

Is it safe for me to use smokeless tobacco products to help me quit smoking? No tobacco product is safe. Smokeless tobacco should not be used for smoking cessation because long-term use moderately increases the risk of a fatal heart attack, fatal stroke and certain cancers. It is also addictive – smokeless tobacco users often experience the same withdrawal symptoms as individuals who stop smoking cigarettes.

What about e-cigarettes? There is not enough research to show that e-cigarettes can help you quit smoking. E-cigarette vapor still may contain unknown levels of toxic chemicals, nicotine and metals.

What resources are available to help me quit? There are several resources here in Minnesota that are free of charge. Not only do they provide access to phone, text message or e-mail counseling, they can also assist in getting nicotine replacement therapy medications. Some of the resources are available at QUITPLAN Services (www.quitplan.com), Freedom From Smoking (www.lung.org/stop-smoking), and the Lung Help Line (www.lunghelpline.org).

SMOKING CESSATION
*Frequently Asked Questions for
Residents of Smokefree Housing*





I've tried to quit smoking several times, but it has never worked. Why can't I quit?

You can quit! Even if you've made it a day, a week, or a month — you've made it! Try to learn from past quit attempts. Figure

out why you fell off the wagon so you can avoid putting yourself in similar situations in the future, choose a new quit date, and then try again. This time, you may be able to quit for good!

Will I gain weight if I quit smoking? This is a common concern. Even if you do gain a bit, it's nothing compared to all the good things you're doing for yourself. Using nicotine replacement therapies may help reduce your food cravings. Reduce your fat intake, choose healthy snacks, and increase your physical activity to burn off the extra calories. Drink lots of water.



Why not quit “cold turkey”? Nicotine is so addictive that people often underestimate how difficult it is to resist cravings using willpower alone. Nicotine replacement therapy medications deliver a controlled amount of nicotine to your system to soothe your physical cravings and allow you to have greater success in your quit attempts.



If nicotine is the problem, why should I use a nicotine replacement?

Nicotine replacements such as gum, patches or lozenges don't contain any of the cancer-causing agents found in cigarettes. Nicotine replacements give you a reduced amount of nicotine to help calm your cravings and irritability so you can focus on the emotional aspects of your habit.

How will I relax, if smoking is the thing that relaxes me?

A cigarette may seem like it makes you feel better, but it's just temporary relief from the stress caused by your need for nicotine. Smoking actually increases heart rate and blood pressure. True relaxation comes from practicing stress-relief techniques and positive thinking.

