Smoking Cessation
Be A Quitter!
Smoking Cessation

Objectives

- Statistics
- Chemicals in cigarettes
- Effects of smoking
- Secondhand smoke
- Addiction or Habit?
- Why It’s So Hard To Quit
- Methods and resources for quitting
- Develop a Quit Plan
- Health Benefits From Quitting
- Smoking support
Statistics

- Over 1 billion people smoke tobacco worldwide, which is nearly 20% of the world’s population.
- Smoking rates have leveled off in developed countries while it continues to rise in underdeveloped nations.
- Studies show that many people still do not know the dangers of smoking, often in countries where education on smoking is not provided.
- Among smokers who are aware of the dangers, most would like to quit smoking.
Chemicals in Cigarettes

The outrageous chemicals hiding in your cigarettes.

**Formaldehyde**
- Used to embalm dead bodies

**Benzene**
- Found in gasoline and rubber cement

**Arsenic**
- Used in pesticides like rat poison

**Toluene**
- Found in paint thinners

**Acetone**
- Found in nail polish remover

**Acetic Acid**
- An ingredient in hair dye

**Lead**
- So toxic it was removed from gasoline and paint.

**Cadmium**
- Active component in battery acid

**Carbon Monoxide**
- Found in car exhausts

**Methanol**
- A main component in rocket fuel

**Nicotine**
- Used as insecticide

**Tar**
- Material for paving roads

**Hydrogen Cyanide**
- Used in chemical weapons

**Ammonia**
- Used in household cleaners

**Butane**
- Used in lighter fluid

Every time you smoke a cigarette, you are ingesting a toxic mix of more than 7,000 chemicals. It’s #TImetoquit.
Effects of Smoking

- Tobacco kills up to half of all lifetime users.
- Around 100 million people died in the 20th century from tobacco use across the globe.
- Tobacco related illnesses account for 1 out of 10 adult deaths worldwide.
- Smoking does harm to almost every organ of the body, causing many diseases and reducing the general health of the smoker.
How Smoking Affects the Body

Cancers
- Oropharynx
- Larynx
- Esophagus
- Trachea, bronchus, and lung
- Acute myeloid leukemia
- Stomach
- Liver
- Pancreas
- Kidney and ureter
- Cervix
- Bladder
- Colorectal

Chronic Diseases
- Stroke
- Blindness, cataracts, age-related macular degeneration
- Congenital defects—maternal smoking: orofacial clefts
- Periodontitis
- Aortic aneurysm, early abdominal aortic atherosclerosis in young adults
- Coronary heart disease
- Pneumonia
- Atherosclerotic peripheral vascular disease
- Chronic obstructive pulmonary disease, tuberculosis, asthma, and other respiratory effects
- Diabetes
- Reproductive effects in women (including reduced fertility)
- Hip fractures
- Ectopic pregnancy
- Male sexual function—erectile dysfunction
- Rheumatoid arthritis
- Immune function
- Overall diminished health
Secondhand Smoke

- Exposure to secondhand smoke is responsible for approximately 600,000 deaths worldwide each year.
- There is no “safe” level of secondhand smoke.
- It has been shown to cause or worsen health problems including respiratory and heart problems, cancer and stroke.
- Many laws have been passed that prohibit smoking in public places and on public transportation, in workplaces.
How to Avoid Secondhand Smoke

You can protect your loved ones from secondhand smoke by:

✓ Quitting smoking or not smoking around them
✓ Choosing smoke free establishments
✓ Asking others not to smoke in your car, home or while in your presence
✓ Teach your children to stay away from secondhand smoke
Smoking: Addiction or Habit?

The American Lung Association refers to smoking as a “three-link chain” of physical, social and mental addictions.
Why It’s So Hard to Quit

• Smoking sends nicotine to the brain in a few seconds
• Nicotine starts a series of 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 decreases and you start to want another cigarette
• Your brain wants 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

Dani JA, De Biasi M. Pharmacol Biochem Behav. 2001;70:439-446.
Why It’s So Hard To Quit

- Nicotine has been shown to be as addictive as drugs like heroin or cocaine.
- You will experience withdrawal symptoms when you go too long without a cigarette such as headaches, irritability, depression, anxiety and difficulty concentrating, if you have become dependent.
- Quitting smoking will be a physical, mental and social challenge.
- Smoking becomes linked to all aspects of your life because you often associate certain activities and certain people to smoking.
- It’s important to know your triggers, do your best to avoid them and make behavioral changes to deal with the mental and social aspects.
Behavior Is Hard to Change

“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.”

Behaviors can trigger desire for a smoke.

Methods for quitting

Quitting is definitely not easy. There is no “one size fits all” method. Using more than one method has been shown to increase your success.

✓ Cold Turkey
✓ Medication
✓ Nicotine replacement products
✓ Counseling (group or individual)
✓ Alternative approaches (hypnosis, acupuncture, laser therapy)
✓ Electronic cigarettes
Seeing Your Doctor

We encourage you to visit your healthcare provider to find the right options for you, since everyone is different.

- Medication, along with counseling, is recommended to adult smokers trying to quit, unless medication is contraindicated.
- Studies show this combination of methods has been shown to be the most effective for quitting.
- Your doctor has several resources to help support your quit attempt. Make an appointment to start your quit plan.

Developing a Quit Plan

• The decision to quit smoking must come from you, successful quitting is a matter of planning and commitment.

• Ask yourself why you want to quit: health related illnesses, family, financial benefits of quitting? Write down your answers and keep them around when you feel like smoking.

• Make note of triggers to smoke: is it a certain time of day, being with a group of friends, drinking alcohol.

• Once you’ve made the decision to quit, set a quit date. Pick a date within the month, it will allow enough time to prepare but not too much time so that you could change your mind.

• Choose a method for quitting, it’s important to choose the one that is right for you.
Tips for preparing for your quit date:

- Set reasonable expectations
- Tell your friends and family and set up a support system
- Remove all smoking related things at home, work and in your car
- Stock up on oral substitutes like gum, hard candy, straw and toothpicks
- Wash clothing and objects that smell like smoke
- Practice going without cigarettes
- Drink lots of water and get some exercise
- Plan to reward yourself for not smoking
On Your Quit Date and After

- Don’t smoke any cigarettes! Even one cigarette may make you start again.
- If you get an urge, ride it out. The urge should pass within 10 minutes.
- Manage withdrawal symptoms, they are tough, but only temporary. They tend to peak within the first few days and gradually fade.
- Keep things handy that you can put in your mouth, like hard candy, toothpicks or carrot sticks. Avoid high calorie snacks.
- Spend your time in places that are smoke free and avoid places that remind you of smoking.
- Change your daily routine to break the connections with smoking.
- Start a new hobby, join a club, exercise or do activities that keep your hands busy.
- Recognize what stresses you and how you respond to it; practice relaxation to help calm yourself.
Many smokers do gain some weight after quitting. However, the dangers of smoking are greater than gaining a few pounds.

Make healthy choices to avoid the dreaded weight gain that many worry about.

- Get physically active: it can help keep your weight down, keep your mind off smoking and decrease stress. *Check with your doctor before beginning a new exercise program*
- Select healthy food choices and limit foods high in calories, sugar and fat.
- Drink plenty of water
- Choose baked, steamed or broiled over fried foods
- Limit alcohol intake to avoid extra calories and to decrease your desire to smoke
- Get plenty of sleep
Health Benefits from Quitting

- Quitting smoking will have both short and long term effects on your health
- The risk for cancer, stroke, heart and respiratory disease is greatly decreased
- Your health continues to improve the longer you remain smoke free

<table>
<thead>
<tr>
<th>Timeframe</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 hours</td>
<td>Your chance of having a heart attack may decrease!</td>
</tr>
<tr>
<td>2 weeks to 3 months</td>
<td>Your blood circulation and lung function may improve!</td>
</tr>
<tr>
<td>1 to 9 months</td>
<td>Your body may be cleaning out tar from your lungs!</td>
</tr>
<tr>
<td>1 year</td>
<td>Your risk of having a stroke is reduced to the risk of a person who never smoked!</td>
</tr>
<tr>
<td>5+ years</td>
<td>Your excess risk of a coronary heart disease is now half the risk of when you smoked!</td>
</tr>
<tr>
<td>10 years</td>
<td>You have reduced your risk of lung cancer!</td>
</tr>
</tbody>
</table>

Additional Benefits from Quitting

- Food tastes better
- Sense of smell will improve
- Breath, clothes, hair and nails do not smell
- Teeth and nails will become less discolored
- Your home and car won’t smell
- Simple tasks won’t leave you out of breath
- Your self esteem may improve and your mental health may improve
- You save time by not smoking
  (About 1 ½ hours for a pack a day smoker)
- You saved money by not buying cigarettes
  (About $1,500 per year for a pack-a-day smoker)
- It may decrease the likelihood your children will smoke in the future

Support is Available

- Your healthcare provider can offer great support and guidance.
- Your health plan may offer resources and tools also.
- There are many tools available, that are often low or no cost, that offer support when you decide to quit smoking:
  - Websites and apps for
  - Support groups
  - Telephone-based help
  - Social media
  - Smoking Cessation classes and programs
  - Telemedicine

Research what resources are available to you and choose the tools that work best for you!
Be a Quitter for Life!

Quitting smoking may be the best thing you ever do for yourself. There are so many reasons to quit smoking. Do it for your health and quality of life. Do it for the money you’ll save. Do it for your friends and family. Talk with your doctor. Set your quit date. Make it happen.
Resources

• www.who.int
• www.quiterscircle.com
• www.cdc.gov/tobacco
• www.tobaccofreekids.org
• www.cancer.org
• https://smokefree.gov
• www.who.int