The Facts

Did You Know?

- Nicotine is a highly addictive drug, reaching the brain within seconds of a puff on a cigarette.
- Each cigarette shortens your life by about 10 minutes, that's about 8 years, if you smoke all your life.
- At least 60 of the 4,000 chemicals in cigarette smoke can cause cancer.
- Smoking can affect unborn children - smaller babies, miscarriages.
- Smoking is responsible for 20% of all deaths in the United States.
- 45% of all smokers will die of tobacco related disorders.
- Second hand smoke affects your friends, family, and children's health; they will have more respiratory problems and an increased risk of lung cancer.

Drinkers Who Smoke

- Drinking alcohol influences smoking.
- Many heavy smokers are also heavy drinkers.
- Being both a smoker and a drinker increases one's risk of cancer and heart disease.

For example, compared to nonsmokers who do not drink alcohol, the relative risks of developing mouth and throat cancer are:

7 times greater for smokers
6 times greater for drinkers, and
38 times greater for those using both tobacco and alcohol.
The Facts

What’s in a Cigarette?

- Lots of colds, coughs and sore throats
- Smelly clothes
- Less sensitive taste buds, yellow stained fingers and teeth
- Less money to spend
- Possible early death and increased risk of cancer, heart disease and stroke
- Major cause of chronic bronchitis and emphysema
- Greatly increased risk of stroke for women on birth control pills
- Increased risk of medical problems for pregnant women and increased risk of low birth weight babies.

Tobacco is made up of many things

- Nicotine - deadly poison and addictive drug
- Tar - sticky black glob of chemicals that makes breathing more difficult
- Cyanide, Arsenic, Formaldehyde, and Ammonia - poisons
- Carbon monoxide - gas formed when tobacco is burned like in a car’s exhaust
The Facts

What’s in a cigarette for me?

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The Facts

Questions and Answers

If tobacco is so bad, why is it legal?
- It has been around a long time
- Tobacco is big business – it has many lobbyists in Washington
- Tobacco industry provides many jobs to people
- Tobacco brings in large amounts of tax dollars
- Tobacco is the primary crop for many farmers

Would tobacco be legalized today? PROBABLY NOT!
- About 300 people in the US, and 8,200 people worldwide die every day from smoking related illnesses
- More people die of lung cancer and heart disease related to cigarette smoking in a week than die of cocaine use in a year
- For every 1 cocaine-related death in the US there are about 100 alcohol-related deaths and 300 tobacco-related deaths

Do cigarette ratings tell you how much tar and nicotine is in each cigarette? NO!
Cigarettes do not deliver fixed amounts of tar and nicotine. Yield depends on how you smoke – deep inhaling, smoking the cigarette down to the filter, and nonfilter cigarettes all will provide higher amounts.

Are low-tar low-nicotine cigarettes less risky? NO!
If you block the holes in the filter, inhale deeply, or smoke a lot you can get high yields of tar and nicotine.

Are pipes and cigars safer than cigarettes if you don’t inhale? NO!
Pipe and cigar smokers can develop lip cancer.

Is smokeless tobacco safe? NO!
Both snuff and chewing tobacco contain nicotine and cancer causing chemicals.
The Facts

### Health Benefits of Quitting Smoking

**It's Never to Late!**
- Within 24 hours of quitting, blood pressure and pulse rate will start to return to normal and the carbon monoxide level in your blood decreases.
- After 1 month, you will have fewer respiratory symptoms.
- After 1 year, your risk of heart disease (from smoking) is reduced by half.
- After 10 years, your risk of lung cancer drops to as much as half that of current smokers.
- In 5 to 15 years, your risk of stroke for ex-smokers returns to that for nonsmokers.
- Former smokers have better health status than current smokers.

### Other Benefits
- Improved sense of smell, and food will taste better.
- Good role model for children.
- Better breath.
- Saves money.

### Assess Your Risk

If I continue to smoke cigarettes, the risk that I will develop lung cancer is (check one of the following):

- ___ Less than nonsmokers
- ___ About the same as nonsmokers
- ___ Just slightly more than nonsmokers
- ___ Twice that of nonsmokers
- ___ More than twice that of nonsmokers

Specify how much more of a risk, e.g., 4 times more, 12 times more:

__________________________
Q & A

Q: Is there a best method for stopping smoking?
A: NO! It depends on you. Some people stop on their own, others use a form of nicotine replacement such as the patch, while others talk to a counselor.

Q: Is giving up alcohol or tobacco easier?
A: It depends on you – some people stop smoking first, some change their drinking first, while others quit both substances together.

Q: How will I know what is best for me?
A: Try the method that seems easiest and most reasonable first. If that doesn’t work, try another method. If you have tried several times previously to stop you might want to consider a nicotine replacement therapy.

Q: How will having smokers in my household affect my decision to stop smoking?
A: It could affect your, particularly if your spouse smokes. One way to minimize your risk is to have smokers in your household also consider quitting or ask them to not smoke in the house or your presence.

The following provides some brief information about various cessation methods. You can also ask your counselor for more information.

Nicotine Replacement Therapy (NRT): The two most common nicotine replacement therapies include the nicotine patch and nicotine gum.

- **Short-term goal:**
  To relieve withdrawals from the nicotine in cigarettes.

- **Long-term goal:**
  To gradually reduce your use of nicotine gum or the patch to minimize or avoid withdrawals.

- The gum and patch are available over the counter and in different doses to meet your needs. While these products might appear costly, compare it to what it costs to buy cigarettes once a week.

- Very safe
- Approximately doubles smokers chance of quitting smoking
The Facts

Nicotine Gum (Nicorette)
The gum, available over the counter, comes in either 2 or 4 mg doses. The nicotine in the gum is released from resin by chewing.

4 tips for using the gum:
- Plan in advance. The nicotine absorption from gum peaks in 30 minutes from chewing.
- Use the right dose for you. Highly dependent smokers might need the 4 mg gum.
- Learn to park your gum in your cheek and don’t chew it too quickly.
- Don’t drink coffee, alcohol, juice or soda when chewing the gum.

Nicotine Patch (Habitrol, Nicoderm, Nicotrol)
- 4 different transdermal nicotine patches are available over-the-counter.
- 3 patches are for 24 hours (21-22 mg) and one is for 16 hours (15 mg waking).
- Patches are applied to skin daily in the morning upon waking.
- Nicotine patches, unlike nicotine gum, allow for a steady continuous rate of nicotine in the system.

Key Patch Instructions (see package insert)
- No smoking while on the patch.
- Select new hairless locations each day between your neck and waist.
- Apply 24 hours patches upon waking.
- Typically used for 8-14 weeks with a 4-6 week tapering dose.

Zyban and Nicotine Inhaler
Two new medications approved by the FDA as aids to quitting are Zyban that helps some smokers deal with cravings, and a nicotine inhaler. You need a prescription from your physician for either of these two medications.

Q: How long do I use the gum or patch?
A: Some experts say 3 months. Others are now recommending longer periods. Some people have used the gum for up to two years.

Remember you are choosing to stop!
# The Cost of Smoking

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<thead>
<tr>
<th>Packs/Day</th>
<th>Cost/Day</th>
<th>1 Month</th>
<th>1 Year</th>
<th>5 Years</th>
<th>10 Years</th>
<th>20 Years</th>
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<td>$16,200</td>
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<td>$21,600</td>
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<td>$64,800</td>
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<tr>
<td>4</td>
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<td>$360</td>
<td>$4,320</td>
<td>$21,600</td>
<td>$43,200</td>
<td>$86,400</td>
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## What's Going Up In Smoke For You?

For each example below, write in the number of packs you smoke daily. From the above example look at how much you would save if you quit and then write in what you could buy with your savings. For example:

3 Packs Per Day for 1 Month = Pulsar Watch

___ Packs Per Day for 1 Month = 

___ Packs Per Day for 1 Year = (Write in what you could buy)

___ Packs Per Day for 5 Years = (Write in what you could buy)

___ Packs Per Day for 10 Years = (Write in what you could buy)

___ Packs Per Day for 20 Years = (Write in what you could buy)
Getting Ready

A Plan Will Help

Quitting smoking, like many other things, is easier with a plan.

A plan will help you:

- Strengthen your decision to quit
- Better handle cravings and withdrawal symptoms
- Be better prepared to handle situations that trigger a desire for cigarettes
- Switch brands
- Don’t buy cartons
- Eliminate places where you can smoke
- For every cigarette you crave wait an additional 5 minutes before lighting up
- Smoke only half of each cigarette
- Reduce the number of cigarettes smoked each day *
- Switch to non-menthol cigarettes
- Other ________________________________
- Other ________________________________

* The back pages of this booklet have some blank logs that you can use to monitor the number and frequency of cigarettes you smoke.
Possible Strategies For Quitting

Exercise: Ask 2 or 3 ex-smokers why they quit and what worked for them.

<table>
<thead>
<tr>
<th>Ex-smoker #1:</th>
<th>(First Name)</th>
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<tbody>
<tr>
<td>Why they quit?</td>
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<td># years quit?</td>
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<td>What helped?</td>
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<th>Ex-smoker #2:</th>
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<tr>
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<td># years quit?</td>
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<tr>
<th>Ex-smoker #3:</th>
<th>(First Name)</th>
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<td>Why they quit?</td>
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<td># years quit?</td>
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<tr>
<td>What helped?</td>
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</tbody>
</table>
What should I know about quitting?

- 70% of smokers try to quit.
- The 1st week is critical – 60% who try to quit relapse in the first week.
- Don't Give Up. Smokers take 5 - 7 attempts to quit.
- 50% who smoke, eventually quit for good.
- Weight gain only occurs in about 1/3 of all cases and then it is only a few pounds.
- There are many ways to quit – cold turkey, nicotine patch or gum, Zyban, guided quit programs.
- Support from friends and family is also helpful.
- Withdrawal symptoms are normal! These may include nervousness, irritability, hunger, trouble sleeping, difficulty concentrating, or headaches. Such physical symptoms are like a mild case of the flu and usually are gone within a few days.

Why do withdrawals occur?

After years of smoking, your body has come to depend on the drug - nicotine.

Once you stop, the nicotine level drops until it is out of your body. Nicotine causes receptors in your brain to make you want more.

One way people stop the craving is to get more nicotine - either through cigarettes or other means like the gum or patch.

Remember as bad as these cravings may feel, they will pass – ask others who have stopped smoking.
Ask Yourself

Why Do I Want to Quit?

Check off all the benefits to you ( √ )

____ Feel healthier
____ Food tastes better
____ Better role model for children
____ Clothes and hair won’t smell
____ Physically more fit
____ Less coughs
____ Risk of heart disease returns to normal within one year
____ Not ostracized having to smoke outside
____ I may live longer
____ To avoid problems for my unborn child
____ Other ______________________________
____ Other ______________________________

The main reasons I have decided to quit are:

1. ______________________________

2. ______________________________

3. ______________________________
Preparing to Quit

Prepare yourself for the first few days

- Plan your day in advance
- Avoid smoking areas
- Change your routine to take your mind off smoking
- Review your plan for handling situations that might trigger an urge to smoke
- Tell close friends and family of your quit date and ask for their support

Prepare your home/office: Check when done ( √ )

- Get rid of all ashtrays, matches, lighters, pipes
- Empty car ashtrays
- Don’t take work breaks with smokers
- Sit in nonsmoking sections of restaurants
- Other ________________________________
- Other ________________________________
Sometimes certain cues are associated with smoking. For some people it might be helpful to avoid or remove such cues to reduce urges to smoke (e.g. lighters, ashtrays, matches, other smokers).

What cues, if any, might exist in your environment that might serve as a cue or trigger to smoke?

Check ( √ ) any of the following that you think might cause you problems.

- Being around others who smoke
- Talking on the phone
- Taking breaks at home/work/school
- Feeling bad or down
- Drinking alcohol
- After a meal
- Driving
- Other

Alternatives for Triggers

**Being around other smokers:** First, try to avoid them or, leave the situation. Tell others you are trying to quit. Think of your reasons for quitting.

**Talking on the phone:** Break your usual phone routine - stand up/sit down/change rooms. Have healthy snacks available. Doodle with a pen.

**Taking breaks at work:** Go where smokers are not! Take a walk, read a book, eat a snack, do a crossword puzzle.

**Feeling bad or down:** Plan new activities - read a book, jog, do other exercises, start a hobby, call a friend for support.

**Drinking alcohol:** Switch beverages or drink nonalcoholic beverages for a while.

**After a meal:** Get up after the meal and leave the table; change your routine, gargle or brush your teeth.

**Driving:** Change your usual routine; remove all cigarettes from the car; clean out the ashtray.

**Drinking coffee or tea:** Change to a non-caffeineated beverage such as decaf coffee or caffeine-free soda.
Quitting

Coping with Cravings

• Breath deeply
• Chew sugarless gum
• Take a walk
• Suck sugarless candies
• Drink some water
• Picture yourself as a nonsmoker

Plan to reward yourself

• Quitting is a big achievement.
• Plan to reward yourself often.
• What would be a reward for you – a movie, a bouquet of flowers, a sporting event, a day of fishing or a special night out?
• Rewards can help combat the feelings of loss that come with quitting and help you celebrate your new smoke-free life.
Quitting

Ask Yourself

What are the **2 or 3 most serious barriers or difficulties** you anticipate in stopping smoking?

1. 

2. 

3. 

What are the **2 or 3 biggest factors** supporting your quitting smoking at this time?

1. 

2. 

3. 

---

**Important Questions**

- How many years have you smoked cigarettes? ____
- How many cigarettes on average do you smoke a day? ____
- Have you previously set a quit date? No ____ Yes ____ When? ______
- How many times have you **seriously** attempted to quit smoking? ______
- What is the longest number of days you have stopped smoking? ______
- Who in your household or at work will be supportive of your stopping smoking? ______________________________________________________
- Who in your household or of your close friends smoke cigarettes, and how will they affect your quitting? ______________________________________________________

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1st step: Set a Quit Date

Now that you have come this far, you are probably feeling more confident and committed to quitting.
Your next step is to choose a quit date and write it down.

QUIT DATE: ________________________________________________________
Quitting

If you smoke within 60 minutes of waking, prepare yourself – this is a particularly risky time.

Plan the night before. What will you do?

- **Change Your Routine**
  - I usually get up at ________________________________.
  - As soon as I wake up I will ________________________________.
  - Next I will ________________________________.
  - For breakfast I will ________________________________.
  - Driving/going to work/school I will ________________________________.

- **Post Your Quit Date**
  - On your calendar at home and work
  - Post the date in your bathroom, on the mirror, on your refrigerator and on your desk.

- **Tell Others** (if you think this will help)

- **Practice Saying, “No Thanks, I Quit.”**

- **Review Past Quit Attempts:**
  - What helped you? ________________________________
  - ________________________________
  - ________________________________
  - What led to relapse? ________________________________
  - ________________________________
  - ________________________________
Preventing Relapse

Up in Smoke

Smokers who tried to quit report that the three major reasons they failed were:

- Missed having hands busy/missed holding something
  - Men: 45%
  - Women: 62%
- Missed the feeling
  - Men: 42%
  - Women: 42%
- Uncomfortable with smokers
  - Men: 15%
  - Women: 13%

What Are Your Triggers for Smoking Relapse?

Check all situations that characterize you when you smoke (✓)

- Missed the feeling
- Missed holding something/having my hands busy
- Social gathering (parties, sporting events)
- Drinking alcohol
- Relaxing at home
- After dinner
- When I’m happy or celebrating
- Upon waking
- During work/office/school breaks
- See others smoking
- Drinking coffee or tea
- Boredom
- Depressed
- Work pressure or other stresses (frustration, anger)
- Withdrawal symptoms from quitting
- When I have a craving for a cigarette
- Other: __________________________
- Other: __________________________
Preventing Relapse

Maximizing
Success

Now that I’ve quit, What else can I do?
• Change your routines
• Avoid smoking situations or triggers
• Picture yourself as a nonsmoker
• Review the benefits of quitting
• Think of the negatives of returning to smoking
• Don’t tempt yourself- you are breaking old habits and developing new ones!
• Take it slowly - one day at a time
• Abstinence is essential - don’t tempt yourself with even a puff

Reward Yourself!
Think of a reward for 1 week without smoking ____________________________
1 month without smoking ____________________________
3 months without smoking ____________________________
5 months without smoking ____________________________
1 year without smoking ____________________________
5 years without smoking ____________________________
Preventing Relapse

One Day at a Time

Mount Recovery:
Hill of Decisions, Decisions, Decisions!!!

Trail A

Trail B

Some people are able to reach Mount Recovery’s peak by a shortcut involving no slips. Although this is the preferred route, it is often difficult for people. They still reach Mount Recovery, however, by following Trail A.

Sea of Smoking Problems

Danger

Where are you now?

Improving
Worsening

Critical decision points (slips). The way down is always easier but at the cost of having a more difficult climb the next time.

This diagram is intended to help you:

- **ADOPT** a realistic long-term perspective on changing. While it might be nice to change overnight, for most people it is a slower process.
- **RECOGNIZE** that if you should have a slip or relapse this does not constitute failure! Instead we want you to use such experiences as learning experiences rather than self-fulfilling prophecies of failure.
- **REMEMBER** for some people it takes up to 5 to 7 quit attempts before they stop for good!
Be Aware

What are your 3 highest risk factors for relapsing?

Risk factor #1: ____________________________________________
My action plan for this is: __________________________________
________________________________________________________________
________________________________________________________________

Risk factor #2: ____________________________________________
My action plan for this is: __________________________________
________________________________________________________________
________________________________________________________________

Risk factor #3: ____________________________________________
My action plan for this is: __________________________________
________________________________________________________________
________________________________________________________________

Be Aware
The page below is designed to help you keep track of and gradually reduce your cigarette use. To use the log (1) cut along the dotted lines, (2) assemble the book in order of page number, (3) staple at the top, (5) write your quit date from page 17 on the “Quit Date” line, (6) write the date you began the current pack of cigarettes you are smoking on the “Start Date” line, (7) record the date and time you begin smoking each cigarette, and (8) place the log behind the cellophane wrapper on the front of the cigarette box. Gradually try to increase the time between cigarettes and decrease the number of cigarettes smoked each day. As most boxes of cigarettes contain 20 cigarettes, every two pages of this log will correspond to one box of cigarettes.

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<thead>
<tr>
<th>Quit Date: _________</th>
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<tr>
<td>Cig. #</td>
<td>Date/Time</td>
<td>Notes</td>
<td>Cig. #</td>
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<td>Cig. #</td>
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