All About Smoking Cessation

Going for the 3 Increases: Increase in Health, Increase in Happiness & Increase in Energy

Strategies for Success in Health Management

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Negative Impact of Smoking

Physical Impact of Smoking
1. Lung Cancer
2. Oral Cancer
3. Heart Disease and Erectile Dysfunction
4. Cataracts
5. Brittle Bones
6. Skin: Uneven skin tone; sagging skin and wrinkles; lines and wrinkles around the lips; age spots; Psoriasis-thick, scaly skin patches most commonly on elbows, scalp, hands, back, or feet
7. Appearances: Damaged gums and teeth; Stained nails and fingers; Hair Loss
What Happens When You Stop Smoking?

- People who quit smoking may gain a small amount of weight. Most people who quit gain 10 lbs. or less.
- The reasons are varied, without nicotine:
  - Feeling hungrier, although this effect tends to disappear after a few weeks
  - Metabolism may decrease
  - Person may enjoy food more or feel it tastes better, which could lead to overindulging
  - Person may eat more high fat or sugary snacks, or drink more alcohol
Four Different Ways to Stop Smoking

1. Quit Cold Turkey
2. Behavioral Therapy
3. Nicotine Replacement Therapy
4. Medicine
5. Combination of Treatments
COLD Turkey

- About 90% of people who try to quit smoking do it without outside support -- no aids, therapy, or medicine
- Although most people try to quit this way, it's not the most effective and successful method
- Only between 4% to 7% are able to quit by going cold turkey alone
Behavioral Therapy

- This model entails working with a Behavioral Health Consultant
- Goal is to find ways not to smoke
- Identifying triggers for smoking (such as emotions or situations that make you want to smoke)
- Making, Implementing and Monitoring a plan to get through cravings so as to quit completely
Nicotine Replacement Therapy

Nicotine replacements give you nicotine without using tobacco they are:

- Nicotine gum
- Patches
- Inhalers
- Sprays
- Lozenges

This plan works best when you also get behavioral therapy & lots of support from friends and family.
Medicine

- Drugs like Zyban and Chantix
- These drugs are intended to help people quit smoking
- Your doctor must prescribe these medications
- Again: This plan works best when you also get behavioral therapy & lots of support from friends and family
Combination of Treatments

- Using a combination of treatment methods may raise your chances of quitting.
- Combination of Behavioral Therapy and using both a nicotine patch & gum may be better than a patch or gum alone without Behavioral Therapy.
- Behavioral therapy and nicotine replacement therapy are strong.
- Behavioral therapy and prescription medication are strong.
4 Rules for Quitting Smoking

1. Know your triggers and avoid them early on
   - Try to stay away from situations that normally make you feel like smoking
   - Especially during the first 3 months.
   - This is when you're most likely to start smoking again.
4 Rules for Quitting Smoking

2. Know that the first few days are the toughest

- Especially if you're quitting "cold turkey," the first few days are the hardest
- You'll probably feel irritable, depressed, slow, and tired
- Once you get past those first days, you'll begin to feel normal (but still have cigarette cravings)
4 Rules for Quitting Smoking

3. Don't give in to your craving to smoke

- Every time you don't smoke when you have a craving
- Your chances of quitting successfully go up
4 Rules for Quitting Smoking

4. Try a new hobby with friends who don't smoke. This makes success more likely

- When smoking is no longer something you do, it can change how you see yourself
- As much as you want to quit smoking, you may be surprised to feel sad or miss it
- That's normal. Take care, though, if feeling sad usually makes you want to smoke.
How Hard Will It Be to Quit?

Everyone is different, and how tough it is depends on things such as:

- The number of cigarettes you smoke daily
- The number of people you spend time with who smoke (parents, friends, and co-workers)
- The reasons why you smoke (such as to control your weight, to fit in, or during certain social situations)
Focus on the Benefits of Quitting

- Within hours of stopping cigarettes, your body starts to recover from the effects of nicotine and additives.
- Your blood pressure, heart rate, and body temperature -- all of which are higher than they should be because of the nicotine in cigarettes -- return to healthier levels.
- You can breathe easier.
- Poisonous carbon monoxide in your blood drops, so your blood can carry more oxygen.
Quitting Helps Your Whole Body!

- It helps your looks
- You'll be less likely to get wrinkles when you're still young
- And you'll save money, too!
Is Smoking Addictive?

- Blame nicotine, the main drug in tobacco, for your smoking addiction
- Your brain quickly adapts to it and craves more and more to feel the way you used to feel with just one cigarette
- Over time, the brain learns to predict when you're going to smoke a cigarette
- You feel down and tired, so you think, "I need a cigarette," and the cycle starts again
What makes Smoking Addictive

It's not just about brain chemistry. Certain situations make you want to smoke.
Everyone's triggers are different. Yours might include:

- the smell of cigarette smoke
- having an ashtray next to you
- seeing a carton of cigarettes at the store
- having certain food or drinks
- ending a good meal
- talking with someone with whom you normally smoke cigarettes
- Just the way you feel (sad or happy)

One of the biggest keys to quitting smoking is spotting the triggers that make you crave smoking and trying to avoid them.
So What About It-Are You Ready?

- What if I Start Smoking Again?
- It's called "relapse," and it happens to a lot of people before they kick the habit for good
- Relapse is normal in strong addictions like smoking
- If you relapse, try to smoke as little as possible until you're ready to quit again
- Stopping permanently is a process that might take some time
- It's worth it!
Come Join Us!

- Join the Smoking Cessation Support Group here at this clinic
- It is made up of members all of whom are working on quitting smoking
- They have realized they need ongoing support of others dealing with the same issues
- The group covers tools which help them to be successful in quitting and handling relapse in a healthy way!
- Come on, You know you want to join!