

TRANSCRIPT

MIKE & BETTY FARLEY'S COMPILATION QUIT JOURNAL



(Many Smokers don't quit because they feel the damage is already done.)

Mike: Hi my name is Mike Farley. I'm 68 years old, and I've been smoking since I was 17.

(Mike and Betty are proof that it's never too late to make a change.)

Mike: I really need to quit smoking. I've tried several times. Probably the most I've gone was maybe 3 or 4 days without smoking. Then I was back on it again. It's just been an off and on thing for years.

Betty: My name is Betty Farley. I've been smoking for 20..no since I was 20 years old, which is a lot longer than 20 years. And the reason I'd like to quit smoking is because its very expensive to smoke.

(After years of smoking, their health has suffered)

Betty: But when you check yourself into the emergency room, and you cant breathe, that sort of gets your attention.

Mike: Knowing I had had a heart attack, open heart surgery. I mean how much more wake-up call do you need? But I didn't pay attention to it, and the next thing you know they're telling me I have congestive heart failure, which was kind of a blow because all this is cause of my smoking. They decided to go ahead and put in a defibrillator and a pacemaker inside me, and I was in the hospital, couldn't breathe. Came home....the addiction is so bad I started smoking again. I know anybody that hears this thinks "Man this guy is nuts." But that's how much a hold it has on you. 13 months later my wife came home on Christmas Eve said she couldn't breathe, she's a smoker. Took her to the emergency room, and they put her in the hospital on Christmas Eve.

Betty: So I got diagnosed with COPD, which is really scary.

(But the negative effects of smoking only strengthen their resolve)

Betty: So I'm on a mission now, on a journey to quit, and I believe I can do it.

Mike: Which this makes 6 weeks, and I still can't believe it because, I mean, that's a miracle in itself for me to go that long without smoking. My wife has already gone 8 weeks. So were working hard every day, and its something you have to work on every day, because there's instances that come up and you get nervous and upset about things and the first thing you want or you think about "Oh man where's my old friend the cigarette."

Betty: but you get a lot of encouragement from people and they'll say, "Oh I'm so glad you're doing it, and I'll say "Well why don't you try it?" you know I'm starting to act like these obnoxious people that I used to not like. Because they would say "You're still smoking?" or "Ew I can't stand the smell of that." Well I find myself sort of leaning that way now, which really surprised me.

(And much to their surprise they notice their health is improving)

Betty: but I did get my breathing test done, that was kind of hard I had never had one of those. I hope most of you don't ever have to have a breathing test. I hope you quit smoking before you get that far. Anyway I passed, barely passed. The doctor was pretty proud of me for quitting for this length of time.

(And whether their strength comes from each other,)

Betty: but I think it does help to have somebody that's close to you that's going through the same thing that you're going through. Because my husband is trying to quit also, and we give each other support.

Mike: Very proud to say, that I'm starting my 13th week without smoking.

(Or cessation aids,)

Mike: I know what I'm doing is probably not good for everybody, but it's done the thing for me. It's a little..I'll show you a picture of it,..it's a little thing you put in your mouth like a cigarette. It opens up and daily you can put a little capsule in there that gives you nicotine when you need it. I rely on it pretty much, I actually call it my pacifier or my binky. I can call it whatever I want as long as it works.

Betty: It really makes you feel good to be able to tell people that you don't smoke, but maybe I'll be a help to somebody along the way. Help them figure out how they can quit before they get 65 like me. Sometimes I just wanna pinch myself and say "How come you're not smoking?" Because I've never gotten this far, as far as not smoking before; in fact I never got more than a day.

(They teach themselves how to live again without cigarettes.)

Betty: Sometimes it's hard for me to believe that I have quit smoking, but I truly have.

Mike: Had a good report today. I went and got a physical from my doctor. It's the first time I had seen him since I quit smoking like 13 weeks ago. He was very pleased with it and I don't know..I think maybe he was as happy as I was, cause he knows how bad I need to quit. My lungs..he says the clearest he's ever heard my lungs. Overall I feel so much better. I've got many reasons to stay on this as long as it takes. So I think I picked a good time to quit smoking cigarettes.