



Smoking Cessation

Guide to Good Health

Healthy Living Guide

- ▶ Asthma
- ▶ Chronic Fatigue Syndrome (CFS)
- ▶ Chronic Obstructive Pulmonary Disease (COPD)
- ▶ Coronary Artery Disease (CAD)
- ▶ Depression
- ▶ Hyperlipidemia
- ▶ Hypertension
- ▶ Osteoarthritis (OA)
- ▶ Osteoporosis
- ▶ Type 2 Diabetes
- ▶ Back Pain
- ▶ Chronic Pain
- ▶ Healthy Eating
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- ▶ Rheumatoid Arthritis (RA)
- ▶ Sleep
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What is Smoking Cessation?

Smoking cessation can be defined simply as stopping smoking. The U.S. Surgeon General has said, "Smoking cessation represents the single most important step that smokers can take to enhance the length and quality of their lives."

Overview

- Many ex-smokers say quitting was the hardest thing they ever did.
- Do you feel hooked? You're probably addicted to the nicotine. Nicotine is in all tobacco products. It makes you feel calm and satisfied, yet also alert and focused. But the more you smoke, the more nicotine you need to feel good. Soon, you don't feel "normal" without nicotine. This is a nicotine addiction.
- It takes time to break free from nicotine addiction. It may take more than one try to quit for good. So don't give up too soon. You *will* feel good again.
- Quitting is also hard because smoking is a big part of your life. You may enjoy holding a cigarette and puffing on it. You may smoke when you are stressed, bored or angry. You may light up when you drink coffee or alcohol, talk on the phone, drive, or are with other smokers. After months and years, smoking has become part of your daily routine. You may light up without even thinking about it.
- Quitting isn't easy. Just reading this information won't do it. You may try to quit several times before you're finally done with cigarettes. But you will learn something each time you try. It takes willpower and strength to beat your addiction to nicotine. Remember that millions of people have quit smoking for good. You can be one of them.



Facts

1. No matter how old you are or how long you've smoked, quitting can help you live longer and be healthier. People who stop smoking before age 50 cut their risk of dying in the next 15 years in half compared with those who keep smoking. Ex-smokers enjoy a higher quality of life with fewer illnesses from cold and flu viruses, better self-reported health, and reduced rates of bronchitis and pneumonia.
2. For decades the Surgeon General has reported the health risks linked to smoking. In 1990, the Surgeon General concluded:
 - Quitting smoking has major and immediate health benefits for men and women of all ages. These benefits apply to people who already have smoking-related disease and those who don't.
 - Ex-smokers live longer than people who keep smoking.
 - Quitting smoking lowers the risk of lung cancer, other cancers, heart attack, stroke, and chronic lung disease.
 - Women who stop smoking before pregnancy or during the first 3 to 4 months of pregnancy reduce their risk of having a low birth-weight baby to that of women who never smoked.
 - The health benefits of quitting smoking are far greater than any risks from the small weight gain (usually less than 10 pounds) or any emotional or psychological problems that may follow quitting.
3. When smokers quit -- What are the benefits over time?
 - *20 minutes after quitting:* Your heart rate drops.
 - *12 hours after quitting:* The carbon monoxide level in your blood drops to normal.
 - *2 weeks to 3 months after quitting:* Your heart attack risk begins to drop. Your lung function begins to improve.
 - *1 to 9 months after quitting:* Your coughing and shortness of breathe decreases; cilia (tiny hair-like structures that move mucus out of the lungs) regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.
 - *1 year after quitting:* The added risk of coronary heart disease is half that of a smoker's.
 - *5 years after quitting:* Your stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.
 - *10 years after quitting:* The lung cancer death rate is about half that of a person who continues smoking. The risk of cancer of the mouth, throat, esophagus, bladder, cervix, and pancreas decreases, too.
 - *15 years after quitting:* The risk of coronary heart disease is the same as a non-smoker's.



Reasons to Quit

Think About Why You Want To Quit and Write Your Reasons Down

Find reasons that are important to you. Think of reasons, such as:

- My body will start healing right away.
- I will have more energy and focus.
- I will feel more physically fit.
- I will have whiter teeth and healthier gums.
- I will cough less and breathe easier.



- I will lower my risk of cancer, heart attack, stroke, emphysema, chronic bronchitis, and cataracts.
- I will reduce the risk of fertility problems, premature births, and lower birth weight babies.
- I will no longer expose my family and friends to secondhand smoke.
- I will have more money.
- I won't be embarrassed about the way I smell any more.



Questions to Ask Your Provider

It is important to tell your doctor when you're ready to quit – especially if you are pregnant, thinking of becoming pregnant, or have a serious medical condition. Your doctor can help you connect with the right resources to make your quit attempt successful.

Here are some possible questions that you may want to ask when you talk to your doctor about quitting:

1. Is quitting “cold turkey” my only option?
2. What medications are available to help me quit?

3. What is the difference between the quit smoking prescription medications and the over the counter quit smoking medications? Would one of them be better than the other for me?
4. Will they interact with medications (prescribed or over the counter) that I'm currently taking?
5. Do you know of any counseling or support groups that I could attend?

Treatment and Care

A. **Cold Turkey:** For some smokers, “going cold turkey” seems like the easiest way to quit: Just stop smoking and tell yourself you'll never light up again. This works for some smokers – usually those with the lowest level of nicotine dependence – but not many. Fewer than 5% of smokers can quit this way. Most people aren't prepared when smoking habits and withdrawal symptoms trigger an intense urge to smoke. Research show that most smokers have more success with one of the assisted quit methods discussed below.

B. **Over-the-Counter Medications:** You don't need a prescription to buy certain medications that can improve your success with quitting. Nicotine Replacement Therapy (NRT) products – lozenges, gum, or the patch – provide nicotine to help reduce your craving for nicotine and withdrawal symptoms. This allows you to focus on changing the behavior and habits that trigger your urge to smoke.

Electronic cigarettes are products designed to deliver nicotine or other substances to a user in the form of a vapor. The U.S. Food and Drug Administration (FDA) announced that a laboratory analysis of electronic cigarette samples has found that they contain carcinogens and toxic chemicals such as diethylene glycol, an ingredient used in antifreeze. FDA has not evaluated any e-cigarettes for safety or effectiveness. Experts have raised concerns that the marketing of products such as e-cigarettes can increase nicotine addiction among young people and may lead kids to try other tobacco products.

C. **Prescription Medications:** Your doctor can prescribe medications to help you quit smoking. Some – inhalers and nasal sprays – act much like nonprescription nicotine replacement therapy. Other medications do not contain nicotine and work in different ways to help reduce your urge to smoke.

D. **Counseling and Group Support:** Many smokers quit with the support provided by individual counseling or group treatment. You can combine these therapies with the over-the-counter or prescription medications. Counseling can help you identify and overcome situations that trigger the urge to smoke. Research shows that success rates for all quit methods are higher when they are combined with a support program that provides encouragement through regularly scheduled one-on-one or group meetings.



E. **Quitlines:** Quitlines are free, telephone-based counseling programs that are available nationwide. When you call a Quitline, you are teamed with a trained counselor who can help you develop a strategy for quitting or help you stay on the program you have chosen. The counselor often provides material that can improve your chances of quitting. You can call the National Cancer Institute's Smoking Quitline at 1-877-44U-QUIT (1-877-448-7848).

Healthy Lifestyle Management

- ▶ Keep busy and find new things to do
 - Go to nonsmoking places (gyms, libraries, malls, museums, smoke-free restaurants, places of worship)
 - Be active (walk or run, ride a bike, swim, shoot hoops, do yoga)
 - Distract your hands (hold something - a tennis ball, pen or coin, write a letter)
 - Distract your mind (do a crossword puzzle, read a book, play cards)
 - Fool your mouth (try a toothpick or a straw, eat a lollipop, chew sugar-free gum).
- ▶ Stay away from what tempts you
- ▶ Change your routine
- ▶ Reward yourself: Don't think of it as stopping smoking. Think of it as starting a new, healthier lifestyle. It takes some time. Be patient. Set up rewards to remind yourself how hard you're working. Make a list of these rewards. Save the money previously spent on cigarettes. You'll be amazed at how fast the money you used to spend on cigarettes adds up and how soon you'll be able to buy your rewards.
- ▶ Don't be discouraged if you slip and smoke one or two cigarettes. It's not a lost cause. One cigarette is better than an empty pack. But that doesn't mean you can safely smoke every now and then, no matter how long ago you quit. One cigarette may seem harmless, but it can quickly lead back to your old smoking habits.



- ▶ Many ex-smokers tried stopping many times before finally succeeding. When people slip it's usually within the first few months after quitting, when resisting the urge to smoke can be especially challenging. If you slip, here are strategies that can help you get back on track.
 - Realize why you slipped: Acknowledge you slipped. You've had a small setback. This doesn't make you a smoker again. Feel good about all the time you went without smoking. Focus on strengthening your coping skills.
 - Don't be too hard on yourself: One slip doesn't make you a failure. It doesn't mean you can't quit for good. But don't be too easy on yourself, either. It's important to get back on the nonsmoking track right away.
 - Understand why you slipped and learn from your experience: Find the trigger. Exactly what was it that made you smoke? Be aware of that trigger. If you are using medication to help you quit, don't assume that it isn't working if you have a cigarette or two. Stay with it. It will help you get back on track.
- ▶ Focus on a new, healthier lifestyle:
 - Watch your weight: Many ex-smokers gain some weight because food tastes and smells better after quitting. You may notice that you snack more as a way to cope with the stress of quitting.
 - Get in shape
 - Eat healthy foods



Resources

- ❖ Quitting Smoking: Why to Quit and How to Get Help (The National Cancer Institute): www.cancer.gov
- ❖ Smokefree.gov (The National Cancer Institute, Tobacco Control Research Branch): www.smokefree.gov
- ❖ Quitting Smoking: Medline Plus: www.nlm.nih.gov/medlineplus
- ❖ The National Cancer Institute's Smoking Quitline: 1-877-44U-QUIT (1-877-448-7848)
- ❖ U. S. Food and Drug Administration: www.fda.gov