

SMOKING CESSATION

How to be a Quitter



University Hospitals

I'm thinking about quitting smoking.

QUITTING IS HARD.

When you started smoking, you probably didn't intend to smoke forever. Like others, you thought you could quit whenever you want to. You may have found that quitting smoking is harder than you thought it would be.

Remember that it takes time, patience and practice to quit smoking. It may take more than one try to quit for good. Don't give up. You can learn to feel good again without depending on tobacco.

WHY QUIT?

It's common to think both "I want to stop smoking" and "I don't want to stop smoking." Don't let your mixed feelings prevent you from trying to stop.

Sorting out why you want to stop is a helpful start.

List your reasons to be tobacco-free:

1. _____
2. _____
3. _____
4. _____
5. _____

20 MINUTES

Blood pressure returns to baseline

EIGHT HOURS

Blood carbon monoxide levels return to normal

24 HOURS

Risk of heart attack decreases

TWO WEEKS TO THREE MONTHS

Circulation improves; lung function increases

ONE TO NINE MONTHS

Decreased cough, shortness of breath and fatigue

ONE YEAR

Risk of heart attack is cut in half

FIVE YEARS

Risk of stroke is the same as that of a nonsmoker

10 YEARS

Risk of cancer is half of that of a nonsmoker

15 YEARS

Risk of coronary artery disease is the same as that of a nonsmoker

WHAT MAKES CIGARETTES SO HARMFUL?

When tobacco is burned, over 400 chemicals are released in the cigarette smoke that goes into your body. Many of these chemicals – such as *cyanide*, *arsenic* and *lead* – are poisons.

Although nicotine has *not* been shown to cause cancer, many chemicals in tobacco smoke *can* cause cancer. It's your exposure to these chemicals that makes smoking harmful.

QUIZ

Smoking increases the risk:	YES	NO
For coronary heart disease by two to four times	<input type="checkbox"/>	<input type="checkbox"/>
For stroke by two to four times	<input type="checkbox"/>	<input type="checkbox"/>
Of men developing lung cancer by 25 times	<input type="checkbox"/>	<input type="checkbox"/>
Of women developing lung cancer by 25.7 times	<input type="checkbox"/>	<input type="checkbox"/>

If you answered “yes” to all of the above questions, you are correct.

QUICK FACTS

- Lung diseases caused by smoking include chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- Cigarette smoking causes most cases of lung cancer.
- If you have asthma, tobacco smoke can trigger an attack or make an attack worse.
- Smokers are 12 to 13 times more likely to die from COPD than nonsmokers are.

(Information from the Centers for Disease Control and Prevention)

THE PHYSICAL (ADDICTIVE) CHALLENGE OF QUITTING

You smoke for many reasons. One of the main reasons is because tobacco contains an *addicting drug*, *nicotine*. This is the substance that makes it so difficult to stop smoking, even though you want to.

When you smoke tobacco, high levels of nicotine enter your lungs and reach your brain in about seven to 10 seconds, causing feelings of pleasure and the desire for more tobacco.

Nicotine changes your brain chemistry by increasing the number of nicotinic receptors in the brain. These receptors are triggered by cues that make you want to smoke. When the receptors are empty, they make you feel uncomfortable and increase your urge to smoke.

What worries you most about quitting smoking?

CHANGING THE HABIT

In addition to the addiction to nicotine, smoking becomes automatic – a *habit*.

You smoke:

- In the car while driving
- With your morning coffee
- When you're stressed, anxious and/or bored
- After meals
- With alcohol
- When you see someone else smoking

Cigarettes become your “friend,” something that is always with you that makes you feel better. It is hard to keep in mind that cigarettes are not *really* your friend. Changing the habit may mean changing the way you do your usual routine.

Things that I will try to help me change the habit:

HOW MEDICATIONS CAN HELP YOU QUIT

Using medications along with behavioral strategies to change habits can *double* your chances of quitting for good. Medications can increase your comfort by reducing the intensity of nicotine withdrawal symptoms. They also can help lessen your urges and desires for tobacco. Medications can allow you to focus on changing the behaviors and thoughts that contribute to smoking.

There are two types of medications:

- Nicotine replacement therapy (NRT), which contains nicotine – patch, gum, lozenge, inhaler or nasal spray
- Prescription medications – Bupropion and Chantix – that don't contain nicotine

Research has shown that individuals who use at least one medication and engage in behavioral change have greater success at quitting smoking. It is important to use enough medication to control your withdrawal symptoms and to use medication long enough after you've stopped smoking to maximize your chances of stopping for good.

You and your health care provider can determine which medication would be best for you.

Feelings and Urges

As you reduce the amount of nicotine in your body, you may experience some of these symptoms. Keep in mind that symptoms are only temporary:

- Anger
- Anxiety
- Constipation
- Difficulty concentrating
- Fatigue
- Frustration
- Headaches
- Increased appetite
- Increased coughing
- Irritability



Here are a few suggestions as to how to handle some of these feelings:

Anger/irritability

Do deep breathing: Breathe in slowly through your nose, hold your breath for four seconds and then slowly blow out; repeat five times

Anxiety

Do deep breathing or talk with a family member or friend for support

Constipation

Increase fiber in diet (fruits, veggies, grains) and/or increase fluids

Difficulty concentrating

Have a "to do" list of things to do and choose something on the list

Fatigue

Take time to unwind or take a nap

Frustration

Find an activity to take your mind off of smoking and to keep busy

Increased appetite

Keep healthy snacks available and increase water intake

There are many ways to combat the negative feelings you may experience as nicotine leaves your body.

Establishing a Quitting Date

PREPARING TO QUIT.

Choose a *quit date*. If it helps, put the quit date on your refrigerator as a reminder.

In preparing for your quit date, you will need to:

- Plan activities or projects to keep you busy
- Throw away all ashtrays and lighters
- Clean out your car if you smoke in it
- Talk with your support people
- Prepare an emergency kit with toothpicks, straws, a stress ball, rubber bands, sugarless gum/candy and bottled water
- Dispose of all tobacco

Design a rewards system for becoming tobacco free:

- Put the money normally spent on cigarettes in a jar/vase and watch it grow toward something you would like to buy
- Do something for yourself that you really enjoy

My quit date will be:



Keeping Positive

STAY POSITIVE

Feel great about yourself for making it so far. Give yourself credit for what you have accomplished! Focus on sticking with it. As you go through the first days and weeks without smoking, *stay positive*.

At first you may not be able to do things as well as when you were smoking. This won't last long. Your mind and body are getting used to not smoking. As time goes on, you'll feel better.

Keep your guard up. Certain places, people or events can trigger a strong urge to smoke. Use the techniques discussed here to get you through the urges.

Remember, no one is perfect! If you lose focus and you "slip":

- Don't blame or punish yourself
- Remember that this is a process
- Take it one day at a time and learn from your experience
- Keep moving forward
- Immediately commit again to becoming a nonsmoker

Things that keep me positive:

1. _____
2. _____
3. _____

NEXT STEPS

Plan on using multiple support options to quit smoking. Keep them handy in case you need them during your quitting journey. Here are a few options you may want to consider:

SmokefreeTXT: This mobile text messaging service is designed for adults across the United States who are trying to quit smoking. Visit <http://smokefree.gov/smokefreetxt>

Chat: You can connect with a National Cancer Institute LiveHelp information specialist to get immediate information and answers about quitting smoking. LiveHelp is available Monday through Friday from 8 a.m. to 11 p.m. Eastern time and is also available in Spanish.

Phone: 1-800-QUIT-NOW (1-800-748-8669). All states have quitlines with counselors who are trained specifically to help smokers quit. Call this number to connect directly to your state's quitline. Hours of operation and services vary.

Quit Smoking Apps: Mobile phone applications can help you prepare to quit, provide support and track your progress. They include:



LIVINGSTRONG
MyQuit Coach



quitSTART



Quit for Life



Smoke Free



Quit Smoking:
Cessation Nation

ORGANIZATIONS

Freedom From Smoking (FFS), American Lung Association

Free online smoking cessation assistance at www.lungusa.org/ffs. There are also smoking cessation classes and support groups at local hospitals. For information and class locations, call 1-800-LUNG-USA (1-800-586-4872).

Fresh Start, American Cancer Society

Free smoking cessation and self-help groups, smoking cessation and prevention training and stop smoking literature. For days, times and locations, call 216-241-1177 or visit www.oh.cancer.org.

Nicotine Anonymous

Free 12-step support group for men and women who are trying to stop smoking. Meeting discussion topics are decided by group consensus and are led by non-formally trained ex-smokers.

Visit www.nicotine-anonymous.org for access to local meetings, or call 415-750-0328 for voice mail to confirm meetings are current or for the dates and times of local meetings.



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1-866-UH4-CARE (1-866-844-2273)

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