

# COPD: Quit Smoking

Smoking is the most common cause of COPD.

If you continue to smoke, your COPD will worsen quickly-- making it even harder to breathe. That's why you need to quit smoking now. It's the best thing you can do to help yourself.

How do you go about quitting smoking?

There are a few ways to quit. Talk with your healthcare provider about what way may work for you.

One way is to pick a quit day. Look ahead a week or two and set the date that you will quit smoking. This is your Quit Day.

*"I'll be 60 August 14. I will quit that day." – Leta, Patient*

Between now and your quit day, you can plan and prepare your strategy for quitting.

There are a number of activities you can do to help you prepare to quit.

Start with identifying your smoking triggers. These are the habits and emotions that drive you to smoke. Is there anything you can do to avoid or lessen them?

For example, if every time you finish a meal you light up, think about what you could do instead.

Now, pick how you will quit.

There are two methods to quit smoking.

Some people decide to stop all at once on their quit day.

Others find it helpful to keep cutting back the number of cigarettes they smoke until they stop all together on their quit day.

What do you think would be your choice?

*"I'm going to cut down and I'm going to wear a nicotine patch." – Leta, Patient*

Another part of your planning is to decide if you want to use stop smoking aids to help limit or lessen the need for a

# COPD: Quit Smoking

cigarette.

For example, nicotine patches and gum allow your body to gradually stop needing nicotine.

There are both prescription and over-the-counter nicotine replacement products.

In addition, there are some prescription medications that help you deal more effectively with quitting.

Talk to your healthcare provider about what stop smoking aid may work best for you.

Most people try several of these methods before quitting for good.

Before your quit date arrives get rid of any cigarettes and ashtrays around the house.

Also don't replace cigarettes with other forms of tobacco like chewing tobacco or cigars! These are just as dangerous to your health.

Consider joining a stop smoking support group, in person or online. There you'll find support in your journey to being smoke free.

Many people find these support groups very helpful in quitting and staying quit.

Go to the American Lung Association at [www.lung.org](http://www.lung.org) for more information.

Now that your quit day has come and gone here are some tips that may help when you feel the need for a cigarette; eat a healthy snack, drink a glass of water, or go for a walk.

These activities help relieve the need for tobacco and are good for you as well.

Avoid other smokers or situations which may tempt you to smoke. This is difficult to do when a spouse or family member smokes.

*"I really am going to need your help. So as of August 14th when I stop smoking, please don't smoke in front of me."* – Leta, Patient

You can't avoid your family, but you can take a positive approach and openly discuss with them how they can

# COPD: Quit Smoking

support you in not smoking.

And avoid second hand smoke. It can be just as damaging to your lungs as smoking.

*"I walk past sometimes with people outside smoking; I can't stand the odor of a cigarette anymore."* – Bill, Patient

For people with COPD one of the best things that you can do for yourself is to stop smoking.

Now is the time to quit. Even, if you have tried to quit before don't give up.

Many people quit several times before quitting for good.

Remember, there are different ways to quit. If you tried one technique and it didn't work, try another.

Quitting smoking is the single most important thing you can do for your lungs.  
Talk to your healthcare provider to find the method that will work best for you.

*"I would say if I didn't stop, I probably wouldn't even be here. But I am and I'm grateful and thank God."*  
– Michael, Patient

Quitting smoking is the best thing you can do for your COPD and your overall health.

Make a plan today to Quit!