There Has Never Been
A Better Time To
Quit Using Tobacco

Arnot Ogden Medical Center
Tobacco Cessation Program

(607) 737-4169

Arnot Health Heart & Vascular Institute
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Secondhand smoke is a mix of a smoker’s exhaled smoke and the smoke from a burning cigarette. It contains over 4,000 harmful chemicals and causes 62,000 deaths of nonsmokers each year in the U.S.

Children are still developing physically and normally. They breathe faster than adults: therefore may inhale more secondhand smoke when in a smoke filled environment.

- Secondhand smoke can cause children to suffer serious health risks including asthma, bronchitis, pneumonia, ear infections, increased number of cavities, and Sudden Infant Death Syndrome (SIDS).

- Children exposed to even trace amounts of secondhand smoke score lower on tests of reading and reasoning, according to new research.

- Children of parents who smoke: cough and wheeze more than other children, make more trips to hospital and are more likely to develop asthma.

Adults are effected as well. Secondhand smoke:

- Has been classified as a known cause of lung cancer and a major factor of heart disease in people who are not current smokers.

- Causes irritation of the eye, nose, throat and lungs, which leads to coughing, chest discomfort, and reduced lung function.

Your pets are effected too.

- Research has shown that pets living with smokers are more likely to develop serious conditions such as asthma, cancers and allergic reactions.

- Cigarette butts can also be deadly, if eaten.

- Animals self groom and lick their fur. Tobacco residue that settles in their fur from secondhand smoke may cause problems.

It’s not enough to open a window, turn on a fan, or limit smoking to one room in your home, even when you are alone in a room.

**What does help is to only smoke outside.**

**Not in your home not in your vehicle.**
SECOND HAND SMOKE IS NO JOKE WHEN IT COMES TO PROTECTING OUR CHILDREN

Most smokers understand the dangers of second hand smoke and avoid tobacco use in their home and vehicle. Unfortunately, the chemicals from tobacco products remain on a smoker's hair, skin and clothing. It is important to keep these chemicals away from your children.

The following tips will ensure a safe environment for you and your children.

When using a tobacco product:

1. Wear a cover up over your clothing (an old shirt will do).
2. Remove this cover up before entering a smoke free home.
3. Wash your hands to remove chemical residue from tobacco products.
4. Brush your teeth or rinse your mouth.
5. Cleanse a beard or mustache.
Nicotine Replacement Therapy (NRT) or Cold Turkey?

After using tobacco, your body becomes used to having a certain amount of nicotine in it from smoking or chewing. When you stop using tobacco suddenly, your nicotine level quickly drops. This may cause you to feel irritable, get a headache, have trouble sleeping, or have an intense craving for tobacco as a result of a lower nicotine level in your body.

NRT replacement products offer help. These products take the edge off your cravings and therefore may make you more comfortable. In addition, if you decide to quit for good after leaving the Arnot Ogden Medical Center, a higher rate of success is noted among those who use NRT and at the same time:

- Remind themself each day of the reasons for quitting
- Make changes in their daily routines
- Seek support from families, friends and their health care professional such as a doctor, nurse practitioner etc.

**Nicotine Patch**
- It sticks to your skin and releases nicotine into your body through your skin.
  - It is worn usually between 16 to 24 hours a day.
  - Apply a new patch daily, placing it in a different area of your upper chest or arms.

**Nicotine Gum**
- Releases nicotine when chewed.
  - Is absorbed quickly into your body through your mouth and gums.
  - Must be chewed carefully as directed.

**Nicotine Inhaler**
- Looks like a cigarette holder.
  - Delivers nicotine quickly into the lining of your mouth.
  - Allows you to receive nicotine only when you feel a need.
  - Keeps your hands busy.

**Nicotine Nasal Spray**
- Allows you to spray nicotine into your nasal passages, reducing your urge for nicotine.
  - This is most often best tolerated by heavy smokers who use three or four packs of cigarettes per day.

**Cold turkey**
This method refers to quitting without the use of NRT. The level of nicotine in your blood drops rapidly if you don’t use any tobacco or nicotine. Nicotine is usually out of your body in three to five days. During those days, weeks, and months following, it is helpful to use the same guidelines as you do if you are using NRT. These include:

- Remind yourself each day of your reasons for quitting.
- Think about how your life would be better if you were not using tobacco.
- Make changes in your daily routines.
- Seek support from families, friends and your health care professional such as a doctor, nurse professional etc..
The Benefits of Quitting

Within 10 minutes of the last cigarette:
* Blood pressure drops to normal.
* Pulse rate drops to normal.
* Body temperature of hand and feet increases to normal.

After 8 hours:
* Carbon monoxide level in the blood drops to normal.
* Oxygen level in the blood will increase to normal.

After 24 hours:
* Chance of heart attack decreases.

After 48 hours:
* Nerve endings start to re-grow.
* Ability to smell and taste things increases.

After 72 hours:
* Bronchial tubes relax making breathing easier and lung capacity will increase.

After 1 to 9 months:
* Coughing, sinus congestion, fatigue, and shortness of breath decreases.
  * Cilia in the lungs are reactivated, increasing the ability to handle mucus, clean the lungs and reduce infection.

After 5 years:
* Lung cancer death rate for the average pack a day smoker decreases from 137 deaths per 100,000 to 72 deaths per 100,000.

After 10 years:
* Lung cancer death rates for the average pack a day smoker drops to 12 deaths per 100,000 almost the same rate as someone who never smoked.
  * Pre-cancerous cells are replaced.
* Risk of other cancers decrease such as mouth, bladder, larynx, pancreas and kidney.

Source: American Cancer Society

Getting ready to quit is almost as important as quitting!
There are resources available to help your succes.
Tobacco Is A Serious Problem...
Give Quitting a Serious Try.
You can quit! Hundreds of people do it every day.
Here are some suggestions for things you can do while you are considering becoming smoke-free:

* Become aware of your smoking. Where and when do you smoke the most?

__________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________

* Of all the cigarettes you smoke, how many do you really enjoy?

__________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________

* Pay attention to any smoking-related health symptoms you have. Are you coughing, wheezing, or short of breath?

__________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________

* Make a list of the negative effects smoking has on your life:

__________________________________________________________________________________________________________________________________________
__________________________________________________________________________________________________________________________________________

* Now make a list of all the benefits of quitting that you can think of. Clip it out and post it on your refrigerator or desk. Refer to this list whenever you need encouragement to actually give quitting a try.

WHAT QUITTING WILL DO FOR ME!!

1.__________________________________________________ 6.__________________________________________________

2.__________________________________________________ 7.__________________________________________________

3.__________________________________________________ 8.__________________________________________________

4.__________________________________________________ 9.__________________________________________________

5.__________________________________________________ 10.________________________________________

* If you’ve tried to quit in the past and then started smoking again, why not try again now? Remember that many people need several tries before they actually quit for good. The main idea is to learn from past mistakes, and to use what you’ve learned about your smoking habit during previous quit attempts to help you quit once and for all.

* Keep trying. You can do it!

Adapted From University of Pittsburgh International Smoking Cessation Specialist Program, 1997, 2000, 2001
WHY I SMOKE
Circle the number that best describes how you feel about each statement.

<table>
<thead>
<tr>
<th>A. I smoke cigarettes to keep from slowing down</th>
<th>Always</th>
<th>Frequently</th>
<th>Occasionally</th>
<th>Seldom</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>B. Handling a cigarette is part of the enjoyment of</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>C. Smoking cigarettes is pleasant and relaxing</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>D. I light up a cigarette when I'm upset about something</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>E. When I run out of cigarettes, I find it almost unbearable</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>F. I smoke automatically without even being aware of it</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>G. I smoke to perk myself up</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>H. Part of the enjoyment of smoking comes from the steps I take to light up</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>I. I find cigarettes pleasurable</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>J. When I feel uncomfortable about something, I light up a</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>K. I am very much aware of the fact when I am not smoking</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>L. I light up a cigarette without realizing I still have one burning in the ashtray</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>M. I smoke to give myself a lift</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>N. Part of the enjoyment of smoking is in watching the smoke I exhale</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>O. I want a cigarette most when I am comfortable and relaxed</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>P. When I feel &quot;blue&quot; or want to take my mind off my cares, I smoke a cigarette</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>Q. I get a real craving for a cigarette when I haven't smoked for a while</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
<tr>
<td>R. I've found a cigarette in my mouth and didn't remember having put it there</td>
<td>Always</td>
<td>Frequently</td>
<td>Occasionally</td>
<td>Seldom</td>
<td>Never</td>
</tr>
</tbody>
</table>

SELF KNOWLEDGE IS POWER

Adding Up Your Score
Use the following table to score yourself

1. Enter your circled number for each statement in the space provided, putting the number for statement A on line A. for statement B on line B, and so on.
2. Add the three scores on each line. For example, the sum of your scores on -nes A, G and M gives you a total score for the “Stimulation” category.

\[
\begin{align*}
\text{A} + \text{G} + \text{M} & = \text{Stimulation} \\
\text{B} + \text{H} + \text{N} & = \text{Handling} \\
\text{C} + \text{I} + \text{O} & = \text{Pleasure} \\
\text{D} + \text{J} + \text{P} & = \text{Relaxation/Tension Reduction} \\
\text{E} + \text{K} + \text{Q} & = \text{Craving} \\
\text{F} + \text{L} + \text{R} & = \text{Habit}
\end{align*}
\]

A score of 11 or more indicates an important reason. The higher your score (15 is the highest) the more important the reason. The next page has a list of tips on How to Quit. Use the tips that fit you and your needs the best.

(The Why I Smoke Test was obtained from National Institutes of Health Publication)
Next Step Applying The Results

Stimulation
When you quit, you need to find substitutes that stimulate. For example:
✓ Take a brief walk, ride a bike, or simply make yourself busy around the house.
✓ Plan ahead. Organize your day so you won’t need a cigarette to get going.
✓ Chew on cinnamon sticks, sugar-free gum, or carrot sticks; rinse with mouthwash; or brush your teeth.
✓ Get plenty of sleep and you won’t need a stimulant to get you going.

Handling
A high score here means you like to handle a cigarette or watch the smoke. Luckily there are many ways to keep your hands busy (the last four mentioned here are even constructive).
✓ Wear a rubber band around your wrist and snap it.
✓ Doodle with a pen or pencil when you’re on the phone, in meetings, etc.
✓ Handle a coin or polished rock or play with a paper clip.
✓ Do a crossword or jigsaw puzzle. Squeeze a small ball (also great for your wrist muscles). Clean or polish your fingernails. Knit, sew, or crochet (you’ll be way ahead on birthday and holiday presents).

Pleasure
If you scored high in this category, you just have to find other pleasures.
Here are some alternatives:
✓ Keep a list of the pleasures of being a nonsmoker (smell great, extra money, taste food better, etc)
✓ Treat yourself to something special. When you smoke think of the harmful effects of smoking.
✓ You may find that’s enough to help you quit.

Relaxation
Many smokers use their habit as a crutch in moments of discomfort If you’re this type, you may find it easy to quit when things are good, but tough when things go wrong.
✓ Consider learning meditation, yoga and other stress relieving hobbies.
✓ Try some deep breathing exercises. (Believe it or not, they do work for many people). Or feel free to talk to your health care professional about other relaxation techniques.

Cravings
If you scored high in this category, you’re not unusual. Your craving for another cigarette begins to build up the moment you put one out. You may become uncomfortable and irritable when the level of nicotine in your blood drops.
✓ Strongly consider using nicotine replacement products (patch, gum, spray, etc).
✓ In addition, change your day to avoid situations that trigger your smoking urge. For example, change your morning routine ad your work habits, alter your driving route, etc.
✓ Stay busy! Don’t allow yourself to have gaps of unprogrammed time.

Habit
Once smoking becomes habitual, you smoke automatically. Chances are you enjoy only a fraction of the cigarettes you smoke. Smoking is linked to driving, coffee, telephones and all sorts of daily habits.
✓ Declare the house smoke free! Throw away your cigarettes, ashtrays, etc. Ask others to help keep your home smoke free.
✓ Go to places where smoking is prohibited - public buildings, movies, theaters, libraries, etc.
✓ Substitute a different behavior when you are bored. Take a soothing bath, brush your teeth, or listen to music.
✓ Have your car cleaned. Wash out the ashtray and fill it with toothpicks.
✓ Have the inside of your house - drapes, carpets, and furniture - thoroughly cleaned.
When I tried this, I felt. | Mentally | Physically
---|---|---
Deep Breathing: inhale deeply, feeling your stomach. Hold your breath for a few seconds, then slowly exhale, visualizing tension leaving your body. | | 
Meditation: Close your eyes and mentally follow your breathing. As you exhale, mentally repeat a simple or soothing word with each breath. Or visualize a peaceful scene. Do this for at least five minutes or, for more benefit, up to 30 minutes. | | 
Self-Talk Replace negative mental responses to stress, such as "I can’t cope" with positive ones such as "Everything is going to work out" or "I know I can do it." | | 
Laugh: Just laugh out loud, or do something that will make you laugh, such as reading a joke book or watching a comedy on TV. | | 
Progressive Muscle Relaxation: While sitting or lying in a relaxed position, tense the muscles of your feet as much as you can; then relax them; and notice the difference in feeling. Tense and relax the muscles in your legs, arms, stomach, back, neck and head, one region at a time. When finished, remain in a state | |
<table>
<thead>
<tr>
<th>When I tried this, I felt.</th>
<th>Mentally</th>
<th>Physically</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stretching: Sit in a chair with your upper body resting forward on your lap. Slowly roll up, starting at the base of your spine, until your back is straight. Stretch neck muscles by tilting your head to the right and slowly rolling your head down to the left. Repeat a few times in both directions.</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Self-Massage: Sit with your shoulders relaxed. Use your right hand to massage your left shoulder and neck, working your way up to the scalp. Repeat using the left hand for the right shoulder.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*Other things which I find relaxing:*

Source: Parlay International
MEALS AND COFFEE

Smoking after meals is hard to resist for many people. Many also find that drinking coffee, with or without a meal, makes them crave tobacco. Here are some tips to help you beat temptation by temporarily changing your eating and drinking habits.

Once you have successfully quit smoking, you will be able to resume your old habits if you like, but many people find that they continue using some of the tips here simply because they enjoy them.

* In restaurants, always sit; in the non-smoking section.

* Don’t linger at the table after a meal. Get up immediately and do something else.

* If you’re using Nicorette gum, have a piece ready for after a meal.

* Carry a small tube of toothpaste and toothbrush with you at all times so you can brush at restaurants. If Brushing is not possible, have a mint or gargle with mouthwash.

* Take a short walk when you are done eating.

* If you’re eating alone, keep your mind busy by reading.

* Tell yourself, "I am strong enough to get through this meal without smoking and repeat as needed.

* Change your brand of coffee or drink a flavored coffee for a few weeks.

* Try drinking tea instead of coffee.

Adapted From University of Pittsburgh International Smoking Cessation Specialist Program, 1997, 2000
WEIGHT MANAGEMENT

Many people use possible weight gain as an excuse to continue smoking. But the fact is, the bad effects that smoking can have on your body are a high price to pay for keeping off a few pounds. Besides, the average weight gain after quitting smoking is only five to seven pounds! Most gainers can lose that amount of weight easily and keep it off.

It is important that you do not go on a diet until you are very comfortable with being a non-smoker. For most people, this means waiting about two to three months after quitting. Quitting smoking and following a diet are two major changes in your life for best results, take on one at a time!

In the meantime, here are some suggestions that will help you minimize weight gain.

√ Don’t feel you have to eat because you are quitting smoking. Eat only when you are truly hungry, and keep plenty of sugarless gum, or carrots on hand.

√ Drink six to eight glasses of water per day.

√ Remind yourself that a few extra pounds are no big deal compared to the damage smoking was doing to your body.

√ If you watch what you eat all week give yourself a treat on Sunday by allowing yourself freedom to eat what you want.

√ Begin a modest exercise program after consulting with your physician. Try walking at a good pace for twenty or thirty minutes three days a week, and gradually increase the time or frequency as your fitness level increases.

√ Sneak exercise into your day. Take the stairs, park the car a little further away, get up from your chair often, and take a walk on your break.

√ When you do snack, try pretzels, fruits and vegetables.

√ Try exercise: It keeps your weight down and lets your body release endorphins, substances that help you relax.

√ Eat five small meals a day instead of three big ones. This will help give you a steady amount of energy throughout the day and will keep you from feeling hungry.

√ Remember: You would have to gain 100 pounds before your weight would do the same damage to your body that smoking does.

Adapted From University of Pittsburgh International Smoking Cessation Specialist Program, 1997, 2000
Dealing With symptoms of Recovery from Nicotine Addiction

Most people who are trying to stop smoking have some withdrawal symptoms but usually do not have ALL that are listed below. So use this information to help with the ones you have, and don’t worry about those you are not experiencing.

**Irritability/Anxiety**

The body’s craving for nicotine causes irritability after stopping smoking.

- √ Try using nicotine gum or the nicotine patch to help lessen this symptom.
- √ Tell family and others in your life that this may be a tough time for you. Remember that this is a symptom of doing something good for yourself and it is temporary.

**Craving a cigarette**

- √ Cravings for a cigarette happens most often 2 to 3 days after stopping smoking but usually last only a minute or two.
- √ Cravings lessen over time. Most ex-smokers say they may have an occasional urge to smoke 2 or 3 weeks after they stop smoking.
- √ Distract yourself by doing something like going for a walk, reading, or watching television.
- √ The 5 D's will help most withdrawal symptoms:
  - Delay, Drink water, Do something else, Deep Breath, Discuss

**Coughing, Clearing the throat, Dry throat, Postnasal drip**

- √ These happen because your body is no longer making "extra" mucous so mucous clears out of your airways soon after you stop smoking.
- √ This is also a way for your body to repair and return to health.
- √ These symptoms usually go away a few days after you stop smoking.
- √ Water, cough drops and hard candy may be help.

**Wakefulness (Insomnia)**

- √ This is caused because nicotine can effect how deeply you sleep and usually does not last longer than a week after you stop smoking. Dreaming about smoking is also common.
- √ Deep breathing, a hot bath before going to bed and drinking decaffeinated tea or warm milk may help.

**Lightheadedness (Dizziness)**

- √ Lightheadedness seems to happen because your body is getting normal amounts of oxygen, which was not the case when you were smoking. Your body is repairing and returning to health.
- √ This is common and usually lasts only day or two after you stop smoking.
Concentration problems

✓ Your body is getting used to not having to rely on nicotine to help you concentrate. Most ex-smokers say that concentration is not a problem after a week or two.
✓ If you are facing a work deadline, a project that needs a lot of concentration, etc. you may want to think about timing your stop smoking date, and perhaps choose a weekend or vacation as the best time to stop.

Fatigue

✓ Nicotine is a stimulant, which speeds your body up. Fatigue is caused by lack of this. This is normal to feel after stopping smoking since you are not relying on a cigarette to "pep" you up. As your body gets used to the effects of being without nicotine your energy will increase.
✓ Fatigue often happens in the afternoon - 2pm to 4 pm.
✓ Healthy eating and avoiding sugary foods help with this feeling.
✓ Using nicotine gum or the nicotine patch will help lessen this symptom.

Hunger

✓ Sometimes cigarette cravings are confused for hunger.
✓ Try not to replace food for a cigarette. Instead use the 5 D's.

Depression

✓ It is common to feel depressed after stopping smoking. Some ex-smokers say stopping is like losing a friend.
✓ Try to rethink this as something positive, e.g. "I'm feeling this way because I'm getting rid of nicotine. Soon I'll feel better."
✓ Physical activity will also help. Many people find it helpful to be outdoors or go for a walk.
✓ These feelings will pass. Starting to smoke again is not the answer and will probably make things worse because of the guilt you will feel about smoking again.

Constipation (Gastro-intestinal)

✓ Constipation may occur for a brief period after stopping smoking but usually not longer than a week or two.
✓ Eat more whole grains, fruits, and vegetables and drink more fluids.
✓ Physical activity will also help.

Chest Tightness

✓ Chest tightness is probably caused because the body is craving nicotine.
✓ This usually passes within a few days after stopping.
✓ If concerned, talk with your doctor or health care professional.

Adapted From New York State Smokers’ Quit Line
COPING WITH TEMPTATIONS:

BEING STRONG

Quitting smoking is about more than regulating the nicotine level in your body. Much more importantly, quitting is about learning how to live your life without cigarettes. This is called "coping." It’s having a cup of coffee in the morning, taking a drive, preparing meals, dealing with the pressures of family and work, and more without lighting up, and, eventually, without even wanting to.

Coping involves acquiring new knowledge and learning new skills. It means learning how to handle issues with tobacco. You could say that quitting smoking and being able to cope have much more to do with "skillpower" than will power!

You can handle your desires or urges to have a cigarette in two main ways: changing how you think and changing what you do. And you can make these changes either in advance or at the moment the desire to smoke occurs.

Using a combination of both advance and at-the-moment techniques is the best way to keep yourself smoke-free. Using advance techniques helps you to prevent a desire for a cigarette from occurring. Using "at-the- moment" techniques ensures that, if the desire for a cigarette does sneak up on you, you’ll be able to handle it without smoking. New nonsmokers have found these techniques helpful. Read them over, and begin to use some of them to help you through the day.

Once you become comfortable with the coping techniques you’ve learned, you can begin to combine them. For example, as you walk away from a place where you had a strong urge to smoke a cigarette, you can say to yourself “I did it! I am in control,” and take a deep breath. Combining techniques makes them even more effective.

BEING PREPARED

When you quit smoking, you will probably be tempted to smoke from time to time. Just about every new nonsmoker is. Temptations are most likely to occur when you are in a situation in which you often smoked. You may feel temptations for several months after you quit.

Over the years, you have smoked so many times in certain situations that you may now automatically connect those situations with smoking. Just drinking a cup of coffee or finishing a meal, for example, may make you think about using tobacco.

Changing your routines will remove many of these temptations.

Ways to Keep Yourself From Being Tempted to Smoke

* Always be prepared. Know ahead of time what situations might be a problem for you, and know what you need to do to prevent the temptation from occurring. Here are some common situations that may trigger an urge to smoke, and suggestions about how to eliminate them:

MORNINGS - Change your routine. Get up earlier, take a bath instead of a shower, get dressed in a different room.
MEALS - Remind yourself ahead of time that you can get through a meal without smoking. Sit in non-smoking sections.

SEEING OTHER SMOKERS - Avoid situations where you know smokers will gather.

NEGATIVE FEELINGS - Rethink your belief that smoking makes things better. Without a cigarette, you are in control.

ALCOHOL - As much as possible, avoid drinking alcohol for the first few weeks after you quit smoking.

YOUR PLAN FOR ACTION

Even after you change many of your daily routines and remove many temptations to smoke from your day, sometimes an urge to smoke will still sneak up on you.

What is an urge? Often it is nothing more than a thought. In the past, when you thought about having a cigarette, you usually smoked one. Now that you have quit, you may still be having these thoughts and may not know what to do with them.

Now, list below the three situations where you think you will have the strongest temptations to smoke. Then, next to each situation, write what you will do to change your routine and eliminate the temptation.

<table>
<thead>
<tr>
<th>Tempting Situation</th>
<th>What I Will Change</th>
</tr>
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* Avoid a tempting situation altogether. There is no shame in feeling that you cannot handle a certain situation for awhile. The first few weeks of quitting is no time to test your strength!

* Stay away from stressful situations as much as possible until you feel strong enough to handle them without smoking. Ask your health care professional for the Stress Management handout. It contains many ways to handle stress in a healthy manner. Practice these techniques often.

* Take care of yourself. Begin an exercise program, after consulting your doctor. Eat well-balanced meals, get your normal amount of sleep, and drink plenty of water.

* Avoid boring situations where you might begin to think about smoking. Keep busy. Always have something to do.

* Remind yourself often that you are happy being a nonsmoker and that life is much better without cigarettes.

* Focus on the positive aspects of your life. Rather than thinking that you have been deprived of smoking, remind yourself that you have made the decision to quit and to live a more healthy, productive life. There are much more exciting and interesting things than smoking to occupy your time!

Adapted From University of Pittsburgh International Smoking Cessation Specialist Program, 1997, 2000
BEING AROUND SMOKERS

AT HOME

Yes, it is definitely possible to quit smoking even though someone else in your household smokes.

The key is to work together. If you make angry demands of your spouse or housemate or set up impossible rules, he or she will probably not follow them and may even try to wreck your attempt to stay away from cigarettes.

But if you show that you are willing to be respectful of your spouses or housemate’s need to smoke and expect him or her to be just as respectful of your desire to quit. Together you can make the situation work. Agree to openly discuss any problems.

The following suggestions are designed to respect the needs and feelings of the smoker in your house, while giving you the best possible environment in which to quit.

* Ask the smoker never to smoke in front of you or offer you a cigarette.

* Discuss the possibility that he or she might like to quit with you - but do not force the issue.

* Limit smoking to one or two rooms in the house, or to outside areas.

* Give the smoker one ashtray. Ask him or her to keep this ashtray clean and out of your sight.

* Have your spouse or housemate keep his or her cigarettes where you will not be able to find them.

* Set a length of time for these changes - for example, three weeks one month.

* Offer to do something special in exchange for this cooperation.

* A special dinner might be nice!
**ELSEWHERE**

Your family members and good friends who smoke are likely to support you, at least to some extent, in your efforts to quit. But strangers, coworkers, and not-so-good friends may present a bigger challenge. If these people continue to smoke around you, your main coping techniques will be ones that help you change how you think about the situation, if you do choose to confront these smokers, do so with tact and understanding.

**What can you do if people around you are smoking?**

* Remind yourself of the reasons that you quit.

* Feel Sorry for people who still smoke. They are "slaves to the cigarette".

* Say to yourself, "I'm proud that I quit", or "I am in control".

* Politely tell the smokers that you have recently quit and that it would help you if they did not smoke around you.

* Distract yourself. Always have something to do or read just in case you run into a smoker.

* Leave the scene if you need to.

**What can you do if someone offers you a cigarette without realizing that you have quit?**

* At home, stand in front of a mirror and practice saying, "No thank you. I don't smoke anymore.” Do this until you get used to saying it and the words come out easily. Practicing like this will make it easier to do when the situation actually comes up.

* Do not use the offer of a cigarette as an excuse to smoke.

* Avoid places where you know people are smoking.

**What can you do if someone starts to tease you or deliberately tempt you by waving cigarettes in front of you or blowing smoke in your face?**

* Politely explain to the person that you are trying to quit, and ask them to stop.

* Avoid giving in to these games. Remember, most people who would do this sort of thing are just jealous that you have been able to quit. If you smoke, they win. Do you really want that?

* Say to yourself, "I am strong enough to get through this."

* Leave the scene as soon as possible and do something else.

* Think about the people you know, if you suspect one or more of them would do this to you, stay away from them until you feel strong enough to deal with the situation.

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Rx Your Health Through Changing Routines

Each time you use tobacco, you unconsciously link the cigarette with whatever else you are doing - such as talking on the telephone, sitting at the table after a meal, having a cup of coffee, fishing, driving or reading a book.

After smoking for years and years, these links become very strong. Simply talking on the telephone, finishing a meal, reaching for the coffee pot, using the computer or opening a book may make you feel like you want to smoke.

Breaking these links is a very important part of quitting! The good news is that you do not have to change your life forever, or even for a long time, to successfully break these links. Changing your schedule for just two or three weeks can do it.

It is important that you change as many of the situations as possible that link your life to tobacco!

Here are some specific times of your day, and what you can do for a few weeks (or longer if you like!) during those times to break the tobacco link:

**IN THE MORNING**

* As soon as you get up, tell yourself how exciting it will be to go through another day without tobacco.

* Change the order of your morning routine. If you usually have your coffee before you shower, shower first. If you usually shave before breakfast, have breakfast first, etc.

* Change where you do things. Have breakfast in a different part of the house. Get dressed in a different room.

  * Change what you (10. Listen to the radio instead of turning on the television. Get up ten minutes earlier, or later. Eat a smaller breakfast, or try new breakfast foods.

**IN THE CAR**

* Choose a slightly different route for routine trips. Many people unconsciously light a cigarette or have a dip at the same stop sign, traffic light, or daily traffic backup point.

* Listen to a talk radio station, a book-on-tape, or a positive thinking tape. This will help keep your mind occupied.

* If an urge to smoke does hit you, take a deep breath and remind yourself how happy you are to be tobacco free.

  * Remove cigarettes and chew from your car, and clean out the ashtrays.
AT WORK

* Change your work environment as much as you can. Change the placement of items on top of your desk or in your work station. Put up motivational notes or a “No Smoking” sign as a reminder of your commitment.

* Keep busy during breaks. Do puzzles or word games, plan activities, straighten up your work area, or read. Take a walk if you can. Make a list of the things you’ll do with the money you’ll save each month by not smoking!

* Stay away from the smoking room or area.

* Avoid taking your breaks at the same time as your smoking friends.

* Realize that you do not need a cigarette or anything else as an excuse to take a break. You deserve it!

AT LUNCHTIME

* Try having lunch with nonsmoking coworkers in the nonsmoking section of the dining room or a restaurant.

* Avoid sitting around the table after a meal. Get up and brush your teeth if possible. Carry a small tube of toothpaste and a toothbrush with you at all times.

ON THE TELEPHONE

* Speak while standing instead of sitting.

* Move the location of your telephone if you can.

* Use a timer to limit the length of your telephone calls.

IN THE EVENING

* Limit the time you spend at home ”doing nothing.”

* If you are watching television, do crossword puzzles or read a magazine at the same time.

* Keep yourself busy. Do the projects you have been putting off.

* Begin a volunteer position or a hobby.

* Begin an exercise program after consulting your doctor. Walking briskly each night for twenty minutes or so may be a good way to start.

* Keep a “Quitting Calendar”. Each night before you go to bed, mark off another day of being a nonsmoker. Say to yourself, ”I’m proud that I made it through another day without smoking!”

Adapted From University of Pittsburgh International Smoking Cessation Specialist Program, 1997, 2000
New York State Smokers' Quitline
1-888-609-6292 www.nysmokefree.com

Pennsylvania Smoker’s Quit Line
1-877-724-1090

American Cancer Society
www.cancer.org

American Heart Association
www.americanheart.org

American Lung Association
www.lungusa.org

Center for Disease Control
www.cdc.gov/tobacco

Sight especially related to youth
www.tobaccofreekids.org
“ Quitting is the most significant step you can take to improve your health ”!
WANT SOME HELP??

Changing long-time habits and routines can be very difficult. Studies show that people who join a class to stop using tobacco are more successful at remaining tobacco free for life.

The bearer or this certificate is entitled to enroll in the Tobacco Cessation Class at Arnot Ogden Medical Center for $25.00

This is a savings of $20!!

CALL 607-737-4169 FOR CLASS DATES AND OPENINGS
TOBACCO CESSATION PROGRAM

at Arnot Health

WANT SOME HELP??

Changing long-time habits and routines can be very difficult. Studies show that people who join a class to stop using tobacco are more successful at remaining tobacco free for life.

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