

Patient Stories: Rocky's Journey to Quit Smoking

"I started smoking '69-70-- 1969, 1970, when I was about 16, 17 years old, just to fit in with the crowd. Because that was the thing to do back then. I mean, cigarettes were advertised on TV. I mean, you weren't anybody unless you smoked. And I found out hard-- the hard way that it wasn't true."

"I heard about a program the Health Department was offering where they would help you quit smoking free, free clinics. We talked for about a half hour or 45 minutes. I told her my story. And she was giving me some information. She gave me some patches. I put the patches on and haven't touched a cigarette since."

"Depending on where I'm at or what I'm doing, I may have an urge to smoke. But I try to let that pass very fast. And I always grab a piece of-- you know, I always try and have a piece of candy. That way if the-- if I don't have the patch, the urge comes, I throw a piece of candy in my mouth. So I do what I can. And a lot of prayer. A lot of prayer. That definitely doesn't hurt."

"I do feel a lot different. I do a lot of walking. And I can breathe a lot easier. I don't huff and puff."

"When I stopped smoking, I was paying four or five dollars for a pouch of tobacco. The cigarettes that I normally smoked were running seven to eight dollars a pack. I swore I'd give them up when they hit 75 cents."

"And I have no desire to go back to smoking. I think it was one of the best things I ever did."

"Don't think about how hard it's going to be or whether you're gonna fail or who's gonna think what about you, if you don't-- if you don't make it. The only person you have to satisfy is yourself. And if you fail, okay. So you failed at stuff before. Try it again. Try it again. As long as you're here, you have the opportunity to try again."