

Patient Stories: Asad's Journey to Quit Smoking

"I first experimented with just a puff maybe around age 13. And then hanging around friends who smoked I started to bum one here, one there, and before long I was buying my packs."

"Getting up, first thing, cup of coffee with a cigarette and that was my routine. And if the coffee was gonna take too long I would do without it but not without the cigarette. And with that you know, that nicotine has a short half-life, meaning that after a couple of hours the person gets the urge to have another."

"I knew that I need to stop. I knew that it was not good for my health. I knew that I could not even run for a quarter-mile without really running out of breath. I knew sooner or later it would catch up with me and I would become a good candidate for having lung cancer. So I knew all of that all along, and I wanted to quit for a long time, but it was almost always tomorrow. "I'll quit tomorrow.""

"I stopped smoking about five or six years ago which is when my mom passed away, and I knew that looking down from up in heavens she would really want me to quit, and I wanted to do that because of what I had heard, that if you lose somebody that is so dear to you, why don't you honor them? And the way I was honoring my mom was to not only stop smoking because she would be happy. I chose her birthdate as the date that I wanted to quit. And many times when a time have come-- it's been time when I would think about picking up, I would just say "I do not want to lose July 11th.""