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## quitting smoking health reasons Quitting Smoking

Posted by Robin Hartley - 2008/06/29 11:15

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I've decided to quit smoking and would like to know if any had success with the patch . I have tried the medication approach and the gum but found that as soon as I stopped taking the pills(Zyban) that the cravings returned, with vengeance. I'm leaning towards quitting cold turkey because of the cost associated with the patch but have to set my priorities. I really want to quit for health reasons, just not the financial ones and will be rewarding myself with a new vehicle if I'm successful. (New vehicle, meaning new to me.) I'm looking forward to driving something younger than I am and believe this kind of award system might work for me. Any thoughts on the subject are welcome. Next Monday is quitting day. Wish me luck and send good vibes my way! Be well folks! Rob H

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Posted by RMK - 2008/06/29 11:15

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Good luck, Rob!!! My Mother quit cold turkey probably 30 years ago after she had a blood clot and the Dr. told her if she picked up another, it might very well kill her. She was only social smoker, so it may have been a bit easier for her to quit than someone that has a 2 pack a day habit. But, she put her health and her family ahead of smoking and she was successful. She has commented in the past if she were to pick up a cigarette again, she probably would have a hard time putting them down again.... I wish you much luck and success. You can do it. Rewarding yourself is a great idea. Robin I am \*not\* a Medical Doctor (MD) or \*any\* other type of Medical Professional. PLEASE consult your own Dr. for medical advice. The information posted is information I have learned from researching or learning from my own disease.

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Posted by Richard Sullivan - 2008/06/29 11:15

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Posted by -G. - 2008/06/29 11:15

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am and believe this kind of award system might work for me. Any thoughts on the subject are welcome. Next Monday is quitting day. Wish me luck and send good vibes my way! Be well folks! Rob H Good luck and I'll send lots and lots of good vibes your way (and to anyone else who wants to quit smoking:) I quit smoking cold turkey in 1994....it was getting too hard to light them..hahaha...no seriously I quit and it took a good 6 months before I was finally free of that disgusting habit. I believe that once a person gets past the 6 month mark then they are home free. Also keep in mind to be able to quit successfully you really want to be able mentally to do it. Yes you will have cravings but if you take it one hour at a time...then one day...then one week...you'll do fine. Again good luck, best wishes and let us know how it goes Miss Jaime

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Posted by ~-))\))\))3> - 2008/06/29 11:15

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Hi Robin! I quit smoking in 1992, and I started with the patch (back then it was Rx only and cost me \$128 for a month's supply!) After using the patch for about 4 days, I started getting these weird sores, a lot like chicken pox, and so my doctor made me stop using the patch. I can tell you that it really did help to have the patch, but I figured I'd made it the first few days, which were the hardest, and I continued without any nicotine-containing aid and quit smoking completely. The only thing with the patch is that while it gets rid of the craving, it didn't help me with what to do with my hands. A friend suggested that I find straws the same circumference as my cigs and cut them to the right length and use those to pretend smoke and it really did help, especially after I had to continue without the patches. I had been suffering from alopecia (hair loss) for over a year and my doc said it was from all the APAP I was taking, but after I quit smoking, almost all my hair grew back quite quickly. It was the nicotine allergy! I'd been smoking something I was really allergic too! It didn't start out that way, but somewhere along the way it sure developed. I can't stand to even smell them these days. I have NO desire to go back to smoking. Just being around them is more than I can take. What a difference a decade can make! I wish you luck in your attempt to quit. You'll be amazed at how much money you have left over afterward! <3)))~~ A dog has the soul of a philosopher.

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Posted by Hawki63 - 2008/06/29 11:15

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Rob Good luck with quitting smoking....it is probably the BEST thing you can do for your health... My hubby..at 61 ..had a MAJOR heart attack Feb 2001...he was a chain pipe smoker ...just as much nicotine,,,,, He hasn't touched the pipe since..was on Zyban for 60 days..which I am sure helped...now he chain chews gum..no not the nicotine type ....we now buy gum at Costco by the case.. He says he STILL gets cravings!! It is a mental as well as physical thing....do whatever it takes to stop...cold turkey works for some...others NEED some help...just get started.. Will be thinking of you and wishing you well!! good luck rb Hawki.....the nurse practitioner

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Posted by Dr David Patterson - 2008/06/29 11:15

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