

Smoking Cessation Education*

<p>WHY SHOULD I STOP SMOKING?</p> <p><u>Health Risks</u>—smoking has been linked to many types of health problems including</p> <ul style="list-style-type: none"> ♦ Chronic Obstructive Pulmonary Disease (COPD) <ul style="list-style-type: none"> - Asthma - Chronic bronchitis - Emphysema ♦ Heart disease and heart attacks ♦ Cancer — particularly lung CA ♦ High blood pressure ♦ Loss of sense and taste <p><u>Special Considerations for Women</u></p> <ul style="list-style-type: none"> ♦ Greater risk of heart attack than women who don't smoke ♦ Higher risk of osteoporosis ♦ Low infant birth weight ♦ Higher chance of baby dying from SIDS <p><u>Second Hand Smoke</u></p> <ul style="list-style-type: none"> ♦ You increase the risk of your non-smoking spouse dying from cancer, lung or heart disease ♦ You increase the risk of your children developing respiratory problems ♦ You increase the chances that your children will smoke <p><u>Social Effects</u></p> <ul style="list-style-type: none"> ♦ Smoking is an unattractive habit ♦ It stains your teeth and fingers ♦ You smell like cigarette smoke ♦ You will have more wrinkles and look old before your time ♦ It's EXPENSIVE 	<p>WHAT CAN I DO TO STOP?</p> <ul style="list-style-type: none"> ♦ <u>Quit "cold turkey"</u> — Because your nicotine level drops immediately after you quit, the experience of withdrawal may be intense. Most people get over the physical symptoms from withdrawal within a week. ♦ <u>Behavior modification</u> — Some people have to cut back gradually. It is important to keep a record of when and why you smoke so you know your "triggers" and can avoid them. ♦ <u>Support groups</u> — It helps to have someone to support you when you are trying to quit. Ask about support groups in the area or find a friend or relative to quit with you. ♦ <u>Medications</u> — There are several products available now to help you stop smoking. <ul style="list-style-type: none"> ♦ Nicotine gum ♦ Nicotine patches ♦ Prescription medications — ask your doctor if this would be suitable for you. ♦ <u>Exercise</u> — Find something to do to keep you from smoking. ♦ <u>Change brands</u> to something you don't enjoy. Sometimes a simple thing can change your life. <p>YOU CAN STOP SMOKING!</p> <p>A 5-day Plan To Get Ready — The first step to quitting smoking is to decide to quit. Next, make an appointment with your health care provider, or contact a smoking cessation clinic to discuss your options for treatment. Set a quit date.</p>	<p><u>Quit Day Minus 5</u> List all of your reasons for quitting and tell your friends and family about your plan. Stop buying cartons of cigarettes.</p> <p><u>Quit Day Minus 4</u> Pay attention to when and why you smoke. Think of new ways to relax or things to hold in your hand instead of a cigarette. Think of habits or routines you may want to change. Make a list to use when you quit.</p> <p><u>Quit Day Minus 3</u> Make a list of the things you could do with the extra money you will save by not buying cigarettes. Think of who to reach out to when you need help, like a smoking cessation support group.</p> <p><u>Quit Day Minus 2</u> Buy the over-the-counter nicotine patch or nicotine gum, or get a prescription for a nicotine inhaler, nasal spray, or the non-nicotine pill, bupropion SR. Clean your clothes to get rid of the smell of cigarette smoke.</p> <p><u>Quit Day Minus 1</u> Think of a reward you will get yourself after you quit. Make an appointment with your dentist to have your teeth cleaned. At the end of the day, throw away all cigarettes and matches. Put away lighters and ashtrays.</p> <p><u>Quit Day</u> Keep very busy. Change your routine when possible and do things out of the ordinary that don't remind you of smoking. Remind family, friends and co-workers that this is your quit day and ask them to help support you. Avoid alcohol. Buy yourself a treat.</p> <p><u>Quit Day Plus 1</u> Congratulate yourself. When cravings hit, do something else that isn't connected with smoking, like taking a walk, drinking a glass of water, or taking some deep breaths. Call your support network. Find things to snack on like carrots, sugarless gum, or air-popped popcorn.</p>	<p>5 COMMON MYTHS ABOUT SMOKING</p> <p><u>Myth #1: Smoking is just a bad habit.</u> Fact: Tobacco use is an addiction. According to the U.S. Public Health Service Clinical Practice Guideline, Treating Tobacco Use and Dependence, nicotine is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.</p> <p><u>Myth #2: Quitting is a matter of willpower.</u> Fact: Because smoking is an addiction, quitting is often very difficult. A number of treatments are available that can help.</p> <p><u>Myth #3: If you can't quit the first time you try, you will never be able to quit.</u> Fact: Quitting is hard. Usually people make two or three tries or more before being able to quit for good.</p> <p><u>Myth #4: The best way to quit is "cold turkey".</u> Fact: The most effective way to quit smoking is by using a combination of counseling and nicotine-replacement therapy (such as the nicotine patch, inhaler, gum or nasal spray) or non-nicotine medicines (such as bupropion SR). Your health care provider or smoking cessation clinic is the best place to go for help.</p> <p><u>Myth 5: Quitting is expensive.</u> Fact: Treatments cost from \$3 to \$10 a day. A pack-a-day smoker spends almost \$1,000 a year. Check with your health insurance plan to find out if smoking cessation medications and counseling are covered.</p> <p><i>* Information compiled from the American Heart Association, 2011</i></p>
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