few days. For others the craving to smoke lasts longer, but you will crave less and less as time goes by.

The best way to kill the urge is to starve it to death. Don't smoke and the cravings will slowly die. If you feed it by smoking – even 1 puff – it will get stronger.



“Why can it be so difficult to stay away from smoking?”

As long as you expect to enjoy a smoke, or expect it to relieve discomfort – your desire to smoke will remain alive. You will be free from cigarettes when you no longer think that smoking is useful or good.



“Surely just one cigarette won't hurt after I've given up smoking?”

Just one cigarette can lead to “just one more” and before you know it, you'll be right back where you started. You are only a puff away from a pack a day.



“Can't I smoke one just to test myself, or to see how it felt to smoke?”

NO! These are just excuses for smoking. If you've forgotten what a cigarette tastes like – be glad. You don't need to test yourself by smoking. You've already passed the most important test. You've quit.



“What if I start smoking again?”

Don't lose hope, it doesn't mean you're a failure. Not everyone succeeds the first time. Many people try several times before they finally quit for good. Each time you try you can learn something which will help you the next time. So although you think you've lost the battle, you can still win the war.

So get ready, pick a day to stop again, and go ahead and make A FRESH START! It is best however to QUIT ONCE AND STAY QUIT.



“How will I know when I am free?”

When you no longer think about smoking. When you no longer count the days, when you stop boasting about stopping but are pleased that you did. When being a non-smoker seems the natural way to be.

MAKE A FRESH START

Change your life for the better



Quit Line: 011 720 3145

www.againstsmoking.org

NOTES

**"I kissed my first woman and smoked
my first cigarette on the same day;
I have never had the time for tobacco since."**

Arturo Toscanini - Famous conductor

A MESSAGE FROM NELSON MANDELA



"Stopping smoking...requires energy,
time and effort. Yet millions have
quit and so regained control
of their lives and their health...
I appeal to smokers to quit...Health is a basic
human right. Let us all work,
to help everyone, everywhere, attain health."

"Let us build a tobacco-free world"

Mr Nelson Mandela (1992)