








5 Steps to Quit Smoking and Becoming Healthier

The GemCare Wellness team of Registered Dietitians (RD) are here to help you quit smoking! Speak with an RD today for support, advice, tools, tips and help to begin or continue your journey to quit smoking.

This process can be challenging, but your RD is with you every step of the way! There's no wrong or right way to quit smoking, but these 5 steps will help set you up for a successful smoke-free life.

ORGANIZE A QUIT PLAN TO SET YOURSELF UP FOR SUCCESS

	<p>Decide you're going to quit and pick a Quit Day date. Don't pick a date too soon or too far ahead; visit the American Cancer Society's Great American Smokeout website for tips, support, and helpful resources to begin your journey to a healthier lifestyle.</p>
	<p>Put together a support system of family and close friends. Having a group of supportive, trustworthy people to talk to, including your RD, during this time is helpful and increases your chances of quitting for good.</p>
	<p>Get rid of all tobacco products in your house, car and/or work. Removing all tobacco products from your daily routine will help you stick to your quit plan and eliminate temptation.</p>
	<p>Speak with your doctor, pharmacist, therapist and/or RD for support and/or treatment advice. Utilize medical professionals for support, advice, or to find a quitting method that best suits you.</p>
	<p>Be prepared for challenges. Quitting smoking can be hard. Expect physical discomfort, mood swings, and additional withdrawal symptoms. Make a plan for yourself on how to combat these symptoms and cravings!</p>



“I was able to quit smoking after 42 years with the help, support and understanding of my Registered Dietitian!”
- GemCare Wellness Member

TIPS FOR QUITTING CIGAR SMOKING

It is important to look at specific occasions where smoking a cigar occurs, and make a plan to stop.

- Stay away from events, people, and places you link with cigar smoking for a while until you feel confident in quitting for good.
- Avoid alcohol, coffee, or other drinks that you link with cigar smoking for at least 2-3 months.
- If you miss having a cigar in your hand, try to hold on to a pencil, paper clip, coin, or fidget spinner instead.
- If you miss the feeling of having the cigar in your mouth, try cinnamon sticks, toothpicks, straws, stir sticks, lollipops, sugarless candies, or gum. Healthy choices like celery, carrots, apples, pickles, and raisins can also be helpful if a craving hits.
- Brush your teeth more often and carry mints with you to keep a fresh, clean taste in your mouth.
- Think of all the important reasons that you want to quit this habit – your health, family, and any other reasons that keeps you motivated.

The information contained here within is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

If you think you may have a medical emergency, call your doctor, go to the emergency department, or call 911 immediately. GemCare Wellness (GCW) does not recommend or endorse any specific tests, physicians, products, procedures, opinions, or other information that may be mentioned here within. Reliance on any information provided by GCW, GCW employees, contracted writers, or medical professionals presenting content for publication here within is solely at your own risk.

Resources:

1. American Cancer Society: <https://www.cancer.org/healthy/stay-away-from-tobacco/great-american-smokeout.html>
2. American Cancer Society: <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quitting-smoking.html>
3. Centers for Disease Control and Prevention (CDC): https://www.cdc.gov/tobacco/quit_smoking/index.htm#:~:text=For%20support%20in%20quitting%2C%20including,800%2D784%2D8669

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