

Health Bulletin

The Nonsmoker's Guide To Helping A Loved One Quit For Good

(NAPSA)—Knowing the right thing to say about quitting to a loved one or friend who smokes can be hard. Coming on too strong might backfire or be considered intrusive. But remaining silent while someone close to you smokes can be extremely frustrating.

Although you can't make a smoker want to stop, there are ways to encourage someone to think about quitting. Giving the smoker in your life information about what smoking does to your health, and providing support and encouragement they need to quit is one good place to start.

Some people smoke to relieve stress, comfort themselves, control weight, boost energy, or socialize. To many smokers, lighting up has become so automatic that they don't remember why they started.

One way to help a smoker think about quitting is to encourage him or her to make a list of the reasons why they smoke and its pros and cons. Helping a smoker realize why he or she feels they need to smoke is the first step in helping them see a future without cigarettes.

Once your loved one or friend has decided to quit, the battle has just begun. During a quit attempt, a smoker's body undergoes rapid mental and physical changes. Help your loved one or friend overcome their mental addiction by helping them be aware of when they automatically reach for a smoke. Perhaps they want to smoke after a meal, when they're feeling stress, driving in the car, or going to a party. Suggest other activities to do instead, such as watching a movie, reading, or taking a walk.

Most smokers trying to quit will experience nicotine cravings. But today, no one has to quit cold



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turkey anymore. You can relieve some of your cravings by using nicotine replacement therapies such as gum, patches or lozenges. They're effective and safe, because they reduce nicotine withdrawal symptoms in a gradual, medicinal and tobacco-free way without the harmful toxins found in cigarette smoke. And, as the recent Surgeon General's Report states, it's these toxins that cause disease in major organs of the human body. Visit www.quit.com or call 1-877-U-COMMIT for information that can help your friend or loved one decide which product best fits their lifestyle.

As a nonsmoker, your most important role is to offer compassion, encouragement, and understanding. By asking what you can do to help, and by providing information and support, you can help a smoker overcome his/her addiction and begin the transition to a healthier and longer life.

For more information on quitting, visit www.quit.com or call 1-877-U-COMMIT.