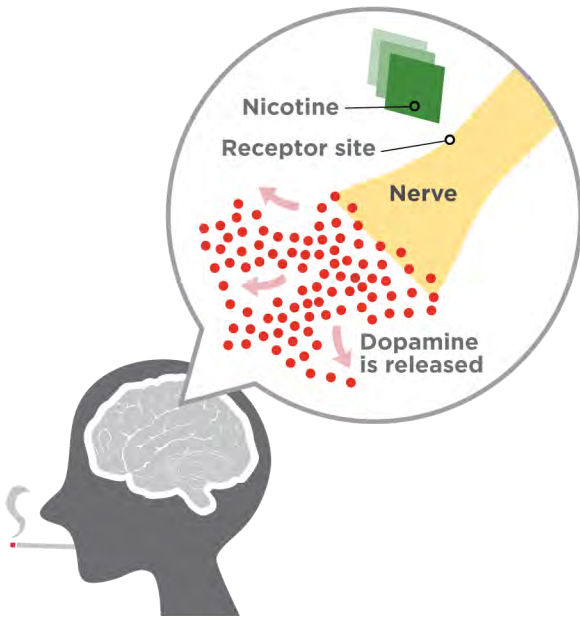




Knowing What to Expect When You Quit Smoking

Congratulations! You've made a great decision to quit smoking. We know quitting isn't easy, but being prepared may help. You may experience urges to smoke and other nicotine withdrawal symptoms after you quit. Knowing what to expect may help you stick to your goal. Use this activity sheet to get the facts.



Why smokers experience nicotine withdrawal

When you smoke, nicotine reaches the brain in about 10 to 20 seconds. This causes a chemical called dopamine to be released in the brain. Dopamine provides a feeling of pleasure. Over time, if you're a smoker, you may become addicted to nicotine.

For most smokers, smoking is more than just a habit. It is an addiction. And as with most addictions, when you take away the thing that you're addicted to, you may experience physical withdrawal symptoms. When you quit smoking, it's no different. You take away the nicotine, and that may cause your body to go through nicotine withdrawal symptoms. It can be tough, but the symptoms can lessen over time.

Remember, if you do slip up and smoke, don't give up. A slip-up isn't a failure. It doesn't have to be a relapse.

Common signs of nicotine withdrawal

The symptoms may be different for everyone, but here's what to look for:

- Urge to smoke
- Depressed mood
- Insomnia
- Irritability, frustration, or anger
- Anxiety
- Difficulty concentrating
- Restlessness
- Decreased heart rate
- Increased appetite or weight gain

And don't forget, no matter how tough nicotine withdrawal symptoms may seem at first, they can lessen over time. Until then, think of the symptoms as a sign that your body is cleansing itself of nicotine — and that's a positive thing. Make a follow-up appointment with your doctor to discuss your progress and any withdrawal symptoms you may be experiencing.

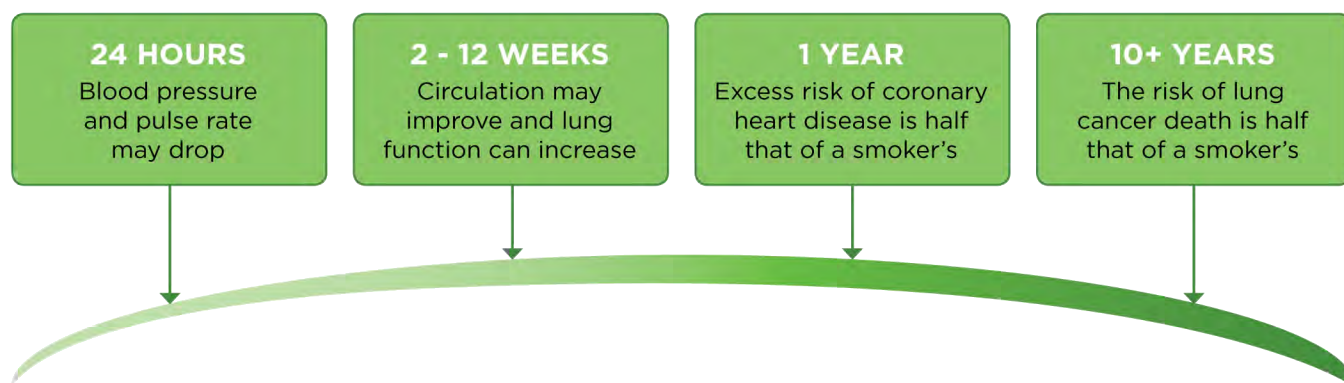
Understanding the Potential Benefits of Quitting



If you're thinking about quitting smoking, that's great. It can be one of the best things you can do for yourself. Take a look below to find out how you may benefit in the short and long term from quitting smoking and staying quit. Then find out what steps you can take to get started.

Potential benefits to your health

Did you know that studies show that even if you're a long-term smoker, you may still benefit from quitting? Take a look at the potential health benefits you may experience over time.



Here are a few more things you may look forward to:

- Your breath, hair, and clothes won't smell like smoke.
- You may experience an improved sense of taste and smell.
- You may experience a sense of control now that you're not dependent on cigarettes.

Potential benefits of spending less time smoking

You may not notice how much time you spend smoking cigarettes from day to day, but over time, minutes can become hours and the hours can become days. Based on an average smoking time of 5 minutes per cigarette, here's how much time you might gain.



Find the time

As a pack-a-day smoker, in just one year of not smoking, you could free up 25 full days to do anything you please.

Find out more

about a plan to quit smoking and a prescription treatment option at [1-800-QUIT-NOW \(800-784-8669\)](tel:1-800-QUIT-NOW)