



My story ends on two happy notes. First, I quit smoking all over again. Once again, I replaced my smoking with vaping. It took me a few months to quit smoking completely, but I did it! I still carry an e-cig around with me, in case of an emergency. But I rarely use it anymore. Since I quit smoking, I feel better about myself. And I feel better physically.

The second happy news is that I'm able to use my legs again. I won't be running in any races soon, but at least I can walk around the house now. I don't know if quitting smoking helped me to walk again, but my doctors say it couldn't have hurt.

What lessons have I learned from all this?

- 1 Smoking doesn't really help with stress. It just gives you another problem to worry about.
- 2 Vaping is not for everyone, but it helped me to quit smoking.
- 3 Even if the worst happens, smoking just makes it even worse.
- 4 Do whatever it takes not to start smoking again. Think about your family—I know I did.
- 5 But if you do start smoking again, don't give up. Keep on trying to quit.

Thanks for listening...
And good luck to you.



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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”*

*Anna's
Story*



My Old Life as a Smoker

Hi, my name is Anna. I am a 42-year old bank teller, married, with two teenage girls. I started smoking when I was 15, and I smoked roughly a pack a day. Although I had stopped smoking while I was pregnant with each of the girls, I didn't make a serious effort to quit until my father died of lung cancer. The whole cancer thing just scared me so much.



So I tried to quit smoking. And I tried again, and again. Each time, I would make it a few days or even a few weeks. But something would happen at work or home to stress me out. Then I would feel like I needed a cigarette to make it through the day. And so I'd give in.

I started to think that I just couldn't quit smoking. But I kept on trying every few months.



Quitting Smoking

The time I was finally successful was after my friend suggested some changes to my e-cigarette that could help me quit smoking. She suggested I switch to an e-cigarette that didn't look or taste like my real cigarettes. She also recommended that I make sure the e-cigarette I was using was giving me enough nicotine. I took her advice and switched from a cigalike to a vape pen and that really helped.

I didn't quit smoking right away. Gradually, I began to cut down on my regular cigarettes and used my e-cigarette more. I finally stopped smoking completely after about two months. My vaping dropped off too. I kept my e-cigarettes, but I hardly ever felt that I needed to vape.



An Instant Life Change

I won't give you all the details, but just when life seemed to be going good, I got into a really bad car accident with a pick-up truck. They had to cut me out of the car.

Thank goodness the girls weren't with me! But, I lost the use of my legs. The doctors said I'd probably be in a wheelchair for life.

I didn't take this well. I got very depressed. I felt alone, angry, and hopeless. And I called upon my old friend who used to be there for me when I was down—my cigarettes.

Smoking just didn't seem that bad anymore, compared to spending my life in a wheelchair. At least not at first. And so I worked my way back up to a pack a day.

The funny thing is, after about 6 months, I realized that, despite the wheelchair, I was still the same person. But now I was a smoker again. And I hated that just as much as before.

