THE TIME HAS COME...

STOP USING TOBACCO!
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STEPS TO A SMOKE FREE LIFE

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NOW IS THE TIME.

DO YOURSELF A FAVOR
QUIT!

- Handle your cravings
- Get support
- Set a goal
- See yourself smoke free
Chemicals in Tobacco

There are over 4,000 chemicals in cigarettes. Some that you may recognize are:

- Acetic Acid (vinegar)
- Acetone (nail polish remover)
- Ammonia (floor/toilet cleaner)
- Arsenic (rat poison)
- Butane (cigarette lighter fluid)
- Cadmium (rechargeable batteries)
- Carbon Monoxide (car exhaust fumes)
- DDT/Deildrin (insecticides)
- Ethanol (alcohol)
- Formaldehyde (preservation of body, Tissue and fabric)
- Hexamine (barbecue lighter)
- Hydrogen Cyanide (gas chamber poison)
- Methane (swamp gas)
- Methanol (rocket fuel)
- Naphthalene (mothballs)
- Nicotine (insecticide/addictive drug)
- Nitrobenzene (gasoline additive)
- Nitrous Oxide Phenols (disinfectant)
- Stearic Acid (candle wax)
- Toluene (industrial solvent)
- Vinyl Chloride (makes PVC)

Cancer Causing Agents:
- Benzo(a)pyrene
- B-Naphtylamine
- Cadmium
- Cryenes
- Dibenz Acidine
- Nickel
- Nitrosamines
- N. Nitrosomes
- P.A.H.’s
- Polonium 210
- Toludine
- Urethane

Metals:
- Aluminum
- Copper
- Gold
- Lead
- Magnesium
- Mercury
- Silicon
- Silver
- Titanium
- Zinc

Taken from Tacoma-Pierce County Health Department
Myths About Smoking

Myth #1: Quitting may be hard for other people, but I can do it any time I want to.

Nicotine is one of the most addictive substances on earth, and most people who try to quit cigarettes will have a hard time breaking its hold, according to the National Institute on Drug Abuse. The chemical goes directly from the lungs to the brain and stimulates the production of dopamine, a chemical that makes you feel happy. Although nicotine can make you feel more animated and energetic when you start smoking, your body will need more and more of it to feel the same way later on. If you do quit, you may find the craving to light up almost unbearable, and you're likely to get headaches and feel tired, sleepy, hungry, or irritable. In fact, 35 million people attempt to quit smoking every year, but only 7 percent of them actually succeed.

But that doesn't mean you can't do it: 2.5 million people quit smoking every year. The most successful quitters use support groups, nicotine replacement therapy (gum or patches), or a combination of approaches. Many of them have to try more than once to quit altogether.

Myth #2: Smoking doesn't hurt anybody but me.

The dangers of secondhand smoke are well documented. If you light up, you're exposing your children, spouse, and other family members to substances that can cause lung cancer, heart disease, asthma, and other diseases. Secondhand smoke kills an estimated 49,000 nonsmokers each year. About 46,000 will die from heart disease, and about 3,000 will die from lung cancer, according to the National Cancer Institute. Tobacco smoke in the environment makes nonsmokers more susceptible to ear infections, asthma attacks, and other respiratory problems, the Environmental Protection Agency reports. If you're pregnant and smoking, you run a higher risk of having a miscarriage or a stillborn infant, according to the US Surgeon General. Your baby also runs a higher risk of dying from Sudden Infant Death Syndrome, or SIDS, recent studies indicate. That's why one of the most important things you can do to ensure a safe pregnancy -- along with avoiding alcohol and getting prenatal care -- is to stop smoking.

Myth #3: Cigar smoking and chewing tobacco are safe because you don't inhale.

It's not only cigarette smoke that can kill you. Overall cancer death rates among men who smoke cigars are 34 percent higher than cancer death rates among nonsmokers, according to the American Lung Association. Cigar smokers have higher death rates from chronic obstructive pulmonary disease and are four to 10 times more likely to die from cancers of the throat, mouth, lips, larynx, and esophagus than nonsmokers, the National Cancer Institute reports.

People who chew tobacco don't get off lightly either. If you chew tobacco, you're more likely to get oral cancer, which affects the tongue, lips, cheeks, and gums. Moreover, a
study of 6,300 smokeless tobacco users reported in the American Journal of Public Health that they were twice as likely as nonusers to die of heart disease.

As with cigarette smoking, the sooner you quit, the better your chance of escaping these diseases.

**Myth #4: Smoking or chewing tobacco can lower blood pressure.**

No one knows where this one started, but many people believe that smoking or chewing tobacco actually helps them relax by lowering their blood pressure. This myth has no scientific merit. A group of researchers in Stockholm, Sweden studied 135 healthy people who had never been diagnosed with high blood pressure. But after their blood pressure was measured, scientists found that those who smoked or chewed tobacco had higher pressure than those who didn't.

**Myth #5: Smoking improves your mood.**

Some people believe smoking lifts the spirits, but it can sink your mood. If you're already down or depressed, cigarettes can put you at higher risk for clinical depression, hyperactivity, and attention deficit disorder, according to a recent report in the journal Pediatrics. Teens who smoke are four times as likely to be depressed as teens who don't, the study revealed.

**Myth #6: If I smoke only a few cigarettes a day, that's okay.**

Smoking isn't safe even if you're smoking one cigarette a day. Every cigarette contains about 1 to 2 milligrams of nicotine, and it reaches your brain 10 seconds after you inhale. Immediately after that first puff, you'll get a rush of adrenaline that may increase your blood pressure, your heart rate, and your breathing.

**Myth #7: If I smoke only filtered, menthol, or low-tar cigarettes, I'll be safe.**

Smokers who puff on only one or a few cigarettes a day or smoke low-tar cigarettes have a tendency to take more drags on the few cigarettes they allot themselves each day because they sense they're getting less nicotine and need to fill that craving. Despite the filters, nicotine and other dangerous chemicals still get through when you smoke. People who smoke filtered or low-tar brands may inhale even more deeply, thereby getting more carbon monoxide and other substances into their lungs, according to the National Cancer Institute.

**Myth #8: Lung cancer is the only disease I have to worry about from smoking.**

Unfortunately, this isn't the case. Smoking causes a number of other lung diseases, including emphysema, a degenerative disease that makes breathing more and more difficult. Smoking also increases your risk of heart disease, particularly if you have high blood pressure or high cholesterol, and aggravates many digestive disorders as well. It
can also cause cancer of the mouth, larynx (voice box), and esophagus, according to the American Lung Association. Smoking also plays a role in cancer of the pancreas, kidney, bladder, and, in women, cancer of the cervix.

**Myth #9: If I stop smoking, I'll definitely gain weight.**

It's true that many smokers gain weight once they stop smoking. Many of them substitute eating for the oral gratification that comes from puffing on a cigarette. On average, quitters gain only 5 to 10 pounds. But once you've stopped smoking, the weight gain doesn't have to be permanent. In fact, if you exercise, you may not only lose the weight you've gained, you may increase the stamina and lung capacity you lost when you were smoking. To help you keep the weight off, replace smoking with other activities besides eating: chewing gum, doodling, sucking on a straw, or just stretching and breathing deeply.

For some people, the concern about gaining weight can be moderated with counseling -- as can the weight gain itself. One study showed that women who were counseled about their concerns regarding weight gain after smoking cessation gained fewer pounds than those who weren't.

**Myth #10: Smoking is cool and sexy.**

Smoking stains your teeth, causes wrinkles in your face, and puts cigarette burns in your clothes. It won't do wonders for your breath or your overall aroma, either. In one poll, 86 percent of teens said they'd rather date a nonsmoker than a smoker. Moreover, studies show that men with high blood pressure who smoke are far more likely than nonsmokers to become impotent. That's not exactly sexy.
WHAT YOU NEVER ABOUT QUITTING SMOKING:

1. Most smokers require some type of nicotine replacement, such as patches or gum, to stop smoking successfully.
2. Each time you try to quit smoking you improve your chances of success—most smokers try to quit at least 3-5 times or more before quitting successfully.
3. Most people only gain about 5 pounds after quitting. There is evidence that smokers who gain the 5lbs. are more likely to still be smoke-free one year later.
4. Talking to a health care provider, such as your doctor or pharmacist, greatly improves the likelihood you will be able to quit.
5. Using nicotine patches, gum, inhaler, nasal spray, or Zyban® doubles your chances of success after quitting.
6. Any smoking (even just one or two) drastically reduces the likelihood of being smoke free one year later.
7. Having 2 pre-planned ways of dealing with difficult or tempting situations increases your chances of not smoking when you encounter one.
8. Every smoker quits in a different way. Don’t be discouraged or compare yourself to others who may have had an easier time quitting.
9. All smokers can get benefits from stopping smoking, no matter how long or how much they have smoked.
10. Using available toll-free numbers that offer support and additional information about quitting smoking has been shown to improve success rates. In addition to the ones available in the information for patches, gum, nasal spray, and Zyban®, the following are also available:

   - Rhode Island Tobacco Control: 1-800-QUIT-NOW
   - American Cancer Society: 1-800-227-2345
   - American Heart Association: 1-800-AHA-USA-1
   - American Lung Association Providence: 401-421-6487
   - National Cancer Institute: 1-800-4-CANCER
The Benefits of Quitting Smoking

The moment you stop smoking, your body will begin to heal itself.

_20 Minutes_
Pulse rate drops to normal
Blood pressure drops to normal
Body temperature of hands and feet increases to normal

_8 Hours_
Oxygen level in blood increases to normal
Carbon monoxide level in blood drops to normal

_24 Hours_
Chance of a heart attack decreases

_48 Hours_
Nerve endings start to re-grow
Ability to smell and taste is enhanced

_2 Weeks to 3 Months_
Circulation improves
Walking becomes easier
Lung function increases up to 30%

_1 to 9 Months_
Body’s overall energy increases
Coughing, sinus congestion, fatigue and shortness of breath decreases
Cells in the lung re-grow, increasing the ability to handle mucus and reduce infection

_1 Year_
Excess risk of coronary heart disease is half that of a smoker

_5 Years_
Stroke risk is reduced to that of a non-smoker 5 to 15 years after quitting.
Risk of cancer of the mouth, throat and esophagus is half that of a smoker’s risk
Lung cancer death rate for an average smoker (one pack a day) decreases by almost half

_10 Years_
Pre-cancerous cells are replaced
Lung cancer death rate is similar to that of a non-smoker
Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

_15 Years_
Risk of coronary heart disease if that of a non-smoker
What happens to your body when you quit smoking?

You reduce your risk of getting colds, flu, and bronchitis.

You will be less likely to develop deep lines around the corners of your mouth and eyes.

Toxic gasses will no longer make your eyes water or irritate your nose and throat. Your smoker’s cough will go away.

You will have more energy.

You reduce your risk of getting bladder cancer.

You reduce your risk of oral cancer and esophageal cancer.

If you are a woman using “the pill,” you will reduce your risk of stroke.

Your sense of taste and smell will improve.

Quitting smoking also reduces your risk of getting high blood pressure, heart disease, emphysema and lung cancer.
<table>
<thead>
<tr>
<th>QUESTIONS</th>
<th>ANSWERS</th>
<th>POINTS</th>
<th>SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>How soon after you wake up do you smoke your first cigarette?</td>
<td>Within 5 min.</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td></td>
<td>6-30 min.</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>31-60 min.</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>After 60 min.</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Do you find it is difficult to refrain from smoking in places where it is forbidden (church, library, theater)?</td>
<td>Yes</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Which cigarette would you hate to give up most?</td>
<td>First one in morning</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>All others</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>How many cigarettes per day do you smoke?</td>
<td>&lt;10</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td></td>
<td>11-20</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>21-30</td>
<td>2</td>
<td></td>
</tr>
<tr>
<td></td>
<td>&gt;31</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Do you smoke more frequently during the first hours after waking than during the rest of the day?</td>
<td>Yes</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Do you smoke if you are so ill that you are in bed most of the day?</td>
<td>Yes</td>
<td>1</td>
<td></td>
</tr>
<tr>
<td></td>
<td>No</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>TOTAL</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>

**SCORING**

0 – 6  Low to moderate degree of nicotine dependence  
7 – 10 High degree of nicotine dependence

Adapted from J Am Pharm Assoc. 1998.38(1):58-70