

Smoking

Patient Education Module

Quitting smoking is difficult but is important for your health. This packet has information to help you learn the reasons to quit smoking, advice on how to quit smoking and the difficulties you may face when quitting.

Quitting Smoking Involves 4 Important Steps:

1. Making the decision to quit
2. Setting a date to quit
3. Dealing with withdrawal
4. Keeping a smoke-free life

Good Reasons to Quit Smoking

REMEMBER! Quitting smoking is one of the most important things you will ever do:

1. You will live longer and live better. It is never too late!
2. Quitting will lower your chance of having a heart attack, stroke, or cancer. *Heart attack patients:* By quitting, you reduce your risk of a second heart attack. *Lung, head, and neck cancer patients:* By quitting, you reduce your chance of a second cancer.
3. If you are pregnant, quitting smoking will improve your chances of having a healthy baby. By quitting, you protect your baby's health and your own.
4. The people you live with, especially your children, will be healthier. By quitting, you protect your children and adolescents from illnesses caused by second-hand smoke.
5. You will save money! You will have extra money to spend on things other than cigarettes.
6. Food will taste better.
7. Your fingers, nails, and teeth will not be yellow anymore.
8. People with chronic diseases like diabetes and hypertension will reduce associated health problems, help wound healing, and improve their ability to fight infections.

If you have tried to quit before but weren't successful or if you are worried about problems like weight gain or depression, talk to your doctor about these concerns.

What Happens When You Quit Smoking?

Within 20 minutes of your last cigarette:

- You stop polluting the air
- Blood pressure drops to a normal rate
- Pulse rate drops to a normal rate
- Temperature of hands and feet increases to normal

After 8 hours:

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

After 24 hours:

- Nerve endings adjust to the absence of nicotine
- Ability to smell and taste things is enhanced

After 72 hours:

- Breathing becomes easier
- Lung capacity increases

After 2 weeks to 3 months:

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

After 1 month to 9 months:

- Coughing, sinus congestion, fatigue, and shortness of breath all decrease
- Cilia regrow in lungs, increasing ability to clean the lungs and reduce infection
- Overall energy increases

One year:

- Heart disease rate is halfway back to that of a nonsmoker

Five years:

- Heart disease rate drops to the rate for nonsmokers
- Lung cancer death rate decreases to halfway back to that of nonsmokers

Ten years:

- Lung cancer death rate drops to almost the same rate for nonsmokers
- Precancerous cells are replaced
- Incidence of mouth, larynx, esophagus, bladder, kidney and pancreas all decrease

Five Keys for Quitting

Studies have shown that these five steps will help you quit and quit for good. You have the best chances of quitting if you use them together:

1. Get ready.
2. Get support.
3. Learn new skills and behaviors.
4. Get medication and use it correctly. Ask your doctor about medications for smoking cessation.
5. Be prepared for relapse or difficult situations.

Tips for Smoking Cessation

GETTING READY

Why do you WANT to quit smoking now?

- these are your own personal reasons why you want to quit using tobacco products
- be very specific – “I want to quit smoking because I can’t carry groceries in my house without getting short of breath”
- write them down and place the reasons where you see them every day
- write reasons for quitting on index cards and rubber band them to your cigarette pack

Review past quit attempts

- What worked? What did not work?
- Were you really ready to quit?
- What can you learn? How would you do it differently this time?

Review your smoking habits

- Use a diary or Pack Tracks
- Start decreasing cigarettes
- Practice going places without your cigarettes

Anticipate and Plan

Five parts involved in smoking:

- *Habit* – what do you do after you eat? In the car? First thing in the morning?
- *Emotions* – what are you going to do when you are stressed? Angry? Bored? Fed up with the children, your spouse or significant other? Do you need help with depression or anxiety?
- *Hands* – how are you going to keep your hands occupied?
- *Mouth* – how are you going to keep your mouth occupied?
- *Nicotine addiction* – if smoke within 30 minutes of waking up. How are you going to deal with withdrawal symptoms?

HABIT

- get up from the table immediately after eating
- change the location you sit in. If you smoke while sitting on the right hand side of the couch, sit on the left hand side and do not smoke there.
- Do not smoke and do something else, i.e. don’t hit golf balls with a cigarette hanging in your mouth.
- Drink tea in the morning or change the location where you drink your coffee
- Limit or eliminate alcoholic beverages for a time
- Change your route home, shop at a different grocery store

EMOTIONS

- take breaks at work to go outside and sit in the sun
- take a “time out” from your children. Set a timer and go to your room for some quiet minutes.
- Squeezy balls from the dollar store to help with stress, anger

- Take a walk when you are bored
- Find a volunteer activity
- Talk with your health care provider about assistance with dealing with depression and anxiety
- Collect all your cigarette butts in a mayonnaise jar with water in the bottom so cigarettes become unpleasant
- Learn and/or practice relaxation skills

HANDS

- Needlework – knitting, make rugs, cross stitch
- Crossword puzzles, word finds
- Squeezy balls from the dollar store
- Wood working
- Car maintenance

MOUTH

- Pretzels
- Sugar free hard candies or gum (don't want cavities)
- Carrots, celery
- Toothpicks (Whole Foods has Tea Tree Oil toothpicks)
- Drink liquids through a straw

Get support and encouragement

- Tell family, friends and co-workers. Tell them specifically how they can be helpful.
- Talk to your health care providers
- Contact a Quit Line
- Join a smoking cessation group
- Talk to your smoking friends

Set a quit date

- Will it be easier to quit on a work day or a non workday?
- Is there a special occasion coming up?

Plan a reward

- can be in one day, one week, one month

The day(s) before the quit date

- Throw away cigarettes and matches
- Look through closets, under car seats, in coat pockets for loose cigarettes
- Clean your clothes, house, car

The Quit Day

- Keep busy, but make it fun
- Stay away from smokers for a while
- Practice the 4 D's when cravings occur – Drink water, Deep breathe, Delay, Do something else
- Remind yourself this is a choice. "I choose not to smoke" no one is making you stop smoking.

- Withdrawal cravings will go away in approximately 3 minutes.
- Withdrawal symptoms are worst on days 2 and 3.
- **Do not smoke even one cigarette.** 70% of people who smoke one cigarette will go back to regular smoking.
- Avoid or decrease caffeine. When your nicotine level drops, your caffeine level rises.
- Anticipate and plan. Any events coming up that will provide temptations?

If you slip up

- Learn from the mistakes.
- How can I avoid being in this position next time.
- Seek assistance from your support people
- Remember most people try to quit 5 times before finally succeeding.

QUIT SMOKING CHECKLIST

Getting Ready for Quit Day

- Pick your quick date _____. Mark it on your calendar.
- Tell family and friends your quit date.
- Stock up on sugarless gum, carrot sticks and sugarless hard candy.
- Will you use nicotine replacement therapy or other smoking cessation medications? If so, get your prescription filled or buy it over the counter.
- Will you attend a smoking cessation class? If so, sign up.
- Practice saying “No thank you, I don’t smoke”.
- Get rid of all cigarettes, ashtrays, lighters and any other smoking related items.

Quit Day and Beyond

- DON'T SMOKE!
- Ask people you live with not to smoke around you. Spend time with non-smokers.
- Keep busy, stay active – try walking, exercising or doing other activities.
- Drink lots of water.
- Begin using the nicotine replacement you have chosen.
- Attend the stop smoking class if you have chosen one.
- Avoid using alcohol.

Use the four “A”s to deal with tough situations.

- AVOID** people and places that tempt you to smoke.
- ALTER** some of your other daily habits, like your meal time, your route to work
- ALTERNATIVES** for your mouth – like healthy snacks
- ACTIVITIES** for your hands – like needlework, woodcarving or other hobbies

Talk to your doctor about how you are doing. Your next appointment is _____.

If you are worried about gaining weight, increase activity or think about seeing a nutritionist.

Remind yourself that staying quit, is probably the most important gift you can give yourself.

RECOVERY SYMPTOMS AFTER QUITTING SMOKING

Symptom	Reason	Coping Tips
Irritability	Body is getting rid of thousands of chemicals in tobacco	~ Drink plenty of liquids ~ Relaxation exercises
Dry mouth or bad taste in mouth	Lining of mouth is being replaced by healthier tissue	~ Sip water
Cough or sore throat	Normal clearance mechanism of lung recovery	~ Deep breathing ~ Brisk walks ~ Cough drops
Dizziness or headache	Body is readjusting to decrease or absence of nicotine	~ Fresh air ~ Long walks ~ Extra rest ~ Nicotine replacement
Hunger	Appetite is no longer suppressed sense of taste and smell are returning	~ Eat healthy snacks with texture and taste
Nervousness or lack of concentration	Body is readjusting to decrease or absence of nicotine	~ Relaxation exercise ~ Physical Activity ~ Hot baths or showers ~ Avoid alcohol ~ Nicotine replacement
Perspiration	Nerve endings are regaining function	~ Frequent baths or showers ~ Cooler clothes ~ Fresh air
Constipation	Lack of nicotine reduces adrenaline production and intestinal movement	~ Increase fiber and water intake
Bleeding gums	Not known, but usually stops within 2 months of quitting	~ Mouthwash ~ See dentist if problem persists
Leg pains, stiffness or tingling in legs	Improved circulation	~ Elevate and massage legs ~ Increase potassium intake (ex. Bananas) ~ Warm baths
Changes in sleep patterns	Loss of stimulants in cigarettes	~ Extra sleep ~ Exercise
Tiredness or Sleepiness	Decrease or absence of nicotine	~ Relaxation techniques ~ Decrease caffeine intake ~ Exercise ~ Nicotine replacement

