

UCSD is Smoke & Tobacco Free... Are You?



It's easier to quit with help



Speak with a Health Educator at Student Health Services about starting a quitting plan and receive free nicotine replacement.



Call the California Smokers' Helpline for free counseling in 6 different languages!
1-800-NO-BUTTS (1-800-662-8887)

4 Step Plan to Stop Smoking



1 SET A STOP DATE

Pick a stop day within 2-4 weeks and put it on your calendar. Don't be discouraged if you don't succeed right away. It can often take more than one try. The key is don't give up!



2 GET SUPPORT/ BE ACCOUNTABLE

Stay accountable—spread the word. Enlisting support will increase the chance of success. Co-workers, family, friends and classmates can be a part of your support network.



3 KNOW YOUR TRIGGERS & PLAN AHEAD

Use specific strategies to help combat cravings. List your daily smoking habits and triggers, and plan for what you will do instead. Being prepared is the key to having the confidence to stop smoking.



4 REMOVE TOBACCO FROM YOUR ENVIRONMENT

Smoke-proof your environment. Quitting is even harder when you have extra cigarettes lying around. Make a plan for eliminating your cigarettes starting with cleaning out your car, backpack or workbag.

Benefits of Quitting

20 MINUTES

Your heart rate drops to normal levels (CDC, 2004).

12 HOURS

Carbon monoxide in your body decreases and blood oxygen levels increase to normal.

24 HOURS

Heart attack rate for smokers is 70% higher than non-smokers. You begin to reduce that risk after just one day of quitting!

3 DAYS

The nicotine will be completely out of your body. Unfortunately, nicotine withdrawal symptoms peak at this time. **But don't worry, they will go away!**

2-3 WEEKS

Regenerative processes in the body will improve circulation and lung function. Withdrawal symptoms will also dissipate around this time.

1-9 MONTHS

Lungs begin to repair and regain cilia function. Withdrawal symptoms will go away even for the heaviest smokers.

1-5 YEARS

Your risk for heart disease is lowered by 50%. Risk of having a stroke begins to decrease (CDC, 2004).

10-15 YEARS

Risk of heart disease and cancer of the lungs, mouth, throat, esophagus, bladder, kidney, and pancreas decrease.