

Quit Smoking Guide

Step by step toward a smoke-free life

For: Smokers who want to quit

Deciding to quit smoking is one of the most important health decisions you'll ever make. It may feel hard at first, but millions of people have succeeded — and so can you. This guide gives you simple, practical steps to start and stay smoke-free.

Why quitting today is worth it

- 1. After 20 minutes** — Your heart rate and blood pressure start to return to normal.
- 2. After 12 hours** — Carbon monoxide levels in your blood drop to normal.
- 3. 2 weeks to 3 months** — Circulation improves and lung function increases.
- 4. After 1 year** — Your risk of heart disease is cut roughly in half.
- 5. After 10 years** — Your risk of lung cancer drops dramatically.

Get ready with practical steps

- 1. Set a quit date** — Pick a day within the next two weeks and write it somewhere visible.
- 2. Write down your reasons** — List 3 personal reasons you want to quit (kids, health, money).
- 3. Tell people around you** — Let family and friends know so they can support and hold you accountable.
- 4. Remove triggers** — Get rid of cigarettes, lighters, and ashtrays at home, work, and your car.
- 5. Prepare substitutes** — Keep gum, lollipops, or nuts on hand to occupy your mouth and hands.

Manage withdrawal symptoms

These symptoms are temporary and ease over about two weeks — they're a sign your body is healing.

- ◆ Irritability: take 5 slow, deep breaths, or walk for 5 minutes.
- ◆ Cravings: usually last only 3-5 minutes — ride it out and it will pass.
- ◆ Trouble concentrating: take short breaks and drink cold water.
- ◆ Increased appetite: eat small, healthy meals and avoid extra sugar.
- ◆ Sleep disturbance: avoid caffeine after noon and keep a regular sleep schedule.

The 4-D technique for cravings

- 1. Delay** — Tell yourself 'I'll wait just 10 minutes' — the urge fades with time.
- 2. Deep breath** — Take 5 slow, deep breaths.
- 3. Drink water** — A glass of cold water helps reduce the craving.
- 4. Do something else** — Walk, call someone, or occupy your hands with a task.

If you have a setback

Smoking one cigarette again isn't failure — it's a normal part of many people's journey.

- ◆ Don't blame yourself — get back on track without self-judgment.
 - ◆ Remember why you started, and set a new quit date right away.
 - ◆ Identify what triggered the setback and plan an alternative for next time.
 - ◆ Ask Pink Lung's support team for extra help if you feel you need it.
-

We're with you every step

- ◆ Follow the Pink Lung platform for daily supportive content and practical tips.
- ◆ Join the support group for people quitting smoking.
- ◆ Request a free consultation from our support team if you need extra help.
- ◆ Share your story once you reach your goal to inspire others.

Start your success story today — Pink Lung is with you to the last step.

<https://pinklung.egypthealth.net/>

مبادرة رئة وردية