

Quitting smoking can be one of the most important decisions you will make. The benefits of quitting smoking may include improving your health, saving money, and having more time to do what makes you happy by no longer having to take smoke breaks.

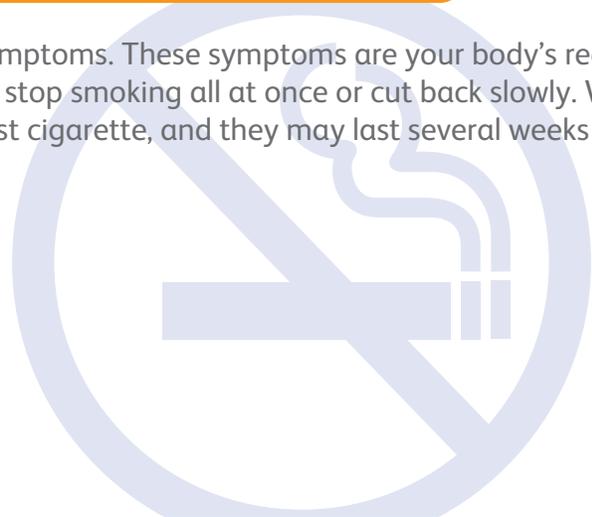
Taking the first step means knowing when to get help. It can be hard to quit, but you *can* do it.

Know what to expect when you quit smoking.

Quitting means coping with potential withdrawal symptoms. These symptoms are your body's reaction to no longer having nicotine. They can occur when you stop smoking all at once or cut back slowly. Withdrawal symptoms reach their peak 2 to 3 days after your last cigarette, and they may last several weeks for people trying to quit.¹

Potential Withdrawal Symptoms²:

- Feeling depressed
- Feeling tense, restless, and anxious
- Difficulty sleeping
- Difficulty concentrating
- Changes in appetite and weight gain



Consider your health

Smoking is linked to certain life-threatening illnesses, including heart disease, lung cancer, and stroke.⁷ Smoking may also cause health-related issues that can affect your well-being, including emphysema, chronic coughing, and shortness of breath.⁷

You may experience the following smoking-related symptoms:

- Short of breath³
- Chronic cough³
- More likely to get sick³
- Hoarseness⁴
- Triggers asthma⁵
- Increase in belly fat⁶

If you're a smoker, you are at increased risk for the following conditions:

- Cancer⁸
- Asthma trigger⁸
- COPD (chronic bronchitis/emphysema)⁸
- Heart disease⁸
- Stroke⁸
- Peripheral arterial disease (hardening of arteries)⁹
- Osteoporosis (decrease in bone density)¹⁰

The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. All decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.

Quitting smoking may save you time and money.^{11,12}

Consider the time



If smoking a cigarette takes an estimated 6 minutes, then for a pack-a-day smoker that means approximately 2 hours per day spent smoking. At that rate, you spend about 30 days per year smoking.¹¹

How much time you could save.

Number of cigarettes you smoke per day?

X

6 minutes spent per cigarette break.

6

Total time you spend smoking each day?

=

What will you do with the time you save if you quit smoking?

Consider the cost



The cost of a pack of cigarettes in Washington is about \$8.29.¹²

For a pack-a-day smoker, that's \$3,025.85 per year. Over 10 years, that's \$30,258.50.

How much money you could save.

Price you typically pay for a pack of cigarettes.

X

Average number of packs you smoke per week.

=

Total amount you spend on smoking every week.

Weekly cost of _____ X 52 weeks per year = _____
or the amount you spend on smoking in a year.

What will you do with the money you save if you quit smoking?

Talk to your doctor about the option that might work best for you.

- I am willing to quit today.
- I am interested in setting a future quit date.
- I am willing to cut down my number of cigarettes before quitting.
- I am unsure about quitting but will consider it.

There are many tools and resources available to help you quit smoking.

Other Resources

Program	Type	Description	How to Access
MultiCare Tobacco Cessation Program	Individual Counseling 	Smoking cessation counseling program	Email: TobaccoCessationProgram@multicare.org Website: www.multicare.org/tobacco-cessation
Quit Lines Washington State Tobacco Quitline	Phone 	These quit lines offer one-on-one counseling for smokers who are willing to quit	1-800-QUITNOW (1-800-784-8669)
Plan My Quit*	Website 	This website provides resources to help support a quit attempt	www.planmyquit.com/multicare
Quitter's Circle^{®†‡ §}	Mobile Application 	This application provides support to smokers during their quit journey	<ol style="list-style-type: none"> 1. Download Quitter's Circle from App Store/Google Play 2. Enter a personal Email and create a password 3. Follow and respond to prompts 4. Enter code provided by organization Multicare

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 †An American Lung Association–sponsored program.
 ‡Quitter's Circle and Quitter's Circle logo are trademarks of Pfizer Inc. The American Lung Association does not endorse products, devices, or services.

Pharmacologic Aids^{}**

Type	Regimen	How to Access
Non-nicotine pill	As prescribed by your healthcare provider	By prescription
Nicotine replacement therapy (NRT)—Nicotine gum, lozenge, patch, or inhalant	Talk with your doctor and/or healthcare team about how best to use	Available over the counter and by prescription

**Medications have risks and benefits and patients should speak to their healthcare provider about which medication may be right for them.

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Let's talk again
 Please return on _____ to discuss how your quit journey is progressing.
 If you need additional support in the meantime, please visit www.planmyquit.com/multicare or www.quitterscircle.com.

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