

UC Health
UNIVERSITY OF CINCINNATI PHYSICIANS



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You may have heard that smoking is a major health threat today. There are sound, reliable reasons that show smoking increases the risk for:

- heart disease and stroke
- lung disease
- cancer
- stomach ulcers
- infections
- low birth-weight babies...and much more.

If you quit you'll live longer and stay healthier—and so will your family. When you quit smoking, you will start showing signs of physical recovery almost immediately.



Effects of quitting after:

20 minutes: Blood pressure and pulse drops to a level close to that before you had your last cigarette. The temperature of your hands and feet increases to normal.

8 hours: Carbon monoxide level in the blood decreases, while at the same time the oxygen level in your blood increases.

24 hours: Your chance of having a heart attack decreases.

48 hours: Nerve endings begin to re-grow. Your sense of taste and smell improves.

72 hours: Bronchial tubes relax, making it easier to breathe.

2 weeks to 3 months: Your circulation improves. Your lung function increases up to 30%.

1 to 9 months: Coughing, sinus congestion, fatigue and shortness of breath decrease; cilia re-grow in your lungs and airways, increasing your ability to handle mucous, clean the lungs and reduce infection. Overall energy levels increase.

1 year: Your chance of having a heart attack is cut in half.

5 years: Stroke is reduced to that of a nonsmoker five to 15 years after quitting.

10 years: Your risk of dying from lung cancer is about half that of a continuing smoker; risks of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decrease.

15 years: Your risk of coronary heart disease is that of a nonsmoker.

Smoking: health risks & hazards

- A faster heart rate and higher blood pressure—meaning the heart is working harder.
- Blood cells are more likely to stick together and cause clots, which can lead to heart attacks, strokes and peripheral vascular disease.
- Increased damage to the lining of blood vessels in the heart, legs, fingers and head. This leads to atherosclerosis—hardening of the arteries.
- Increased spasm of blood vessels leading to pain, numbness, cold toes and fingers, and eventually even to gangrene (rotting of the skin).
- Irritation of the lining of the lungs and stomach.
- Damage to the lungs causing chronic respiratory conditions such as Chronic Obstructive Pulmonary Disease (COPD) and emphysema.
- High levels of carbon monoxide in the lungs and blood stream resulting in less oxygen available to your body.
- More frequent colds and pneumonia because the lungs can't work as well.



Why do you smoke?

1. **To reduce stress:** Not exactly! Nicotine, the main ingredient in tobacco, is actually a stimulant that increases your heart rate and blood pressure, and causes more stress on your body. Smoking is only a short, temporary, psychological stress reducer.
2. **Physiological:** Nicotine is a physically addictive drug. You actually feel a craving for cigarettes.
3. **Environmental:** You are more likely to smoke if those around you smoke.
4. **Psychological:** Smoking becomes an addictive habit. It may seem a necessary part of your daily routine.
5. **Handling:** You smoke to do something with your hands.
6. **Stimulation:** You smoke when you're bored or to occupy time.
7. **Tension:** You smoke to decrease negative feelings which tension can produce.



The following test was designed by the American Lung Association for their Freedom From Smoking Program. This test is designed to help you understand why you smoke. Take a few minutes to answer the questions on Part A. Then record and add your scores on Part B.

Why Do You Smoke?

Here are some statements people make to describe what they get out of smoking cigarettes. How often do you feel this way when smoking? Circle one number for each statement.

Important: Answer Every Question

Part A	Never	Seldom	Sometimes	Often	Always
	1	2	3	4	5

- A I smoke cigarettes in order to keep from slowing down.
- B Handling a cigarette is part of my enjoyment in smoking it.
- C Smoking cigarettes is pleasant and relaxing.
- D I light up a cigarette when I feel angry about something.
- E When I run out of cigarettes I find it unbearable until I can get them.
- F I smoke cigarettes automatically, without even being aware of it.
- G I smoke cigarettes to stimulate me, to perk myself up.
- H Part of my enjoyment in smoking a cigarette comes from the steps I take to light up.
- I I find cigarettes pleasurable.
- J When I feel uncomfortable or upset about something, I light up a cigarette.
- K When I am not smoking a cigarette, I am very much aware of it.
- L I light up a cigarette without realizing I still have one burning in the ashtray.
- M I smoke cigarettes to give me a "lift."
- N When I smoke a cigarette, part of my enjoyment is watching the smoke as I exhale it.
- O I want a cigarette most when I am comfortable and relaxed.
- P When I feel "down" or want to take my mind off cares and worries, I smoke cigarettes.
- Q I get a real gnawing hunger for a cigarette when I haven't smoked for a while.
- R I've found a cigarette in my mouth and not remembered putting it there.

Part B

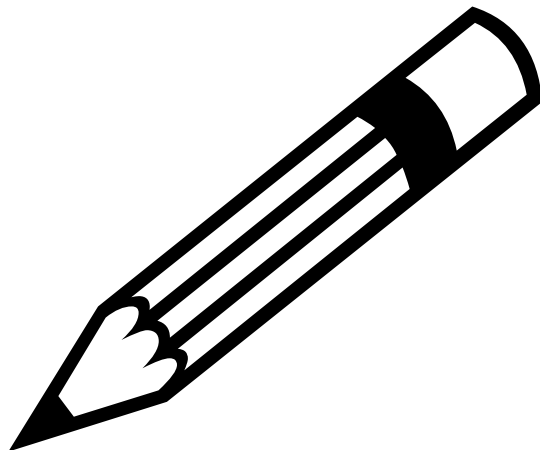
How to Score

1. Write the number you have circled after each statement in the corresponding space below.
2. Add the 3 scores on each line to get your totals. For example, the sum of your scores on lines A, G, and M gives you your score on Stimulation—on lines B, H, and N the score on Handling, etc.

(1)	(2)	(3)	(4)	(5)	(6)
A _____	B _____	C _____	D _____	E _____	F _____
G _____	H _____	I _____	J _____	K _____	L _____
M _____	N _____	O _____	P _____	Q _____	R _____
_____	_____	_____	_____	_____	_____
(Stimulation)	(Handling)	(Psychological Reward)	(Tension)	(Habit)	(Physiological)

A score of 11 or above for any column indicates that this aspect of smoking is an important source of fulfillment for you.

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Commitment

Now that you've looked at your smoking behavior, you must ask yourself, "Am I ready to make the commitment to quit?"

This will take time and effort. You need to really want to change in order to be a successful quitter.

List your five most important reasons to stop smoking here:

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____

The reasons why you want to stop smoking are often long-term goals, like:

- Better health
- Smell better
- To please my family
- To save money

You need to decide if you are willing to endure the possible discomforts of quitting smoking, and if you are committed to stop smoking NOW.

If you are ready to stop smoking, you may be ready to sign the following contract and have a family member, friend or your nurse or doctor witness it.

Contract to Stop Smoking

I, _____,

agree to quit smoking at _____ o'clock on _____.

I have made the decision to quit smoking because:

I understand that stopping smoking is one of the most important, positive health changes that I can make. While it is not easy, I will give up my attachment to cigarettes and be free to be a nonsmoker.

Signature

Date

Witness

Date

Planning your approach: getting to your quit date

When you quit smoking, alternative methods will have to be found to replace the satisfaction smoking has provided you in the past.

Use these substitutes when you get the urge to smoke:

Stimulation: take a brisk walk or other form of exercise

Handling: play with a rubber band, doodle, hold a pencil, suck on hard candy, a toothpick or a cinnamon stick.

Tension: count to ten, focus on something calming, do deep breathing exercises.

Habit: change your routine and avoid situations that trigger smoking, such as drinking coffee or alcohol, sitting in the break area, talking on the phone for a long time. Leave the table right after eating if you usually smoke then.

Physiological: drink more water to flush the nicotine out of your body. Avoid caffeine as this may increase your withdrawal symptoms.

Nicotine Replacement Therapy (NRT) is another method that people have used to quit, as opposed to “cold turkey”.

NRT lessens the urge to smoke by allowing you to:

- Develop the nonsmoking habits you need to break from cigarettes.
- Keep a small amount of nicotine in your bloodstream so physical withdrawal symptoms are reduced, and you can wean yourself off of cigarettes completely.

**NRT is not right for everyone, so talk to your health care provider to discuss the appropriate actions.*

Currently, there are several different types of NRT medication.

They are:

The nicotine patch

This over-the-counter medication gives a steady dose of nicotine throughout the day. A step-by-step process is used to gradually lower the doses. Most treatments last about 8 weeks.

Nicotine gum

This over-the-counter medication lets you control how much nicotine you get. You can gradually reduce the amount of gum you use. Most treatments last about 3 months.

Nicotine nasal spray

This prescription medication offers quick doses of nicotine through the nose. Treatments last about 3 months.

The nicotine inhaler

This prescription medication offers quick doses of nicotine through the mouth. Treatments last about 3-6 months.

Other alternative therapies of treatment include:

- Zyban, prescription medication
- Acupuncture
- Hypnosis

Smoking cessation withdrawal symptoms

When you do stop smoking, your body will undergo some changes. Many of these are temporary due to the withdrawal from the nicotine in cigarettes. Most of the nicotine leaves your body within 10 to 14 days, with the most severe feelings during the first 2-3 days.

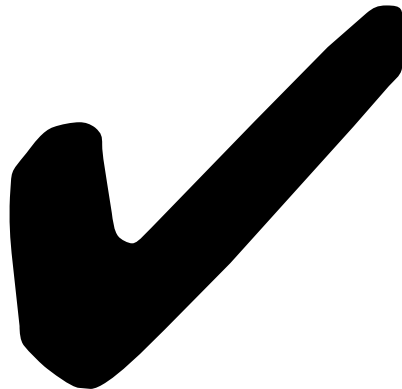
Symptoms include:

- **Headaches**-This is due to the change in blood flow to the brain with arterial dilation.
- **Constipation or diarrhea**-This is due to the changes in stimulation of the bowels.
- **Fatigue**-This can occur because there is a lack of stimulation from nicotine or because of the stress of quitting smoking.
- **Increased coughing**-This happens because the airways and lungs want you to cough up the old tar and mucous that has been in your lungs for some time.
- **Changes in appetite**-Food begins to taste better and you may want to eat more.



Below are more reasons that you may have for quitting. Remember these to help keep you motivated throughout your quitting process.

- Improved health
- Reduced risk of disease
- Personal satisfaction
- A sense of liberation
- Less tension
- More spending money
- Present a better image to your children
- Improved stamina
- Improved smell and taste
- Reduced fire hazard
- Reduced rates for auto and health insurance
- Better social acceptance
- Less loss of time from work
- Fewer colds and respiratory illnesses



Rewards

Research has shown that those who reward themselves have a greater chance of success in quitting smoking. What you are doing is setting yourself up for a positive result. When you fulfill your contract, you get a reward.

Examples:

- Stay in bed a weekend morning to read a novel
- Take a long bubble bath
- Listen to a favorite tape/CD
- Take pictures
- Buy new clothes
- Call a friend for a long chat
- Read a new book
- Get a massage or back rub
- Have a facial at the barber or beautician
- Hire a maid for the day
- Get a manicure
- Eat a special food you normally don't

Slips

A slip-up usually means that you were not prepared to cope with a situation. It does not mean that you are a failure or that you are still addicted and can't quit. Forget guilt or blame. Instead focus on what caused the slip-up and what you will do differently next time. You can learn from your mistake by going smoke-free again and resisting temptation.

Tips for staying smoke-free

After the urges to smoke have become more and more infrequent, overwhelming surprise attacks may come a few weeks and months into your new smoke-free life. When these urges come, practice the tension tips on pg. 7 to wait until the craving passes.

The average person makes two to four attempts at quitting before they are able to stay smoke-free.

If you return to smoking, it doesn't mean you can't quit. It just means you need to try again by figuring out what caused you to slip and improving your plan for next time.

You may want to use self-help books or tapes to assist you with your process. Or you may want to try a different group, individual counselor or other source of help if you've been unsuccessful at quitting on your own.

Get support from your family, friends, and co-workers to hold you accountable for your decision to stop smoking.

Special tips about weight gain

It's not true that everyone who quits smoking gains weight. If weight is gained it is usually between 3-5 pounds. Food may taste and smell better to you after quitting, but you can limit or avoid weight gain by:

- Planning healthy meals and snacks
- Drinking a glass of water before every meal and snack
- Increasing physical activity

Some smokers wrongly believe they can reduce their health risks and continue to smoke by substituting other forms of tobacco. Low tar/nicotine cigarettes are not safer than cigarettes, nor do they reduce your risk of smoking-related disease. Smokeless tobacco, pipes and cigars also are not safe.

Here are community resources that you can contact for more information on smoking cessation or support groups.

Health Alliance: smoking cessation class registration, and general information
513-585-CARE

**The Fort Hamilton Hospital
Center for Health and Wellness**
513-856-9355

Alliance Institute for Integrative Medicine
513-791-5521

American Lung Association
513-751-3650

American Heart Association
513-281-4048

American Cancer Society
513-559-1050

Good Luck and Good Health!!