فقيه

مجموعة فقيه للرعاية الصحية
Fakeeh Care Group

فقيه

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Steps to Quit Smoking

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Quitting smoking can be hard, but it is one of the best things you can do for your health. It is never too late to quit.

Get ready to quit

When you decide to quit smoking, create a plan to help you succeed. Before you quit:

- Pick a date to quit. Set a date within the next 2 weeks. This will give you time to prepare.
- Write down the reasons why you are quitting. Keep this list in places where you will see it often.
- Tell your family, friends and co-workers that you are quitting. Their support is important.
- Talk with your health care provider about the options that may help you quit.
- Find out if your health insurance will pay for these treatments.
- Know your triggers for smoking. These are the people, places, things and activities that make you want to smoke. Avoid them.

Take your first steps towards quitting

- Throw away all cigarettes at home, at work and in your car.
- Throw away the things you use when you smoke, like ashtrays and lighters.
- Clean your car. Make sure you empty the ashtray.
- Clean your home, including curtains and carpets.

Choose ways to help you quit smoking

Talk with your health care provider about taking medicines and seeing a counsellor. You are more likely to quit when you do both.
Quit smoking all at once instead of slowly cutting back on how much you smoke over a period of time. Stopping right away may lead to more success than slowly quitting.

If you are pregnant or breastfeeding:

- Talk with your provider about counselling or other ways to quit smoking.
- Do not take medicine to help you quit smoking unless your health care provider tells you to.

Take mediciner shape

You may take medicines to help you quit smoking. Some medicines need a prescription, and some you can buy without one. Some medicines have a drug called nicotine in them to replace the nicotine you get from cigarettes. Medicines may:

- Help stop your desire, or cravings, to smoke.
- Help lessen the problems you might feel when you stop smoking (withdrawal symptoms).

Your provider may suggest using:

- Nicotine patches, gum or lozenges.
- Nicotine inhalers or sprays.
- Non-nicotine medicine that you take by mouth.

Find resources



Find resources and other ways to help you quit smoking. They include:

- Online chats with a counsellor.
- Phone quitlines.
- Printed self-help materials.
- Support groups or group counselling.
- Text messaging programmes.
- Mobile phone apps. You can use apps on your mobile phone or tablet that can help you quit smoking.

Various free services are available online. Ask your health care provider for more information.

Do things to make quitting easier



- Talk to your family and friends. Ask them to support and encourage you.
- Call telephone quitlines, reach out to support groups or work with a counsellor.
- Go to counselling. In-person is best if this is an option. You are more likely to quit if you go to counselling sessions regularly.
- Ask people who smoke to not smoke around you.
- Avoid places that make you want to smoke, such as:
  - Bars.
  - Parties.
  - Smoke-break areas at work.
- Spend time with people who do not smoke.
- Reduce your stress levels. Stress can make you want to smoke. Try these things to lower stress:
  - Getting regular exercise.
  - Doing deep-breathing exercises.
  - Doing yoga.
  - Meditating.

How to recognise withdrawal symptoms

Your body and mind might feel uncomfortable as you try to get used to not having nicotine in your system.

These effects are called withdrawal symptoms. They may include:

- Feeling hungrier than normal.
- Having trouble concentrating.
- Feeling grumpy or restless.
- Having trouble sleeping.
- Feeling depressed.
- Craving a cigarette.

To manage withdrawal symptoms:

- Avoid places, people and activities that trigger your cravings.
- Remember why you want to quit.
- Get plenty of sleep.
- Avoid coffee and other drinks that contain caffeine. These can make your symptoms worse.

Where to find support

Ask your health care provider for information on additional resources.

This information is not intended to replace advice given to you by your health care provider. Make sure you discuss any questions you have with your health care provider.

If any concerning signs develop or the health condition worsens, please seek immediate medical attention or visit the nearest Emergency Department.
For emergency medical care, please contact 920012799.
To book an appointment, please contact the Central Booking Center at 920012777.



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