

# How Roger Quit Tobacco

“I started smoking as a high school senior. In college we smoked a lot. All the guys I worked with smoked. You were almost expected to smoke. We had a group of friends who did supper club once a month – we all smoked. When my children were born, I started smoking outside. One day I was standing outside in the cold and I said to my wife Anita, ‘This is crazy,’ so I quit. I did take up chewing tobacco for a little while, then decided not to do that anymore. I quit chewing tobacco 2 or 3 times – I would quit and come back to it. Then I just decided I didn’t like the mess. I didn’t want to gamble on getting mouth cancer, so I just quit.

“I enjoyed it. Something about that nicotine high. But I enjoy *not* smoking more. And that’s where you have to get to. Take it one day at a time. It’s not an easy thing to do – it’s a strong addiction. A month into it, I woke up noticing I felt better, my mouth wasn’t dry and nasty tasting, I wasn’t craving a cigarette. I gained some weight when I quit smoking. Since then I’ve taken that back off. I started working out. Anita and I try to take care of ourselves - eat right, get exercise. If you smoke, you’re less likely to do those other things to take care of yourself.”



Enka Candler resident Roger Metcalf



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**Take it one day at a time. Make it through today, don't smoke tomorrow, and when the next day comes, don't smoke that day.**

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**All of a sudden you're 12 days out and most of the nicotine has left your body.**

**Get a coach!**

**Talk to a doctor about steps to take NOW!**

# How Steve Quit Tobacco and Got More Active

“I had always had health concerns. It wasn’t smart to smoke. I had tried to quit a number of times. The longest was five or six months. I wanted to quit. My wife Donna clearly wanted me to quit and was very supportive. I had gotten to the point where I wasn’t smoking in the house, around the nieces, nephews or my grandsons Waylan and Jackson. I was really limited where I smoked, but I still smoked a lot.

“I quit the day my granddaughter was born. My son called me that morning, ‘Caroline Rose is here.’ I knew that I would be in the hospital all day, and I didn’t want to walk in smelling like smoke, so I put on a patch. I didn’t smoke that day. I went another day without smoking. Went another day. Got a weekend in. Then got a month in. I was pretty far into it before I realized, ‘Hey I might not do this again!’ I went from the strongest patch to chewing on nicotine gum and lozenges. Then I realized I hadn’t chewed on gum in a couple of days and had quit.

“Smoking was part of overall poor health – not getting enough exercise, not eating right, working too late, not getting enough sleep. Now I feel good. To be candid, it took a while to get through it. I was concerned about gaining weight, so I set up an old treadmill in my study and started walking. I started really watching my diet. Now I walk 3-4 miles a day. I’ve walked 175 miles of the Mountain to Sea Trail so far. My blood pressure is not the problem it used to be. I lost some weight and my general health is a lot better.”



Enka Candler native Steve Metcalf



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**If you quit smoking, make it the most important thing in your life. You really have to be focused on it.**

**Get a lot of rest! Quitting wears you out.**

**I stayed away from tobacco as much as I could. Do something fun that distracts you – get back into something else.**

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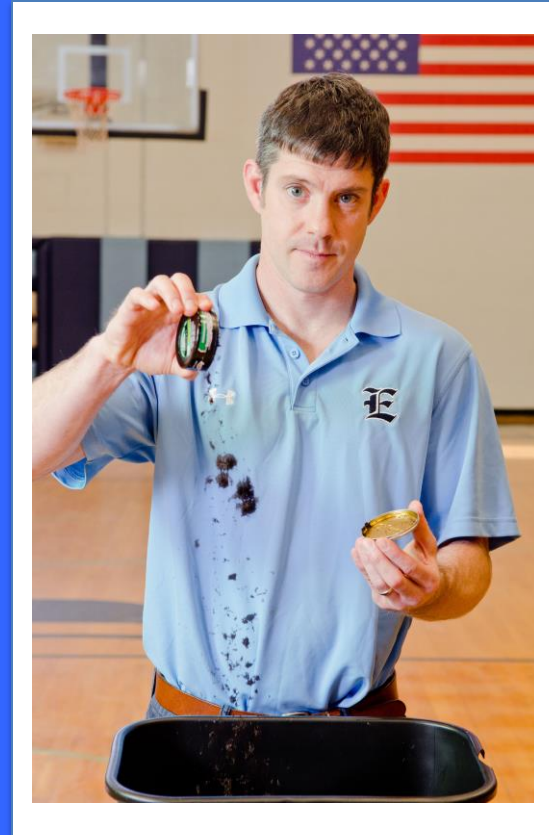
# How Coach Harris Quit Tobacco

“I was fully aware that chewing tobacco was not safe, not good for you longterm. I have a family and young kids. I played that message in my head over and over. But tobacco is addictive. I quit tobacco for a year, and then started back. After years and years of telling myself it was time to quit, I just did in 2011.

“I had gone to dentist that fall and the dentist said, ‘Oh you’re a tobacco user.’ I asked, ‘Can you tell?’ He said, ‘Yeah, you can see tissue damage in your mouth.’ I realized it wasn’t a matter of ‘if’ but ‘when.’ That was pretty powerful. I had promised my wife I’d quit, and I knew it was time. It was my New Year’s resolution and I was able to do it once and for all.

“I quit cold turkey. I had tried other methods before: cutting back, trying different brands that I thought wouldn’t taste as good, nicotine gum. I picked a point of year that was busiest, wrestling season, so that I could focus on something else. I quit January 1<sup>st</sup>, right in the middle of my busy season. I set the date and threw my last half a can of tobacco in the garbage.

“The dentist can no longer see tissue damage. I feel great. That was a process too. I initially gained weight. I went to the doctor for a physical and had elevated blood pressure and elevated cholesterol. I was agitated that I’d made a healthy decision and was being punished for it. And I had anxiety after I quit. I later learned that’s part of withdrawal, but I didn’t realize it at the time. I don’t have anxiety or cravings anymore. I had cravings for a couple years, and they diminished over time. Now I don’t think about it at all.”



Enka High wrestling coach  
Mark Harris



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Anyone who wants to can quit. It’s a matter of not only realizing you need to, but really making a commitment to stop. There aren’t any shortcuts to doing it.

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# How Pam Quit Cigarettes

“I wanted to quit tobacco because of my grandchildren – I want to be here to see them grow up.

“I had been smoking for 38 years. When I retired, I started smoking more because I could: I had more time, my kids were gone, nobody was here. I got up to a pack and a half a day, double what I’d been smoking before.

“I gradually reduced over a two-year period. I reduced by a little, then a little more, then a little more. I haven’t had any nicotine for over a year.

“I feel way better. I breathe better, taste my food better. Cigarette smoke bothers me now. It burns my eyes, makes me cough, and smells terrible. I never thought I’d be one of those ex-smokers who complained about smoke!”



Enka Candler resident Pam Salyers



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The gradual process worked for me. I was ready. It really didn’t feel hard because it was so gradual.

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