Smoking Cessation
Be A Quitter!
Smoking Cessation

Objectives

• Statistics
• 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.
Effects of Smoking

- Tobacco kills up to half of all lifetime users.
- 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 such as heart and respiratory disease, cancer and stroke, and reducing the general health of the smoker.
- There are thousands of harmful chemicals found in cigarettes.
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.
The American Lung Association refers to smoking as a “three-link chain” of physical, social and mental addictions.
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.
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.

• 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
  ✓ Make note of triggers to smoke
  ✓ Once you’ve made the decision to quit, set a quit date.
  ✓ Choose a method for quitting, it’s important to choose the one that is right for you.
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.
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

Your chance of having a heart attack may decrease!

Your body may be cleaning out tar from your lungs!

Your risk of having a stroke is reduced to the risk of a person who never smoked!

24 hours
- Your blood circulation and lung function may improve!

2 weeks to 3 months

1 to 9 months
- Your excess risk of a coronary heart disease is now half the risk of when you smoked!

1 year
- You have reduced your risk of lung cancer!

5+ years

10 years

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

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