



For me, having things to do that I enjoyed helped to distract me from my cravings. Using an e-cigarette also took the place of my harmful addiction (smoking). I believe finding other pleasant things to do and keeping my e-cigarette handy when I needed it really helped to get me through the cravings.

Five Years of Freedom

I have many feelings about my three year anniversary as a non-smoker. The best one is that I am finally free of cigarettes after smoking for 40 years. About a year after quitting smoking, I was also able to quit e-cigarettes. This was a major step for me. I was finally free from a nicotine addiction that had been keeping me from spending time with my wife and grandson. I wake up each morning without any cravings to smoke. I can enjoy a cup of coffee while reading the newspaper without cravings to step outside for a few puffs. The thought of smoking never enters my mind. Three years after quitting, smoking is now just something I used to do and will never do again. And vaping was just a tool to help me quit smoking and experience everything that life has to offer. This is the final goal of everyone who wants to quit smoking. It's a feeling of freedom that I never thought I would have again. But, with time, commitment, and some fun ways to spend your time, it is possible for any smoker to reach this freedom. Good luck and I know that you can do it too.



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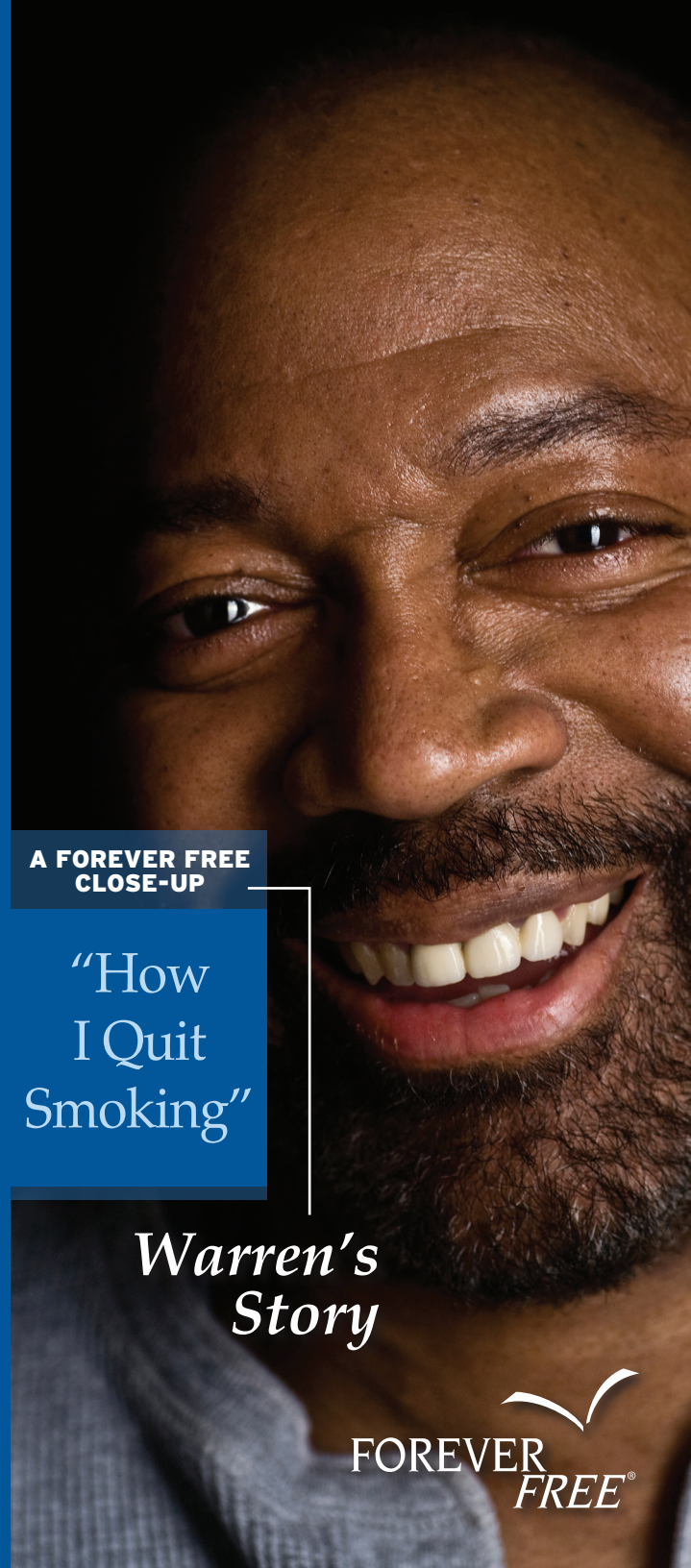
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The people depicted in this series were inspired by real individuals, but the particulars were changed to protect their privacy.



A FOREVER FREE CLOSE-UP

“How I Quit Smoking”

Warren's Story



Story – Positive Habits

My name is Warren and I am 59 years old. I have been smoke-free for three years. When I first quit smoking, I never thought I would reach this point. But I did! For me, the past three years have been a time of enjoying life's pleasures free of cigarettes. I would like to share my story of success.

How I Quit Smoking

For 40 long years, I couldn't quit smoking because I was addicted to tobacco.

As I got older, I really believed that I would never be able to quit. Three years ago, I got sick and thought I had pneumonia. It turned out to be a bad case of bronchitis and the early stages of lung disease (emphysema). I kept having trouble breathing and coughed so hard it hurt. I didn't look forward to going to bed at night because I would wheeze, cough, and have to sit up to catch my breath. That was a really scary feeling. My wife was very concerned and neither of us could get a good night's sleep. I knew what was making me sick and causing my breathing problems. So, I decided that it was time to cut down on my smoking. My son was using an e-cigarette in college, so he gave me a starter kit. I was surprised that the e-cigarette helped with my cravings. I was able to cut down the number of cigarettes I smoked.

I continued to have breathing problems, so I decided to try to make the complete switch to e-cigarettes. That was tough for me. I must have been getting on my wife's nerves, because she told me that I needed to get some hobbies or do other fun stuff. I figured that would also help distract me from cravings to smoke.



Turning to Positive Habits

I had the strongest cravings after dinner and on the weekends. It was not easy to find ways to distract myself from cravings at those times. So, I began to take walks with my wife after dinner. At first, it was once or twice a week. Not only was it a good way to keep my mind off of cigarettes, but taking walks gave my wife and me a chance to talk about our days. And she didn't even mind if I vaped while we were on our walks. In fact, she's said that some of the flavors I use smell pretty good! I began to look forward to our walks each day. It turned out to be a good way for both of us to get some exercise.

One weekend, my 8 year old grandson was over and found my old chessboard. He asked me to teach him to play. It had been well over 20 years since I played chess, but teaching my grandson the rules of the game reminded me how much I used to enjoy it.

Best of all, I hardly thought about smoking while playing chess, and when I did have the urge to smoke, I would reach for my e-cigarette and that would do the trick! Chess quickly became a weekly activity that both of us looked forward to.

