

SMOKING CESSATION

Why you should quit!

Within 20 minutes of the last cigarette:

- Blood pressure drops to normal.
- Pulse rate drops to normal rate.
- Body temperature of hands and feet increases to normal.

After eight hours:

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

After 24 hours:

- Chances of heart attack decreases.

After 48 hours:

- Nerve endings begin regrowing.
- Ability to smell and taste is enhanced.

After 72 hours:

- Bronchial tubes relax, making breathing easier.

After two weeks to three months:

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30 percent.

After one to nine months:

- Coughing, sinus congestion, fatigue and shortness of breathe decreases.
- Cilia regrow in lungs, increasing your ability to handle mucus, clean the lungs and reduce infection.
- The body's overall energy level increases.

After five years:

- Lung cancer death rate for average smoker (one pack a day) decreases to 137 deaths per 100,000.

After 10 years:

- Pre-cancerous cells are replaced.
- Other cancers, such as those of the mouth, larynx, esophagus, bladder, kidney and pancreas, decrease (there are 30 cancer-causing chemicals in tobacco smoke).
- Lung cancer death rate drops to 12 deaths per 100,000 -- almost the rate of non-smokers.

What Are Your Triggers?

Do you sometimes smoke because something triggers you to want a cigarette? Triggers to smoke can be emotional or situational.

Emotional Triggers:

- feeling irritable or grouchy
- feeling anxious or nervous
- having anger or rage
- being bored or having idle time
- suffering from depression
- feeling sad
- feeling guilty

Situational Triggers:

- hanging out with certain people
- while driving your car
- after eating a meal
- while drinking a cocktail
- while enjoying a break

- after completing a task
- first thing in the morning
- last thing at night
- while waiting in line

As you begin to figure out why you smoke, it's very important to recognize your emotional and situational triggers. As you learn to recognize them, try to come up with different ways to respond to them other than by lighting up a cigarette. Most of the feelings and situations that have become triggers for you are a normal part of life. Your task is to develop new, healthy ways of responding to them. For example, what if the next time you were triggered to smoke because you felt bored or anxious you caught yourself? What if instead of smoking you went out for a short walk, started doing some exercise, or performed relaxation-breathing exercises?

Kick-Butt Activity: List five of your triggers to smoke and for each one try to list two or three alternative activities. What would you do instead of lighting up?

Triggers play a big role in causing you to want to smoke. By identifying your triggers, you can begin to take charge of why you smoke. Join in on one of our chat rooms and share your alternative activities with your fellow quitters. Chances are good that your ideas will be very helpful to someone else trying to quit.

Good luck! We know you can do it!

The Benefits of using tobacco, as perceived by users.

- Tobacco helps me deal with stressful situations.
- Tobacco provides a pleasurable and enjoyable break during work or play.
- Tobacco helps me relax and unwind from stress.
- Tobacco helps me cope with unpleasant and painful situations or feelings.
- Tobacco helps me prevent unpleasant nicotine withdrawal symptoms.
- Tobacco helps me deal with an overstimulating environment.
- Tobacco keeps me from feeling bored, depressed or anxious.
- Tobacco increases my enjoyment of pleasant experiences.
- Tobacco provides enjoyable physical sensations.
- Tobacco gives me something to do with my hands.
- Tobacco increases my comfort in social situations.
- Tobacco helps me focus and concentrate.
- Tobacco makes me feel as if I am more productive.

The Drawbacks of using tobacco, as perceived by users.

- I am worried that it is bad for my health and will eventually cause my death.
- My breath, clothes, hair, home and car smell bad.
- I hate the smelly ashtrays, spittoons and mess that come with a tobacco habit.
- I am tired of ruining my cloths, furniture and car with burns and stains from my tobacco use.
- I get out of breath more easily.
- My stamina has decreased.
- Tobacco costs too much already, and it's going to cost even more.
- Tobacco use is less socially acceptable than it used to be, and I am more uncomfortable about using tobacco in public.
- I am worried that my tobacco use might be a health risk to others, especially my children and pets.
- I have more frequent colds, coughs, sore throats, and/or asthma attacks.
- I feel I am setting a bad example for my children or significant other.
- Some people do not want to be my friend because I use tobacco.
- I am dependent on tobacco, and changing my habit is going to be very hard.

The Health Risks of Using Tobacco

- Chronic halitosis (bad breath)
- Loss of vocal range and singing ability
- Increased risk of fire, injury, automobile accidents
- Allergies
- Tooth stains, tooth loss and gum disease
- Reduced immunity
- Upper respiratory diseases like colds, flu, sinus infections, bronchitis and pneumonia
- Asthma attacks
- Cataracts
- Hearing loss
- Heart disease
- Emphysema
- Lung cancer
- Prostate cancer (men)
- Pancreatic cancer
- Bladder cancer
- Mouth and throat cancers
- Lymphomas
- Stroke
- Raynaud's Syndrome
- Burger's Disease
- Osteoporosis
- Ulcers
- Osteoporosis
- Gangrene and limb loss in diabetics
- Poorer prognosis for survival following surgery

Prepare for Success

The first step is the most important: Preparation.

- Adequate preparation ensures a better chance for your success, and prevents or reduces problems with relapse while you attain your goal of reducing or quitting tobacco use.
- Tobacco users who fail in their attempts to quit have often failed to adequately prepare.
- The average tobacco user has made six to eight attempts before successfully changing or eliminating the tobacco habit.
- Select a goal. Decide if you want to reduce or quit your tobacco use, and/or improve your health. Preparation time may take a few days or up to three months. Don't rush it.
- Examine your past successful attempts to change your tobacco habit. When were you able to reduce or quit for a good amount of time? What helped you to succeed? There can be important clues in your past experiences that can help you in your ultimate success.
- When adopting a new behavior (such as exercise or changing your diet), you need to perform that new behavior for at least 100 days (about three months) in order to create a new and healthy lifestyle habit.
- Try to develop only one or two new habits at a time. Doing more is very stressful and may cause you to have cravings for tobacco. You may be setting yourself up to fail.
- You will need multiple, strong, new habits to combat the strength of your old tobacco habit. Design a plan with at least six to 12 strategies to help you to relax, cope with stress, occupy your hands or deal with boredom.
- Develop your new habits first, and then let go of the old tobacco habit. Changing your tobacco habit can be a very big lifestyle change, and many tobacco users report that the change consumes much energy and attention for a while. Having other healthy behaviors already integrated into your lifestyle will make this transition period easier.

- If you use more than the equivalent of 10 cigarettes a day, or if you believe that you are addicted to nicotine, explore the possibility of using a nicotine replacement therapy (NRT) that can help you reduce withdrawal symptoms. If you believe that a NRT would be helpful, select which NRT you will use: gum, nasal spray, inhaler or patches.
- Identify if you want to use a medication to help you in the quitting process. You can choose from nutritional or herbal over-the-counter products, or prescription medications. Zyban (also sold as Wellbutrin) is the prescription that is currently approved by the FDA for smoking cessation.
- Create a meaningful, personal ritual to say "goodbye" to your favorite tobacco product or your old tobacco habits, and follow through with your plan.

Reducing or Quitting Your Tobacco Use

If you are a health-concerned tobacco user who has been thinking about reducing or quitting, ask yourself which of the following 10 stages you have reached as of today. Then pick three things you could do within the next month that would help you get to the next stage. Rank the three things you have chosen in order of importance, then do them.

The 10 Stages of Reducing or Quitting

- **Stage 1:** You are a health-concerned tobacco user. You are worried about the health effects of your use, and you wonder if you should quit or cut down.
- **Stage 2:** You decide that you will gather information about tobacco, quitting or other health behaviors. You begin to actively explore your options.
- **Stage 3:** You decide to take some steps to change your tobacco use and/or your overall health status -- e.g., observing your tobacco triggers, switching brands, cutting down, getting more exercise, taking vitamins, managing your stress more effectively, paying more attention to your family and friends, etc.
- **Stage 4:** You make a firm commitment to reduce or quit, but do not specify a date or the strategies you will use.
- **Stage 5:** You prepare a plan to reduce or quit, and identify strategies you will use to successfully complete it. You make a firm commitment to follow-through on your plan. You set a reduction or cessation date.
- **Stage 6:** You reduce to your planned level, or you smoke your last cigarette, and successfully follow your plan for 24 hours.
- **Stage 7:** You successfully complete one week of follow-through with your plan.
- **Stage 8:** You successfully complete one month of follow-through with your plan.
- **Stage 9:** You successfully complete your first three months of follow-through with your plan.
- **Stage 10:** You successfully complete your first year of follow-through with your plan.

Changing Your Tobacco Habit

You are taking on a great challenge. Changing your habits is an act of bravery. You can be a hero!

Use "The Pleasure Principle." Find the meaning, enjoyment or fun in life. Identify strategies and activities that will add enjoyment, pleasure, meaning, value and health to your life. There is no ideal or guaranteed way to quit or reduce. There is only your way. Each successful reducer or quitter creates a personal plan. You must put together your own unique quitting or reduction plan, in your own way, and in your own time.

Successful ex-tobacco users say that they gradually stopped looking outside themselves for help, and begin looking inside themselves for the strength and resiliency to change their habit. You can't change for someone else; you can only change when *you* want it.

Things that will help:

- Take time to prepare, even if you take up to three months. Identify at least six to 12 strategies to cope with tobacco cravings, help you relax when you are tense and replace old tobacco rituals in your life.

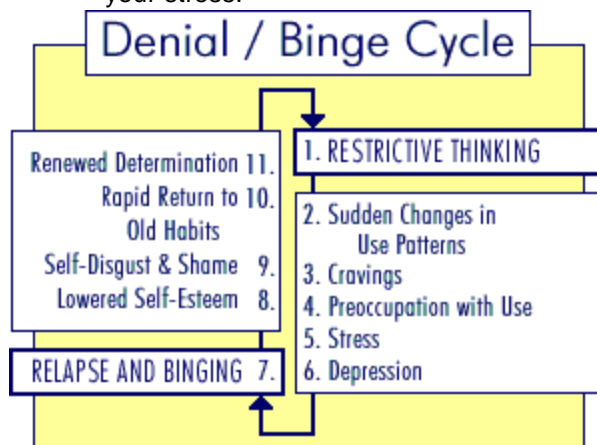
- Exercise is the highest predictor of success when changing tobacco use. Start or maintain an exercise program that utilizes stretching, toning and aerobic forms of exercise in your plan.
- Initiate major lifestyle changes during periods of low stress. Changing your tobacco habit during times of high stress is usually a setup for your plan to fail. Tobacco users often feel tired and fatigued when they first change their habit. Plan to make changes at a time when you can rest when you need it and take good care of yourself.
- Rally your friends and family to support your reduction, cessation or lifestyle goals.
- Develop confidence and commitment in your plan and continue to gather information and support.

As you successfully pass through the quitting or reduction process, a great deal of time, energy, money and attention will be released. Plan in advance where or how you will invest yourself and use this opportunity. For example: devoting more time for your children or a special relationship; being creative in your work or hobbies; learning a new skill; starting an exercise program; or anything that will bring more balance, satisfaction or peace to your life or your community. Some reducers and quitters experience a period of grief, loss and emptiness shortly after starting their new lifestyle plan. Nurture yourself through this period by letting yourself grieve the loss of using tobacco. Share any feelings of loss with someone who is sympathetic, loving and supportive of you regardless of whether or not you succeed in changing your tobacco habit this time. When you experience a low point in your motivation to reduce or quit tobacco, try to regain your old motivation by re-examining the benefits and risks of your tobacco use. This can help you recommit to your plan.

Carpe Diem! Seize the day and never give up! Keep trying, because you can succeed!

Out with the Old

- Throw away the old "No Pain, No Gain"
- Some people use tobacco to distract themselves from addressing possibly painful or frustrating emotional life issues. If this is true for you, seek professional assistance from your physician or therapist to face these issues when you no longer use tobacco to control them.
- Our addictions and compulsions (smoking, food, alcohol or other drugs, exercise and even other people) are the means by which we reach outside of ourselves to satisfy inner needs or soothe inner fears. Explore your inner space. Find ways to soothe your fears and make your dreams come true.
- "Prescriptions" for exercise, diets, and even quitting tobacco, may set up a denial/binge cycle, which actually drives the compulsive behavior to worsen and can even increase your stress.



- Shift your attention from the negative focus of fear (of disease, of death, etc.), deprivation and loss (giving up things). Reduce the amount of your negative self-talk filled with

"should"s and "have to"s. Shift to a more positive focus that embraces a healthy, enjoyable and rewarding lifestyle.

- Learn to identify and control your "Internal Critic" that excessively evaluates you against an inventory of human perfection (and will always finds you lacking). Become your own best friend, control excessive self-nagging and guilt. Learn to celebrate your positive and good qualities as well as critiquing your mistakes and failures. Eliminate the negative, and accentuate the positive!
- Avoid shifting your tobacco habit or compulsion into an exercise or diet compulsion that ends up controlling you like tobacco. Seek balance and moderation in your lifestyle choices.

Ways to Reduce Your Use

This involves gradually reducing your daily intake of tobacco and nicotine to a level that will produce minimal-to-no-withdrawal symptoms and that will reduce health risks. It can be done with, or without, a nicotine-replacement therapy. You can reduce your tobacco use and/or nicotine dependency without producing withdrawal symptoms by:

- Using less tobacco per day.
- Using less tobacco each time.
- Breaking your brand identification by frequently switching brands of tobacco products.
- Taking fewer drags/inhales per cigarette.
- Inhaling less deeply.
- Reducing to less than 10 cigarettes, or a quarter can of dip per day to prevent nicotine dependency.
- Reducing to two to five cigarettes, or a fifth of a can of dip per day to reduce health risks.
- Switching to a lower tar/nicotine/carbon monoxide content tobacco product, without increasing the amount you use per day.

A self-administered nicotine replacement therapy (NRT) can be helpful for tobacco reduction. The self-administered NRTs include gum, inhalers and nasal sprays.

Pick the "Right" Time

First, prepare a plan to reduce your tobacco use. Take time to prepare, even if you take up to three months. Identify at least six to 12 strategies to cope with tobacco cravings, help you relax when you are tense and replace old tobacco rituals in your life.

At some point, you will feel ready to implement your plan. You should feel motivated and enthusiastic about your plan, and optimistic about its success.

Select a good time to implement your plan to reduce your tobacco use. Many people select a significant date, such as their birthday or the birthday of a loved one, an anniversary or the New Year.

Identify 6 to 12 Strategies to Help You Reduce

Tobacco users like nicotine for a variety of reasons (mood management, stress management, productivity or relaxation), and they need to have one to three strategies for each reason they use nicotine.

Identify strategies, ideas, people or situations that make you feel enthusiastic, hopeful and personally empowered. Try to identify as many strategies (preferably six to 12 strategies) as you can to help you with the reduction process. Studies show that the more strategies that you combine, the more likely you are to succeed!

Strategies to Reduce

- Breathe deeply, often. Air is the primary food of the mind and body. Breathing can reduce a severe craving for tobacco, reduce stress and tension and enhance your health and sense of well-being.
- Drink lots of water. It is important for the mind and body.
- Start an exercise program that includes aerobic, toning and stretching forms of exercise. Exercise is the highest predictor for successfully becoming an ex-tobacco user.

- Practice relaxation exercises to help you reduce stress and tension.
- Eat a well-balanced, heart-healthy diet so that you avoid weight problems.
- Find a diet and nutritional program that will restore and enhance your health.
- Rally your personal support group to help you succeed in achieving your goals.
- Start to eliminate tobacco use that you don't really need or that you use unconsciously.
- Put your tobacco use on a schedule.
- Enlarge your "no-tobacco-use" people, places or times.
- Imagine how you will handle various situations without tobacco. Practice doing so.
- Examine your past attempts to reduce or quit when you were successful for a good amount of time. What helped you succeed?
- Create a meaningful personal ritual to say "goodbye" to your old tobacco habit.
- Smile more often. Give and get more hugs.
- Keep a pack of sugarless gum, sugarless breath mints or hard candy with you at all times. Eat only one piece of candy or gum at a time, and try to make each piece last as long as possible. Sucking and chewing will give your mouth a replacement for your tobacco use.
- Brush your teeth often. People tend to crave tobacco less when they have a clean mouth.
- Reward yourself for each week you successfully reduce your tobacco use, and stick with your fitness and eating plans. Make your rewards or treats non-food oriented, instead of going for a drink and dinner, get a relaxing massage.
- Tell yourself every day that you are getting stronger and healthier each day. Seize the day! Believe it! Live it!

Recruiting Your Support System

Every technique to tackle tobacco works better if you have plenty of social support. Your social support can consist of friends and family members, coworkers, self-help groups, your physician, therapist or other health professionals. Tobacco users usually begin using because of social situations, and social support is an important key to successfully changing your tobacco habit. It is important for you to forge strong bonds with the people who are most supportive of your efforts. It is also important to make yourself less vulnerable to the pressures of friends and acquaintances who may be threatened or cynical about your desire to change. You may find that some friends are so uncomfortable about your efforts to change your tobacco habit that you will have to avoid them until you have control over your tobacco use.

Ways to Gather Support

- Select a person to be your "buddy" who is a sympathetic and understanding listener when you are going through difficult times.
- The job of your buddy is to provide positive support and praise. No nagging or giving you a guilt trip!
- Set up a once-a-week ritual to contact your buddy. Visit them in person or talk on the phone. Review your progress over the week. Talk about difficulties that you have encountered and anticipate. Use this opportunity to reinforce your desire and motivation to succeed with your plan.
- Make a bet or pact with your buddy, specifying a reward or celebration that will mark your successful completion of six months, or a full year, without tobacco.
- Make a public announcement of your intention to tackle tobacco to your family, friends, civic organizations or clubs, spiritual group - wherever you can find people you trust and respect.

Ways to Cope With Cravings

First, make a contract with yourself to identify six to 12 strategies to use whenever you get a tobacco craving. Try to identify "Pleasure Principle" strategies that are a better substitute for the pleasure of the drug because they provide pleasure or stress reduction.

A craving is like a wave on the ocean. As it begins to crest, you might become worried about your ability to resist the urge, and you may focus on anticipating how bad it will get. Remember to stay

focused in the present and on the degree of desire that you are currently experiencing -- not on worrying about what it might happen. Anticipated discomfort is often worse than the real experience. Also, remember to give yourself time. Just like a wave, the urge will build, crest, relax and disappear. Your preparation, determination, practice and social support can be very helpful in reducing both the frequency and intensity of your cravings.

Tobacco cravings appear to be mild in the morning. The period of most intense craving is between noon and 10 p.m., with the peak between 7 and 8 p.m. Craving is most intense for the first two to three days, then drops off sharply, and substantially reducing by the end of the first week. Both physical and psychological symptoms follow similar trends. Using a nicotine replacement therapy can help to reduce the frequency and intensity of tobacco cravings.

Tips to Reduce Cravings

- Take five to 10 gentle, full, deep breaths.
- Divert your attention to something positive.
- Wait it out (for at least 5-10 minutes).
- Remind yourself of the good reasons why you want to reduce or quit.
- Alter your routines to avoid old tobacco triggers.
- Go for a walk or get regular exercise.
- Talk to a friend.
- Chew gum.
- Take up a new hobby with the money you save from not using tobacco.
- Plan something fun or exciting.
- Listen to or play music.
- Watch television or a video.
- Ask yourself: "Do I really want tobacco, or is this just a reflex or habit?"
- Occupy your hands: Play an instrument, draw or write a letter.
- Brush your teeth (cigarettes, chewing tobacco and alcohol taste bad afterward).

Changing Hand and Mouth Habits

Many ex-tobacco users report experiencing strong urges to have something in your mouth or hands. There are a variety of things that can assist with these special types of cravings:

- A big glass of water.
- Placebo cigarettes (like the E-Z Quit).
- Sugarless chewing gum.
- Carrot sticks, celery and other crunchy vegetables.
- Apples, oranges, tangerines, bananas and other fruits.
- Cinnamon or licorice sticks.
- Toothpicks or swizzle sticks.
- Jigsaw or crossword puzzles.
- A diary or journal.
- Hand-held electronic games (like Solitaire).
- Play dough or clay.
- A back-scratcher.
- Good books and magazines.

Using the Pleasure Principle

Tobacco provides a great deal of pleasure and stress reduction for your brain. You cannot take such an important crutch out of your life without also replacing it with other pleasurable and stress reducing things. You must find tobacco-free ways to experience pleasure, cope with boredom, occupy your hands and reduce your stress. Put healthy pleasures into your life to substitute for your tobacco use.

In With the New

- Cultivating an optimistic and positive outlook is an important health risk-reducer. Learn to turn problems and failures into opportunities or learning experiences. Worrying too much about your health can be bad for your health!
- Focus on promoting positive, emotional changes and attitudes, and personal enrichment. Develop your own individual, unique, enjoyable and satisfying lifestyle.
- Learn to trust your internal knowledge of yourself. No one knows you as well as you know you!
- View a healthy lifestyle as a process and not an event. It took time to develop your tobacco habit, and it will take some time to change it.
- When you reduce or quit your tobacco use, you will free up time, money and energy. Allow yourself to try new behaviors, people, places and things!
- Listen to yourself and learn to respond positively to your personal needs and cues. Learn about what appeals to you physically, mentally, emotionally, spiritually, socially and professionally.
- Balance your attention between changing your tobacco use and a variety of other areas in your life. Identify 6 to 12 pleasurable, rewarding or meaningful strategies to replace your tobacco habit.
- Develop cooperative efforts with your friends or co-workers to support one another to make lifestyle changes, rather than creating competitions that push for unrealistic goals (such as losing 10 pounds in 10 days). Your healthy pleasures might include:
 - Gathering and reading lifestyle information.
 - Attaining greater balance in your lifestyle
 - Including more activities in your life.
 - Including more quiet and introspective times in your life.
 - Enhancing relationships with family or friends.
 - Including more humor in your life.
 - Including more touching in your life.
 - Including more beauty in your life.
 - Including more rest, relaxation or naps.
 - Including more creative activities with art or music.
 - Improving your professional talents.
 - Organize your life, your home or your office.

Links We Like:

www.lungusa.org

www.quit tobacco.org

www.freeandclear.org