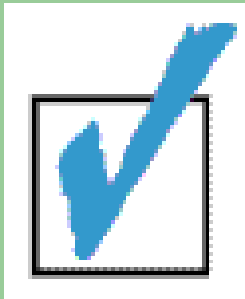


# All About Smoking Cessation

*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 s 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

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### 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!