

# BECOMING [tobacco-free]

## AT COVENANT HEALTH SYSTEM,

we want to help you be **free from tobacco** products including cigarettes, chewing tobacco, cigars, pipes and snuff. It's our goal to provide you with information about tobacco cessation and a list of resources that you can utilize once you are dismissed from Covenant and are in need of further assistance. **Good luck and enjoy being free!**

## WHY [stop using tobacco products?]

Because your life can change dramatically in a positive way! Becoming tobacco-free will allow you to do the following:

- Improve your health
- Save money
- Smell the things you forgot had a smell
- Taste the things you forgot had a taste
- Have more energy
- Enjoy your family and be able to attend birthdays, weddings and other special gatherings without worrying about needing a tobacco product

## QUICK [tips for successful cessation]

- Record your tobacco habits and triggers
- Think positively and make your attempt unique
- Make tobacco use inconvenient
- Substitute healthy behaviors for tobacco use
- Keep busy
- Change your brand and taper
- Identify a support person or "quit buddy"
- Seek out community support
- Set your quit date goal
- Never feel like a failure – many people have relapses, but you can recover and begin fresh again
- Hang in there and be tough

## HOW [to avoid weight gain when quitting]

Quitting doesn't have to mean automatic weight gain. Because food will begin to taste and smell better, a person trying to quit will eat more. This is why weight gain typically occurs. So, to help keep off any unwanted pounds, try the following tips, unless otherwise advised by your physician:

- Eat no-fat snacks, like pretzels, fruits and vegetables
- Eat sugar-free candy
- Drink a lot of water
- Cut back on alcohol and caffeine
- Get plenty of exercise; even walking will help

## DISCUSS [options and cessation aides with your physician]

There is a multitude of over-the-counter aids and several prescription aids that might be helpful to your cessation. But, not every person can use each product, and products should not be combined without consulting a professional. For this reason, make sure you let your physician know that you've decided to quit and seek his professional advice.

## OBTAIN [support and encouragement]

It is important to identify a person who will support you in your decision to quit or to find a friend who will commit to quitting with you. Utilizing the support of your community will also play a significant role in your success. Below are some resources you can contact for support.

### Texas Resources:

Covenant LifeStyle Centre – Fresh Start courses, no charge. Call (806) 725-4386 for more information.

American Cancer Society and Texas Department of Health – Toll-free Quit Line: 1-877-937-7848.

Community Health Center of Lubbock – Cessation courses for teens, families and Spanish speaking individuals. Call (806) 765-2600 for more information.

City of Lubbock Health Department – Fresh Start courses, no charge. Call (806) 775-2901 for more information.

### New Mexico Resources:

American Cancer Society of Clovis – Call (505) 762-5112 for more information.

American Lung Association of Portales – Call (505) 265-0732 for more information.

American Cancer Society and New Mexico Department of Health – Toll-free Quit Line: 1-800-4-CANCER (226237).

Department of Health and Eastern New Mexico University – Freedom from Smoking courses, serves Artesia, Hobbs, Carlsbad and Roswell. Call (505) 624-7373 or E-mail nosmoking@roswell.enmu.edu for more information.