

# Quitting tobacco

## Yes – You can quit!



KAISER PERMANENTE NORTHWEST REGION • HEALTH ENGAGEMENT AND WELLNESS SERVICES

### Is it time to address your tobacco habit?

You already know that tobacco is bad for you, and you may have tried to quit several times before.

If you think of quitting tobacco as a single step, it can seem overwhelming. But quitting is usually a gradual process that occurs over time.

Quitting successfully depends on developing new skills and habits, using the lessons you've learned from past attempts.

Changing old habits is not easy and requires patience. It involves changing some behaviors. The following tips can help.

### Tips that can help

- Acknowledge that quitting tobacco use is important and worth the effort.
- Increase your readiness by focusing on what you will gain.
- Try not to wait for the “perfect” time to quit – there will probably never be one.
- If you live with smokers or chewers, talk with them about setting up “tobacco-free zones” in your home. Ask them to keep tobacco products out of your sight for at least the first few weeks.
- Set a quit date.
- Keep a log or diary to work out problems, examine motivations, and figure out which tools work for you.
- Get plenty of sleep, and take rest breaks if you can.
- Manage stress. Take it easy on yourself as much as possible, and keep your caffeine intake low.
- Avoid boredom – stay busy with things you do not associate with tobacco.

### Your Health Online:

#### shortcuts to better health

- [kp.org/healthengagement/quittingtobacco](https://kp.org/healthengagement/quittingtobacco) – get tips, information, and resources you can use to take charge of your health.
- [kp.org/breathe](https://kp.org/breathe) – get free digital coaching from this Healthy Lifestyle Program. It assesses where you are and what you need, then provides tailored tips, tools, and email messages to help you quit using tobacco.
- [twitter.com/QuitandStayQuit](https://twitter.com/QuitandStayQuit) – follow for motivation and tips to support your quit journey.
- [kp.org](https://kp.org) – sign in to email your doctor, view lab results, refill medications, and more.
- [kp.org/audio](https://kp.org/audio) – listen to or download free guided imagery podcasts.
- [kp.org/video](https://kp.org/video) – view health videos online. Topics include hypertension, asthma, and COPD.
- [kp.org/healthyliving](https://kp.org/healthyliving) – tools to help you live well.
- [kp.org/health](https://kp.org/health) – health encyclopedia.
- [kp.org/healthdecisions](https://kp.org/healthdecisions) – learn about health care decision options.
- [lifecareplan.kp.org](https://lifecareplan.kp.org) – learn about advance care planning and download advance directive forms.
- [kp.org/espanol](https://kp.org/espanol) – content in Spanish.

- Move around. Add more physical activity to your life.
- Brush your teeth and use mouthwash often to keep a clean-mouth taste, especially after meals.
- Drink lots of water.
- Avoid foods high in sugar and fat if you are concerned about gaining weight. Many people substitute food for tobacco.
- Try the “4D’s” if you have a craving:
  - Deep breathing.
  - Drinking water.
  - Doing something else.
  - Delaying gratification.
- Have confidence in your ability to make this work!

## Medication therapy

You can use medication to lessen the physical urge to use tobacco. Medication can double your chances of quitting for good – if you also use support. Support can be in the form of tobacco counseling, classes, or self-help tools.

Kaiser Permanente recommends two types of short-term medication therapy:

- Prescription medication.
- Nicotine-replacement therapy (NRT) patches or gum.

Speak with your doctor to see if medication therapy is appropriate for you and which you might try.



## Health Engagement and Wellness Services

Contact Health Engagement and Wellness Services for a variety of resources. You also can get details in a *Healthy Living* catalog. It's available online at [kp.org/healthengagement/catalog](https://kp.org/healthengagement/catalog) or at any medical or dental office.

- **Talk with a Health Coach** for support and motivation to reach your health goals. This service, free for members, is available Monday through Friday. Or schedule a series of telephone counseling calls for support while quitting. Call the number below and select option 2.
- **Register for a free class and get support in a group setting.** Go to [kp.org/appointments](https://kp.org/appointments). Select Health and Wellness Education as the reason for the appointment. Then follow the prompts to choose the class, location, and date that you want. You also can register by phone. Call one of the following numbers and select option 1.

**503-286-6816 or  
1-866-301-3866**

