

# Smoking Cessation



**CENTURY**  
HEALTH STUDY



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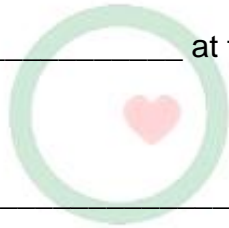
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## YOUR SMOKING CESSATION CONTRACT

Fill out this contract. Then, make a copy and carry it with you. Put it somewhere you will be sure to see it. Let your contract remind you that you are quitting for good.

I, \_\_\_\_\_ promise to stop smoking on  
this date \_\_\_\_\_ at this time \_\_\_\_\_. I  
smoked because



\_\_\_\_\_  
\_\_\_\_\_

I am quitting:

- Cold turkey
- By tapering off
- By using nicotine replacement

I am getting support from:

\_\_\_\_\_  
\_\_\_\_\_

Signed \_\_\_\_\_ Date: \_\_\_\_\_

Witnessed by: \_\_\_\_\_

## Health Benefits of Smoking Cessation

Regardless of how long you've smoked, your risk of disease begins to decrease immediately when you quit smoking. Once you quit, your risk of developing heart disease is almost half that of a current smoker and your chances of having a clot develop also decrease. The risk of cancer or emphysema decreases. You may also experience increased energy and endurance and an increased sense of taste and smell.

The following changes begin to occur from the time of your last cigarette:

*20 minutes-*

- Blood pressure and pulse drop to normal
- Body temperature of hands and feet returns to normal

*8 hours-*

- Carbon monoxide level in the blood drops and oxygen level in the blood increases both returning to normal

*24 hours-*

- Risk of heart attack decreases

*48 hours-*

- Nerve endings start to regrow
- Heightened sense of taste and smell

*2 weeks to 3 months-*

- Circulation improves, walking becomes easier, and lung function increases nearly 30 percent

*1 to 9 months-*

- Coughing, sinus infection, fatigue, shortness of breath decrease
- Cilia regrow in the lungs increasing the ability to handle mucus, clean the lungs, and reduce infection
- Overall energy increases

*1 year-*

- Risk of heart attack is half that of a smoker

*5 years-*

- Death rate from lung cancer drops to 50 percent
- Stroke risk is reduced to that of a non-smoker
- Risk of mouth, throat, or esophagus cancer is half that of a smoker

*10 years-*

- Lung cancer death rate is similar to non-smoker
- Precancerous cells are replaced
- Risk of cancer to the bladder, kidney, and pancreas decrease

*15 years-*

- Risk of coronary heart disease is equal to that of a non-smoker

# FIVE-DAY COUNTDOWN

## **5 DAYS BEFORE YOU QUIT SMOKING**

- Think about your reasons for quitting
- Tell your friends and family you are planning to quit
- Stop buying cigarettes

## **4 DAYS BEFORE YOU QUIT SMOKING**

- Pay attention to when and why you smoke
- Think of other things to hold in your hand other than a cigarette
- Think of habits or routines to change

## **3 DAYS BEFORE YOU QUIT SMOKING**

- What will you do with the extra money when you stop buying cigarettes?
- Think of whom to reach out to when you need help

## **2 DAYS BEFORE YOU QUIT SMOKING**

- Buy the nicotine patch or gum
- OR
- See your doctor to get the nicotine inhaler, nasal spray, or the non-nicotine pill

## **1 DAY BEFORE YOU QUIT SMOKING**

- Put away lighters and ashtrays
- Throw away all cigarettes and matches
- Clean your clothes to get rid of the smell of cigarette smoke

## **QUIT DAY**

- Keep very busy
- Remind family and friends that this is your quit day
- Stay away from alcohol
- Give yourself a treat or do something special

## **SMOKE FREE**

**Congratulations!!!!!!**

If you “slip” and smoke, don’t give up. Get back on track!

- Call a friend or a “quit smoking” support group
- Eat healthy foods and get plenty of exercise

## How to stop smoking

### General Information:

**Why should I quit smoking cigarettes?** The number one reason to quit smoking is that it reduces your risk of dying. Death from smoking is preventable. As a smoker, you are at higher risk than a non-smoker of having heart problems and many types of cancer. This includes cancers of the lip, mouth, and pharynx; esophagus; pancreas; larynx, lung; cervix; bladder; and kidney. You are at a higher risk of getting respiratory tract infections (colds), and life-long breathing problems such as chronic obstructive pulmonary disease (COPD). You are at a higher risk for developing ulcers, cataracts, and osteoporosis, as well as having medical problems of dying after surgery. Cigarettes are expensive, and smokers have higher medical costs over their lifetime than non-smokers.

**How does smoking affect pregnancy and childbirth?** It may be harder for a woman to get pregnant if she or her partner smokes. If you smoke and are pregnant, you are at higher risk of serious health problems for both yourself and your unborn baby. Your baby has a greater chance of being born too early, not weighing enough at birth, and dying. Scientists have found that nicotine spreads throughout your body when you smoke and is also found in breast milk. This means that if you use nicotine during the time you are breast-feeding, you are feeding your baby this harmful chemical.

**How does my use of nicotine hurt others?** Secondhand smoke has many of the same chemicals found in cigarettes. Exposure to secondhand smoke happens when breathing the smoke of someone else's cigarette, or from a person breathing out while smoking a cigarette. This kind of smoke also causes cancer and places a person at a higher risk of heart disease. In young children, their risk of SIDS (sudden infant death syndrome), pneumonia, asthma, and bronchitis also increases. A child's risk is even higher than an adult's because their lungs are not yet fully developed. An asthmatic child's condition will get worse if he/she is exposed to secondhand smoke. A child may also have more ear infections. Parents who smoke are also more likely to have children who grow up to be smokers.

**What should I know about other cigarettes and "cigarette like" products?** "Low-yield", "light", "ultra-light", and "cigarette-like" products are called PREPs (potentially reduced exposure products). These products were made to deliver less of the harmful chemicals a person gets when they smoke. Because people may use more of these products and for other reasons, these products may carry the same health risks as regular cigarettes. Bidis are thin, hand-rolled, imported cigarettes. They are filled with tobacco, usually tied with string at the ends, and may be chocolate or fruit flavored. Kreteks (AKA clove cigarettes) are imported and contain nicotine plus other additives. Bidis and Kreteks may be even more harmful to your health than regular cigarettes.

**Why should I quit using pipes and cigars?** Large cigars, cigarillos, and little cigars have the same chemicals found in cigarettes and are as harmful to your health. If you smoke pipes or cigars, you are at increased risk of lung, esophagus, larynx, and oral cavity cancers.

**Why should I quit using smokeless tobacco?** Chewing tobacco and snuff are two kinds of "smokeless" tobacco. Smokeless tobacco can be put in your mouth, then sucked and spit out, or it may be sniffed. Do not use smokeless tobacco as a substitute for smoking cigarettes if you are trying to quit. Smokeless tobacco has most of the same harmful effects as cigarette smoking in addition to mouth sores and gum problems. Like cigarette smokers, you can become addicted and dependent on the nicotine in smokeless tobacco. Scientists have found that nicotine is as addictive as alcohol and street drugs, such as heroin and cocaine. You are also more likely than a non-smoker to start using cigarettes after having used smokeless tobacco.

**Who will support me as I try to quit using nicotine?** Ask your caregiver for help. Ways that have been found to help people quit smoking include counseling, behavior therapy, and hypnosis.

Frequent one-on-one, group, and telephone discussions are helpful if you are trying to quit smoking or using nicotine in any form. Support and encouragement from others and learning ways to deal with stress are very important.

**What are nicotine replacement products?**

- Nicotine replacement products include gum, skin patches, lozenges, nose spray, inhalers, and a pill. Nicotine is addictive. Using these products will help relieve the problems that come when you stop using nicotine (nicotine withdrawal). Nicotine replacement products contain a safe form of nicotine. They do not contain the harmful gases in smoke, or cancer-causing elements that are found in tobacco. These products are most helpful when they are used with a complete program to help you stop smoking.
- If you are pregnant, have heart disease, or any other medical condition, talk to your caregiver before using these products. After selecting a product, always read and follow the directions for its use, and be aware of its side effects. Certain products can cause stomach upset and other more serious problems if they are used incorrectly. If you need to have a medical test called an MRI, tell the person doing the test if you wear a nicotine patch. Leaving a patch on your skin during this test can cause a burn.

**What is the best way to stop smoking?**

- A large percentage of people have tried to stop smoking at least once. Most people who try to quit smoking go through a series of stages. Following are the stages you may go through to stop smoking:
  - Thinking about quitting
  - Deciding to quit on a certain day
  - Quitting smoking
  - Successfully becoming an “Ex-smoker”
- You must be strong in order to quit smoking. When you decide to quit, you can get help from your caregiver or others. You will learn that there are many ways to quit smoking.

**Call or write the following for more information about the risks of smoking:**

Smokefree.gov  
Phone: 1-800-784-8669  
Web address: [www.smokefree.gov](http://www.smokefree.gov)

American Lung Association  
61 Broadway, 6<sup>th</sup> floor  
New York City, NY 10006  
Phone: 1-800-586-4872  
Web address: <http://www.lungusa.org>

National Cancer Institute  
Phone: 1-800-422-6237  
Web address: <http://www.cancer.gov>

## Cigarette Smoking and the Health Risks

### General Information:

**Smoking and your health:** Cigarette smoking is the most preventable cause of illness and death in the United States. A large number of American smoke cigarettes and each year more than 1 million children and adults start smoking cigarettes. Many people die each year of illnesses caused by smoking. People who smoke die earlier than those who do not. The risk of death increases if you smoke a lot, inhale deeply, or smoke many years.

**Why are cigarettes bad for you?** Cigarettes are filled with poison that goes into the lungs when you inhale. Coughing, dizziness, and burning of the eyes, nose and throat are early signs that smoking is harming you. Smoking increases your health risks if you have diabetes, high blood pressure, or high blood cholesterol. Long-term problems of cigarette smoking are:

- **Cancer:** Cigarette smoking may play a role in developing many kinds of cancer. Lung cancer is the most common kind of cancer cause by smoking. A smoker is at greater risk of getting cancer of lip, mouth, throat, or larynx. Smokers also have a higher risk of getting esophagus, stomach, kidney, pancreas, cervix, bladder, and skin cancer.
- **Heart and blood vessel disease:**
  - If you already have heart or blood vessel problems and you smoke, you are at even greater risk of having continued or worse health problems. The nicotine in the tobacco causes an increase in your heart rate and blood pressure. The arteries (blood vessels) in your arms and legs tighten and narrow because of the nicotine in cigarette smoke. Cigarette smoke increases blood clotting and may damage the lining of your heart's arteries and other blood vessels.
  - Carbon monoxide is a harmful gas that gets into the blood and decreases oxygen going to the heart and the body. Cigarette smoke contains this gas. Hardening of the arteries happens more often in smokers than in nonsmokers. This may make it more likely for you to have a stroke (blood clot in your brain). The more cigarettes you smoke, the greater your risk is of a heart attack.
- **Lung disease:**
  - The younger you are when you start smoking, the greater your risk of getting lung diseases. Many smokers have a cough, which is caused by the chemicals in smoke. These chemicals harm the cilia (tiny hairs) that line the lungs and help remove dirt and waste products. Depending on how much you smoke, your lungs become gray and "dirty" (they look like charcoal). Healthy lungs are pink.
  - Chronic bronchitis is a serious lung infection that is often caused by smoking. Emphysema is a long-term lung disease that maybe caused by smoking cigarettes. Cigarette smoking also makes asthma worse. You are at a higher risk of getting colds, pneumonia, and other lung infections if you smoke.
- **Gastrointestinal disease:** Cigarette smoking increases the amount of acid that is made by your stomach and may cause a peptic ulcer. A peptic ulcer is an open sore tin the stomach or duodenum (part of the intestine). You may also get gastro-esophageal reflux from smoking, which is a backflow of stomach acid into your esophagus (food tube).
- **Other problems:** The following are other problems that smoking cigarettes can cause:
  - Bad breath
  - Bad smell in your clothes, hair and skin
  - Decreased ability to play sports or participate in other physical activities due to breathing troubles.
  - Premature wrinkling of the skin, most of on the face
  - Higher risk of bone fractures such as: hip, wrist, or spine
  - Higher risk of starting a fire
  - Men may have problems having an erection

- Sleeping problems

**1<sup>st</sup> steps to quit smoking:** Pick a date and mark it on a calendar. Choose a day that is easy for you to remember so you can celebrate every year. If you smoke a lot at work, quit during a vacation. Write the following activities on your calendar and plan to do them:

- Ask a friend or spouse to quit with you. Talk about it and plan how you will support each other.
- Clean out ashtrays and start putting them away one by one. Clean other things that smell of smoke such as: drapes, your car, and your office
- Decrease the number of cigarettes you smoke each day. Try smoking only half a cigarette rather than a whole one. Limit smoking to only the even or odd hours of the day.
- Start exercising.
- Switch to a brand of cigarettes you do not like as much
- Throw away spare lighters. Only smoke alone if you like smoking with other people. Making it difficult and undesirable will make it easier for you to quit.
- Try to be aware of why you smoke each cigarette. Then, practice avoiding things that causes you to smoke.
- Write down all the reasons why you want to quit smoking. Review them every night before you go to bed.
- Make big plans for the day you plan to quit smoking. Keep very busy and treat yourself to something special to celebrate. Throw away your cigarettes, tobacco, and all other nicotine products. Dispose of any remaining ashtrays.
- On the day you quit, change what you do during that day. For examples, sit at a different place at the table when you eat, drink tea instead of coffee, and hold your cup in the opposite hand. Celebrate with the people supporting you.

**How to cope with withdrawal:** Nicotine withdrawal symptoms may begin several hours to days after decreasing the amount of nicotine you are using. Withdrawal symptoms may include:

- Increased hand tremors (shaking)
- Insomnia (trouble falling asleep or trouble staying asleep)
- Nausea or vomiting
- Restlessness or anxiety
- Seeing, hearing, or feeling things that are not truly there
- Sweating or fast heartbeat

You may want to use nicotine to decrease or avoid withdrawal symptoms, but a healthy diet, exercise plan, and finding ways to relax may help you better cope with the symptoms.

**How to cope with cravings:** After quitting smoking, there may be times when you really want to smoke or use nicotine. Even though they usually do not last very long, the “FOUR D’s” can help you manage the cravings:

- **Delay.** Do not act on the urge to smoke. It will pass. Do not give in.
- **Deep breathing.** Take deep breaths. Breathe in slowly and deeply. Keep breathing until you forget about the urge to smoke.
- **Drink water.** Drink the water slowly and hold it in your mouth for longer than normal.
- **Distract.** Take your mind off smoking. Get up and move around. Do anything to distract your thoughts.

**What can you do to avoid going back to nicotine?** Get support and do things that help you remain a non-smoker.

- Avoid old activities that trigger the urge to smoke. Try new, healthy activities such as swimming or cycling.
- Keep your list of why you want to quit handy and review it often.
- Talk to your friends and family everyday. Ask them to support your effort to quit.

- Do things with your hands such as knitting, writing, crossword puzzles, gardening, or washing the car. Playing with things such as pencils, marbles, and squeeze toys will also help keep your hands busy.
- Keep cigarette substitutes around, such as carrot/celery sticks, sunflower seeds, apples, raisins, or sugar-free gum. Use them when you feel the urge to smoke.
- Mark every successful day on your calendar
- Reward yourself often. This will help you keep a positive feeling. Choose healthy rewards such as taking a long bath or trying a new exercise or craft class.
- Start saving the money that you would have spent on cigarettes and by yourself or someone special a gift.
- If you do smoke, do not give up. Stop and think of how many hours, days, or weeks you have already been through. Try to identify what caused you to smoke and add it to your list of things to avoid. If you cannot avoid the trigger, practice how to deal with it better next time.

**Ways to manage stress without using nicotine:** Stress will always be there, but now you must find other ways to cope with it. Time pressures, deadline, arguments, and disagreements may be stressful for you. Notice and write down what makes you feel stressed. Listen to music, go for a walk, take a bath, call a friend, read a book, or go to a quiet place alone for a few minutes. Do what it takes to manage your stress without using alcohol or other drugs to cope. The three R's may help you deal with stressful events:

- **Remind.** Remind yourself why you quit smoking. Go back to your reasons for quitting and read them over again.
- **Rehearse.** Rehearse or practice what to do when you feel the urge to smoke.
- **Reward.** Each time you win over the urge to smoke, reward yourself. Praise yourself for your willpower and courage.

**Other things you can do to cope after quitting nicotine:**

- **Avoid common trigger.** Avoid drinking alcohol, being around people who smoke, or being in places where smoking is allowed. Do not skip meals.
- **Take one day at a time.** In any way you can, focus on getting through each day without cigarettes. Repeat to yourself "I WILL NOT SMOKE TODAY".
- **Think like a non-smoker.** Do not think of yourself as a smoker trying to quit. Think of yourself as a non-smoker, and you soon will be.

**Weight Management.** Not everyone gains weight when they stop smoking. Do not worry about gaining a few pounds. Remember all of the serious health risks that come with smoking and celebrate your victory over the deadly habit. The following are some ways you can avoid weight gain:

- Brush your teeth or use mouthwash often. Keep your mouth feeling fresh.
- Drink water before meals. Most adults should drink at least 8 cups of water each day. Drink more than this if you are exercising.
- Eat healthy, well-balanced meals and decrease the amount of high-calorie foods that you eat.
- Get up from the table as soon as you are finished with your meal.
- If you become hungry between meals eat sugarless, low-calorie snacks or chew sugarless gum.
- Take a walk or do some kind of exercise every day. Exercise will also help you cope with stress.

**Where to go for Support:**

**Smokerfree.gov**  
**Phone: 1-800-784-8669**  
[www.smokefree.gov](http://www.smokefree.gov)

**American Cancer Society**  
**Phone: 1-800-227-2345**  
<http://www.cancer.org>

American Heart Association National Center  
7272 Greenville Avenue  
Dallas, TX 75231-4596  
1-800-242-8721  
<http://americanheart.org>

American Lung Association  
61 Broadway, 6<sup>th</sup> Floor  
New York City, NY 10006  
<http://www.lungusa.org>



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