

# Know Your Health<sup>®</sup>

A New Look at Why I Smoke  
and How to Quit



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# **Contents**

## **Facilitator Presentation**

This booklet contains the slide presentation and lecture notes for the *Know Your Health® A New Look at Why I Smoke and How to Quit* program.

It is suggested that the facilitator use this booklet in conjunction with the CD-ROM.



**Slide 1**

## Introduction

Hello and welcome. You have probably already tried to quit smoking or have at least thought about it. Today we're going to discuss:

- A new understanding of why people smoke
- Potential ways to quit smoking

Our discussion will last approximately 45 minutes. Please think about your own smoking habits and how your doctor or other health care provider can help you quit and stay quit.



**Slide 2**

## What We Will Talk About

*Note to facilitator: Build Slide (6)*

Specifically, we will look at:

1. How your health can be affected by smoking.
2. Why it's so hard to quit.
3. The health benefits you may see when you quit smoking.
4. What you can do to prepare to quit.
5. How to actually quit.
6. How to stay quit.



Slide 3

### What We Will Talk About

First, let's go through some of the potential risks to your health from smoking cigarettes.



Slide 4

### Health Risks

- Smoking is the number one preventable cause of premature death in the United States<sup>1</sup>
- Almost half a million people (440,000) die every year in the United States from smoking-related diseases<sup>1</sup>

#### Reference:

1. US Department of Health and Human Services. *A 1988 Surgeon General Report: The Health Consequences of Smoking*. US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2004. Available at: <http://www.cdc.gov>. Accessed July 23, 2005.





Slide 5

## Health Risks That You Can Reduce When You Quit Smoking

*\*Note to facilitator: Build Slide (3)*

1. Lung cancer often takes many years to develop. Cigarette smoking damages cells. This cell damage can lead to tumors that often start in the lungs. Once lung cancer occurs, the cancer cells can break away from the lungs and spread to other parts of the body.<sup>1</sup>
2. COPD (chronic obstructive pulmonary disease) refers to a group of lung conditions that are accompanied by a blockage of air flow out of the lungs. It includes emphysema and chronic bronchitis. COPD is different from asthma, but it can be hard to tell them apart. COPD makes it difficult to breathe and may get slowly worse as the damage to the lung progresses.<sup>2</sup>
3. Stroke can be caused either by a clot blocking the flow of blood to the brain or by a blood vessel rupturing and preventing blood flow to the brain. Cigarette smoke damages the walls of the blood vessel. This makes it easier for clots to form and increases the risk for a stroke.<sup>3</sup>

*\*Note to facilitator: Discussion is continued on next slide.*

### References:

1. American Cancer Society. What is lung cancer? Available at: <http://www.cancer.org>. Accessed September 8, 2005.
2. Celli BR, MacNee W, ATS/ERS Task Force. Standards for the diagnosis and treatment of patients with COPD: a summary of the ATS/ERS position paper. *Eur Respir J*. 2004;23:932-946.
3. American Heart Association. Stroke risk factors. Available at: <http://www.americanheart.org/presenter.jhtml?identifier=4716>. Accessed September 8, 2005.



Slide 6

## Health Risks That You Can Reduce When You Quit Smoking

*\*Note to facilitator: Build Slide (2)*

4. Coronary heart disease (CHD) is caused when the coronary arteries become narrow or clogged and cannot supply enough blood to the heart. This causes the heart to work harder. Cigarette smoke narrows the blood vessels and also reduces their ability to carry oxygen throughout the body, increasing your risk for CHD.<sup>1</sup>
5. Also...women who smoke and take birth control pills are 13½ times more likely to have a heart attack than women who do not smoke and take birth control pills.<sup>2</sup>
6. Accumulated evidence suggests that cervical cancer can be caused by smoking.<sup>3</sup>

### References:

1. National Heart, Lung, and Blood Institute. Coronary heart disease explained. Available at: <http://nhlbisupport.com/chd1/chdexp.htm>. Accessed September 8, 2005.
2. Tanis BC, van den Bosch MAAJ, Kemmeren JM, et al. Oral contraceptives and the risk of myocardial infarction. *N Engl J Med*. 2001;345(25):1787-1793.
3. Vineis P, Alavanja M, Buffler P, et al. Tobacco and cancer: recent epidemiological evidence. *J Natl Cancer Inst*. 2004;96(2):99-106.

## Besides Health Risks...

As of 2006, at least....

- 46 states have laws restricting smoking in public places
- 31 states have laws restricting smoking in private work places
- 48 states have laws restricting smoking in government buildings

### Slide 7

## Besides Health Risks...

The health risks from smoking are so well known that many businesses, advocacy groups, and individuals have made it really clear that they are concerned about smoking and the effects of smoke. And the government is responding to these concerns with laws that restrict or prohibit smoking in public places.<sup>1,2</sup>

### References:

1. American Lung Association. State Legislated Action on Tobacco Issues (SLATI) Overview. Available at: <http://slati.lungusa.org/appendixb.asp>. Accessed January 24, 2006.
2. American Lung Association. State Legislated Actions on Tobacco Issues: 2005. Available at: <http://www.lungusa.org>. Accessed October 28, 2005.

## What We Will Talk About

- Health Risks
- Why It's So Hard to Quit
- Potential Benefits From Quitting
- Preparing to Quit
- Quit
- Staying Quit

### Slide 8

## What We Will Talk About

So WHY is it so hard to quit?

## Why It's So Hard to Quit

For many people, smoking is 2 things at the same time:

- **Craving** – having a very strong want or need for a cigarette (and feeling unsettled when you don't have one)
- **Habit** – doing things the same way over and over when you smoke

### Slide 9

## Why It's So Hard to Quit

For many people, smoking is 2 things at the same time:

- You may crave the nicotine in a cigarette, and you may feel unsettled when you don't get it<sup>1</sup>
- You may get used to having a cigarette when doing certain things, so smoking becomes part of your daily habits<sup>2</sup>

### References:

1. DiFranza JR, Wellman RJ. A sensitization-homeostasis model of nicotine craving, withdrawal, and tolerance: integrating the clinical and basic science literature. *Nicotine Tobacco Res.* 2005;7(1):9-26.
2. Rigotti N. Treatment of tobacco use and dependence. *N Engl J Med.* 2002;346(7):506-512.

## Why It's So Hard to Quit

### Craving comes from brain chemistry

Smoking sends nicotine to the brain in a few seconds.

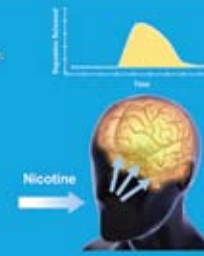
Nicotine starts a series of biochemical reactions that cause the release of dopamine.

Dopamine is a chemical in the brain that gives a feeling of pleasure and calm.

Between cigarettes, the level of dopamine gets less...and you start to get crabby and jumpy.

Your brain craves nicotine to release more dopamine to bring it back to a level of pleasure and calm.

Smoking again sends nicotine to the brain in a few seconds.



### Slide 10

## Why It's So Hard to Quit – Craving Comes From Brain Chemistry<sup>1</sup>

*\*Note to facilitator: Build Slide (6)*

When you smoke a cigarette:

- Nicotine is sent to your brain in a few seconds<sup>1</sup>
- Nicotine starts a series of biochemical reactions in your brain that ultimately cause the release of dopamine. Dopamine gives you a feeling of pleasure and calm<sup>2</sup>
- The level of dopamine drops between cigarettes, and you start to feel jumpy<sup>1</sup>
- Your brain craves the nicotine so that more dopamine will be released to make you feel calm again<sup>1</sup>
- And the cycle goes on of craving, smoking, calming, and craving

### References:

1. Schroeder SA. What to do with a patient who smokes. *JAMA.* 2005; 294(4):482-487.
2. Reuter M, Netter P, Rogausch A, et al. The role of cortisol suppression on craving for and satisfaction from nicotine in high and low impulsive subjects. *Hum Psychopharmacol Clin Exp.* 2002;17(5):213-224.



## Why It's So Hard to Quit

Effects of nicotine from cigarette smoking

- Nicotine has the potential to be addictive
- Has a stimulating and calming effect at the same time
- Depresses appetite, which may interfere with good nutrition

### Slide 11

## Why It's So Hard to Quit – Effects of Nicotine From Cigarette Smoking

It is hard to quit because some of the effects of nicotine from cigarette smoking are calming and reduce appetite:<sup>1</sup>

- Nicotine has the potential to be addictive
- Nicotine can have both a stimulating and calming effect at the same time
- Nicotine can eliminate the feeling of hunger, which may interfere with your getting good nutrition

### Reference:

1. Fagerström K. The epidemiology of smoking: health consequences and benefits of cessation. *Drugs*. 2002;62(suppl 2):1-9.

## Why It's So Hard to Quit

Withdrawal effects

You might feel bad at first when you stop smoking:

- Constipation
- Coughing or sore throat
- Cravings
- Disturbed sleep
- Headaches
- Dizziness or tingling
- Hunger
- Crabby or short-tempered

These effects can lessen over time as your body adjusts to the lack of nicotine.

### Slide 12

## Why It's So Hard to Quit – Withdrawal Effects

You might feel bad when you first stop smoking<sup>1</sup>, but some smokers don't experience any of these withdrawal symptoms.<sup>2</sup>

If you do experience withdrawal symptoms, these often go away in a few weeks.<sup>2</sup>

### References:

1. DiFranza JR, Weiman RJ. A sensitization-homeostasis model of nicotine craving, withdrawal, and tolerance: integrating the clinical and basic science literature. *Nicotine Tobacco Res*. 2005;7(1):9-26.
2. Rennard SI, Daughton DM. Overview of smoking cessation. *UpToDate Online*. Version 13.2, April 26, 2005. Available at: <http://www.patients.upToDate.com>. Accessed October 18, 2005.

**Why It's So Hard to Quit**  
Weight gain

Are you afraid you might gain weight when you quit smoking?

- Not everybody gains weight
- Many ex-smokers gain a little (average 6–8 pounds)
- About 1 of 10 people gain a lot (maybe 30 pounds)
- If you do gain weight, ask your doctor for suggestions on how to lose it again when you have your nicotine craving under control



**You can limit weight gain with a healthy lifestyle.**

- Eat low-calorie healthy meals
- Exercise regularly (check with your doctor before starting a new activity)

### Slide 13

## Why It's So Hard to Quit – Weight Gain

As you quit smoking, the potential for weight gain does exist.<sup>1</sup>

- Not everybody gains weight<sup>2</sup>
- Many ex-smokers will gain a little (average 6–8 pounds)<sup>1,3</sup>
- About 1 of 10 people who quit smoking do gain a lot of weight – as much as 30 pounds<sup>3</sup>
- The risk of gaining weight is highest during the 2 years that follow quitting. After that, the risk of weight change associated with smoking cessation goes down<sup>1</sup>
- If you do gain weight, ask your doctor for suggestions on how to lose it again when you have your nicotine craving under control<sup>2,3</sup>

You can prevent or limit weight gain with a healthy lifestyle that includes low-calorie healthy meals and regular exercise. (Check with your doctor before starting a new activity.)<sup>1,2</sup>

#### References:

1. Froom P, Melamed S, Benbassat J. Smoking cessation and weight gain. *J Fam Pract.* 1998;46(6):460-464.
2. Rennard SI, Daughton DM. Overview of smoking cessation. *UpToDate Online.* Version 13.2, April 26, 2005. Available at: <http://www.patients.upToDate.com>. Accessed October 18, 2005.
3. Williamson DF, Madans J, Anda RF, Kleinman JC, Giovino GA, Byers T. Smoking cessation and severity of weight gain in a national cohort. *N Engl J Med.* 1991;324(11):739-745.

**Why It's So Hard to Quit**  
Most habits are hard to break

"Every time I make a phone call, I have a smoke."

"I smoke with my coffee in the morning."

"I smoke when I'm waiting at the bus stop."

"I don't know what to do with my hands if I'm not holding a cigarette."

Most habits can trigger a desire for a smoke.

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## Why It's So Hard to Quit – Most Habits Are Hard to Break

Your brain expects a cigarette during certain activities, and doing the activity can trigger a desire for a smoke.<sup>1-3</sup>

It is then very hard to do that activity without a cigarette.

- Smoking becomes part of your daily habits
- You might smoke when you make a phone call, have your morning coffee, or wait at the bus stop
- You may not know what to do with your hands if you are not holding a cigarette

Also, remember that a smoker's brain knows that nicotine will help release calming dopamine. So stressful situations – such as traffic jams or difficult jobs – can also trigger a desire for a cigarette, even if it's not part of your daily routine.

#### References:

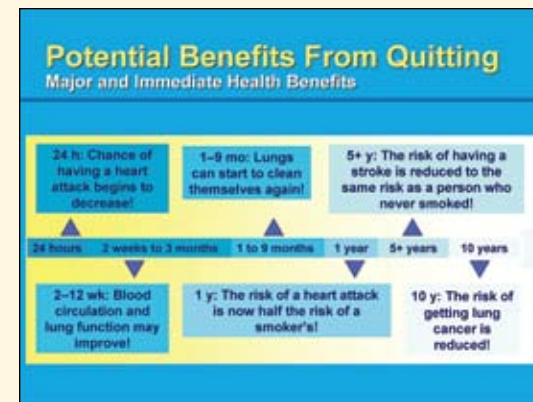
1. Erblich J, Lerman C, Self DW, Diaz GA, Bovbjerg DH. Effects of dopamine D2 receptor (DRD2) and transporter (SLC6A3) polymorphisms on smoking cue-induced cigarette craving among African American smokers. *Mol Psychiatry.* 2005;10:407-414.
2. Schroeder SA. What to do with a patient who smokes. *JAMA.* 2005;294(4):482-487.
3. Smolka MN, Bühler M, Klein S, et al. Severity of nicotine dependence modulates cue-induced brain activity in regions involved in motor preparation and imagery. *Psychopharmacology (Berl).* 2006;184(3-4):577-588. Epub 2005 Aug 13.



Slide 15

## What We Will Talk About

With all these things stacked against quitting, you might think it's hopeless. It's not!



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## Potential Benefits From Quitting – Quitting Smoking Can Have Major and Immediate Health Benefits<sup>1,2</sup>

*\*Note to facilitator: Build Slide (6)*

1. 24 hours after quitting: Chance of a heart attack begins to decrease.
2. 2 weeks to 3 months after quitting: Blood circulation may improve and lung function may increase up to 30%.
3. 1 to 9 months after quitting: Cilia (tiny hairlike structures that move mucus out of the lungs) can regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce risk of local infection. You might actually cough more for awhile than when you smoked, but the cough will be productive and will eventually stop. Congestion, fatigue, and shortness of breath start to decrease.
4. 1 year after quitting: The risk of developing a heart attack is now half the risk of a smoker.
5. 5+ years after quitting: The risk of having a stroke is reduced to that of a nonsmoker.
6. 10 years after quitting: Lung cancer death rate is about half of a smoker's and the risk of other types of cancer – mouth, esophagus, bladder, cervix, and pancreas – has decreased.

### References:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.
2. My Time to Quit. Available at: <http://www.mytimetoquit.com>. Accessed January 20, 2007.

## Potential Benefits From Quitting

Other potential benefits from quitting smoking:

- Food tastes better!
- Breath, clothes, hair, and nails do not smell!
- You can save money by not buying cigarettes! (About \$1,500 per year for a pack-a-day smoker.)



### Slide 17

## Potential Benefits From Quitting<sup>1</sup>

*\*Note to facilitator: Build Slide (3)*

Other potential benefits from quitting smoking include:

1. Food tastes better. Your senses of smell and taste may return to normal.
2. Your breath, clothes, hair, and nails might not smell of cigarettes.
3. You can save money by not buying cigarettes. If you kept track of how many packs of cigarettes you bought in a week, you can see how much money you have saved by quitting.

### Reference:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.

## Potential Benefits From Quitting

Other potential benefits from quitting smoking:

- You may have more energy!
- You may feel more in control of yourself, and you are not dependent on cigarettes anymore!
- You may reduce your risk of developing COPD and lung cancer!



### Slide 18

## Potential Benefits From Quitting<sup>1</sup>

*\*Note to facilitator: Build Slide (3)*

Other potential benefits from quitting smoking include:

1. Ordinary activities may no longer leave you out of breath, and you may have more energy.
2. You may be in control of yourself and your life, rather than being controlled by cigarettes and your cravings.
3. Quitting smoking may reduce your risk of developing COPD, lung cancer, and other smoking-related diseases.

### Reference:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.



Slide 19

## What We Will Talk About

Preparing to quit.



Slide 20

## Preparing to Quit – Make a Personal Commitment

Remember:

- Smoking is the number one preventable cause of premature death in the United States. Quitting smoking may be the most important step that you can take to improve your health<sup>1</sup>
- But quitting is a journey, not an event. Start the journey with good preparation<sup>2</sup>

### References:

1. US Department of Health and Human Services. *A 1988 Surgeon General Report: The Health Consequences of Smoking*. US Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2004. Available at: <http://www.cdc.gov>. Accessed July 23, 2005.
2. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.



## Preparing to Quit

### Mind and body

You may have the best chance of quitting if you prepare your mind and body to quit.

- Think about why you want to quit
- Find out how your doctor can help you overcome nicotine cravings when you quit smoking
- Figure out what changes you can make in your own habits to help you avoid smoking

### Slide 21

## Preparing to Quit – Mind and Body

You may have the best chance of quitting if you prepare your mind and body to quit.<sup>1</sup>

- Think about why you want to quit<sup>1</sup>
- Find out how your doctor can help you overcome nicotine cravings when you quit smoking<sup>1,2</sup>
- Figure out what changes you can make in your own habits to help you avoid smoking<sup>1</sup>

### References:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.
2. Rennard SI, Daughton DM. Overview of smoking cessation. *UpToDate Online*. Version 13.2, April 26, 2005. Available at: <http://www.patients.upToDate.com>. Accessed October 18, 2005.

## Preparing to Quit

### Reasons to quit

Make a list of some reasons to quit smoking.

- "I want to stay healthy for my family."
- "I want to reduce my risk of getting cancer."
- "I want to set a good example for my children."
- "I want to be in control of my life again."

What other reasons can you think of?

### Slide 22

## Preparing to Quit – Reasons to Quit

*\*Note to facilitator: Build Slide (3)*

1. Take a moment to think about 10 reasons you want to quit smoking.
2. Here are some common reasons why people want to quit smoking:<sup>1</sup>
  - For your family
  - You don't want to risk getting cancer
  - You want to be a good role model for your children
  - You want to regain control of your life
3. You probably can think of other reasons, too.

### Reference:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.

**Preparing to Quit**  
Get help

Talk to your doctor to decide which plan will work best for you.



Your doctor may recommend one or more of these:

- Quit telephone support numbers
- Individual or group counseling
- Medications:
  - Prescription
  - Over-the-counter

**Slide 23**

## Preparing to Quit – Get Help

*\*Note to facilitator: Build Slide (1)*

People are different from each other. One plan to quit smoking might work for some, but not for others.

1. Some of the methods that have been used by others are:
  - Quit telephone support numbers<sup>1</sup>
  - Individual or group counseling can help many people quit and stay quit. This can be done in combination with medications<sup>2</sup>
  - Quit smoking medications<sup>1</sup>
2. Quit smoking medications are available by prescription or over-the-counter at local pharmacies.<sup>1</sup>


Talk to your doctor to decide which plan will work best for you. Sometimes a combination of treatments works better than just a single approach.<sup>2,3</sup>

### References:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.
2. Stitzer ML. Combined treatments. In: *Addicted to Nicotine: A National Research Forum Program Book; July 27-28, 1998*. National Institute on Drug Abuse. Available at: <http://www.drugabuse.gov/MeetSum/Nicotine/Stitzer.html>. Accessed September 15, 2005.
3. Rennard SI, Daughton DM. Overview of smoking cessation. *UpToDate Online*. Version 13.2, April 26, 2005. Available at: <http://www.patients.upToDate.com>. Accessed October 18, 2005.

**Preparing to Quit**  
Choose the right time

Pick a target “quit date” within 2 or 3 weeks, and mark it on your calendar.



**Slide 24**

## Preparing to Quit – Choose the Right Time

Choose a “quit date” within 2 or 3 weeks and make it REAL.

1. Mark it on your calendar!<sup>1,2</sup>
  - By setting a target date to quit smoking, you will have time to prepare yourself for this date, mentally and physically

### References:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.
2. The Tobacco Use and Dependence Clinical Practice Guideline Panel, Staff, and Consortium Representatives. A clinical practice guideline for treating tobacco use and dependence: a US Public Health Service report. *JAMA*. 2000;283:3244-3254.



**Slide 25**

### Preparing to Quit – Choose the Right Time

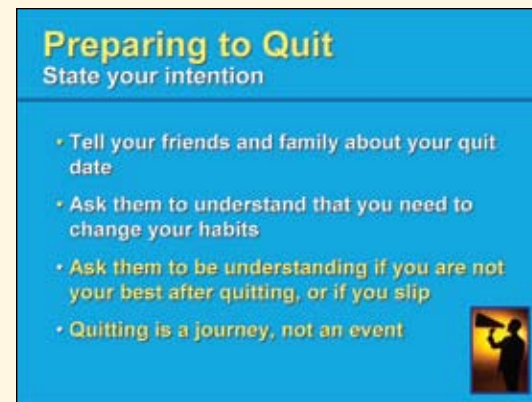
*\*Note to facilitator: Build Slide (2)*

1. Be aware of your triggers.<sup>1</sup>
2. Triggers are things that make you want to smoke.<sup>2</sup>
3. Triggers are things such as:
  - Social environment
  - Work stress
  - Sitting in traffic
  - Ordinary routines

If possible, try to pick a day that is likely to have fewer triggers than others. Maybe a weekend is less stressful for you than a weekday. Choose a day when you can avoid alcohol and minimize contact with other people who smoke.<sup>1,2</sup>

**References:**

1. The Tobacco Use and Dependence Clinical Practice Guideline Panel, Staff, and Consortium Representatives. A clinical practice guideline for treating tobacco use and dependence: a US Public Health Service report. *JAMA*. 2000;283:3244-3254.
2. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.



**Slide 26**

### Preparing to Quit – State Your Intention<sup>1</sup>

*\*Note to facilitator: Build Slide (3)*

1. Tell your friends and family members about your quit date. If you can't bring yourself to tell everyone, then tell at least one other person you trust.
2. This will help them to understand if you don't want to do the same things you usually do with them over a cigarette, like lingering over a cup of coffee (and cigarettes), or hanging on the telephone (and smoking).
  - Telling someone will help you to put yourself on the spot and solidify your commitment to yourself
  - Telling others might be really hard to do – especially if you have tried to quit many times before
3. When you tell others you are planning to quit, ask for their support. Ask them to be understanding if you are not at your best after quitting – and to support you to try again if you slip. Quitting is a journey, not an event.

**Reference:**

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.

**Preparing to Quit**  
Start changing your environment

Get rid of all your lighters, ashtrays, and any other smoking gear, including cigarette packs, before your quit date...



... to clean up your environment!

**Slide 27**

### Preparing to Quit – Start Changing Your Environment

*\*Note to facilitator: Build Slide (1)*

1. Before your quit date, throw away all of your lighters, ashtrays, and other smoking gear, including cigarette packs.<sup>1</sup>

**Reference:**

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.

**Preparing to Quit**  
Start changing your habits

Eat sugar-free candy or chew gum instead of having a cigarette on some of your breaks...



Go for a walk outside, and avoid high-risk trigger locations...



... to change your routines.

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### Preparing to Quit – Start Changing Your Habits<sup>1</sup>

*\*Note to facilitator: Build Slide (3)*

Some things you can do to avoid having a cigarette in the early days of quitting are:

- Eating sugar-free candy or chewing gum
- Change your routine (go for a walk outside or around the office) and avoid situations where your triggers exist
- You can practice doing these things before you quit, to help you break your routines

**Reference:**

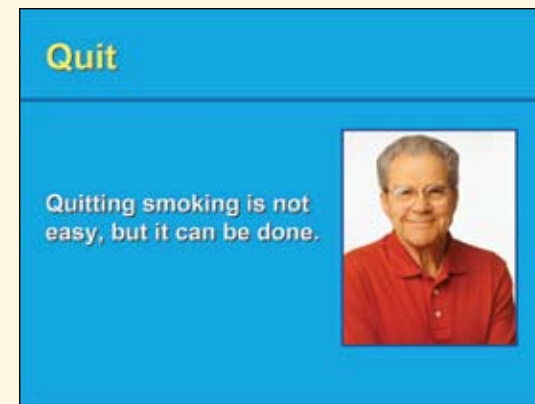
1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.



**Slide 29**

## What We Will Talk About

Once you have prepared, it's time to do it.



**Slide 30**

## Quit

Successful quitting is a matter of commitment and not luck. It's not easy, but it can be done.<sup>1</sup>

### Reference:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.



## Quit

This is the day you have prepared for.



### Slide 31

## Quit

This is your target date that you have told everyone about and that you have been preparing for.<sup>1</sup>

### Reference

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.

## Quit

- ✓ Throw out your cigarettes the night before – get them out of the house and truly gone
- ✓ Be sure to follow your doctor's treatment advice
- ✓ Practice the changes in your routine: drink water, chew gum, eat sugar-free candy, exercise, go to nonsmoking areas – do anything to avoid the smell and routine of smoking
- ✓ Just get through each moment of craving

### Slide 32

## Quit<sup>1,2</sup>

- Throw out your cigarettes
- Be sure to follow your doctor's treatment advice
- Practice the changes in your routine
- Craving is not a constant state. You will have moments when your urge to smoke is very strong, but the moment will pass. Remember that you just need to get through each moment of craving, one by one

### References:

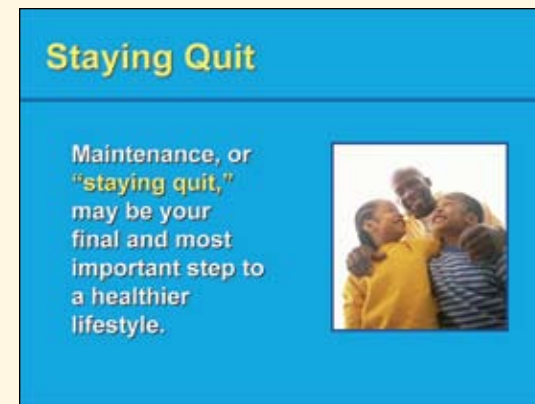
1. My Time to Quit. Available at: <http://www.mytimetoquit.com>. Accessed January 20, 2007.
2. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.



Slide 33

## What We Will Talk About

Staying quit.



Slide 34

## Staying Quit – Maintenance<sup>1,2</sup>

Once you have quit smoking, the important thing is to “stay quit” and maintain your new smoke-free lifestyle.

You may be tempted to have a cigarette. If you are tempted, you need to make a decision at that point. You can stay on the road to being a nonsmoker, or you can relapse and will have to start quitting all over again.

### References:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.
2. The Tobacco Use and Dependence Clinical Practice Guideline Panel, Staff, and Consortium Representatives. A clinical practice guideline for treating tobacco use and dependence: a US Public Health Service report. *JAMA*. 2000;283:3244-3254.

### Staying Quit

What happens when you “cheat”

When you stop smoking, the chemical craving stops after a few days or weeks.

For most ex-smokers...  
...if you have **JUST ONE** cigarette after you quit, you will soon have the same kind of craving you had before you quit.

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### Staying Quit – What Happens When You “Cheat”

*\*Note to facilitator: Build Slide (3)*

1. When you stop smoking, the chemical craving stops after a few days or weeks.
2. For most ex-smokers, just one cigarette can take the craving right back to where it was before they quit.<sup>1-3</sup>

**References:**

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.
2. Kenford SL, Fiore MC, Jorenby DE, Smith SS, Wetter D, Baker TB. Predicting smoking cessation: who will quit with and without the nicotine patch. *JAMA*. 1994;271(8):589-594.
3. Westman EC, Behm FM, Simel DL, Rose JE. Smoking behavior on the first day of a quit attempt predicts long-term abstinence. *Arch Intern Med*. 1997;157(3):335-340.

### Staying Quit

If you have a craving, try to:

- Drink plenty of water
- Eat a light snack or chew gum
- Exercise or do hobbies (check with your doctor before starting a new activity)
- Breathe deeply and hold for 5 seconds
- Refer to your list of reasons to quit

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### Staying Quit<sup>1</sup>

*\*Note to facilitator: Build Slide (5)*

What are some things you can do if you have a craving?

- Drink plenty of water
- Eat a light snack or chew gum
- Exercise or do hobbies (check with your doctor before starting a new activity)
- Breathe deeply and hold for 5 seconds
- Refer to your list of reasons to quit

Smoking becomes linked to certain activities of your life. Some of these activities can be done instead of smoking and will help to “unlink” the activity and smoking.

**Reference:**

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.

## Staying Quit

If you "slip" and have a cigarette after your quit date, keep track of why you smoked and how many cigarettes you smoked.

Date	# of Cigarettes	Why I smoked	Next time I slip I will try to...
06-01-05	2	I was stressed with work	Go for a walk around the office

### Slide 37

## Staying Quit

*\*Note to facilitator: Build Slide (1)*

What if you slip up and smoke? Very few people quit smoking and "stay quit" on their first try.

- If you do slip, it will help to know why you slipped and to think about what you can do if you do have the same craving again<sup>1</sup>

### Reference:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.

## Staying Quit

Don't be discouraged. Quit again. These "slips" are situations to prepare for. If you can't avoid them, then remember:

- Drink plenty of water
- Eat a light snack or chew gum
- Exercise or do hobbies (check with your doctor before starting a new activity)
- Breathe deeply and hold for 5 seconds
- Refer to your list of reasons to quit  
...just like you did before.

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## Staying Quit

*\*Note to facilitator: Build Slide (1)*

Don't be discouraged. There is a difference between a slip and a relapse. You don't have to use the slip as an excuse to go back to smoking.<sup>1</sup>

- If you slip and have a cigarette, review what happened and recommit to total abstinence from smoking

### Reference:

1. American Cancer Society. Guide to quitting smoking. Available at: <http://www.cancer.org>. Accessed September 8, 2005.



**Slide 39**



**Slide 40**

## **Go Ahead and Quit**

*\*Note to facilitator: Build Slide (5)*

My Health Account™ – A New Look at Why I Smoke and How to Quit is a checkbook-sized tool that will help you keep account of your health and improve communication with your health care provider. It will remind you of what you learned today.

1. Use it to keep track of your progress on the road to becoming a nonsmoker.
2. Awareness: Smoking is the number one preventable cause of premature death in the United States. Smoking causes many health problems. Quitting is an important step to improving your health.
3. Preparation: You will prepare mentally and physically to quit.
4. Quitting: Quitting smoking is not easy, but it can be done. You will need to change your behavior to adjust to a life without smoking.
5. Maintenance: Staying quit is one of the most important steps to a healthier lifestyle. Always remember the reasons you quit and the hard work you did to get to this point. Once you overcome cravings, you can begin to enjoy the benefits of staying quit.





