

1. Facts About Tobacco Use

Tobacco Cessation

What You Need To Know



Permafold® Topics

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- Tobacco use is the top preventable cause of illness and premature death in the U.S. Each year, nearly one in every 5 deaths—about 480,000 people—die from tobacco-related illnesses. These include:
 - Cancers of the lungs, mouth, throat, bladder, cervix, kidney, and stomach
 - Chronic obstructive pulmonary disease (COPD)
 - Heart disease, stroke, and abdominal aortic aneurysm
 - Emphysema
 - Pneumonia
- Tobacco users are prone to cataracts and oral problems, too. These include gum disease, tooth loss, stained teeth, and bad breath.
- These problems are more likely to happen in babies of pregnant women who smoke:
 - Preterm labor
 - Low birth weight
 - Reduced lung function
 - Stillbirth
- In nonsmokers, secondhand smoke causes:
 - About 7,300 deaths each year from lung cancer
 - About 34,000 deaths from heart disease. The effects of secondhand smoke are about 80% as bad as for smokers. It takes only minutes of exposure to cause unhealthy effects for the heart.
 - Increased risk for sudden infant death syndrome (SIDS)
 - Increased risk for asthma and respiratory ailments, especially in children

Reviewed and Approved by the Senior Medical Advisory Board



This Permafold® is not meant to take the place of expert medical care or treatment. Follow your doctor's or health care provider's advice.

2. Tobacco User's Excuses

Below are common reasons people use to explain why they smoke, chew, or dip and why these reasons are not valid.

- *I'll gain weight if I quit.* Nicotine does raise metabolism, which increases the amount of calories used, but the health benefits of quitting smoking far "outweigh" the average weight gain of 4-10 pounds. The health damage of a pack of cigarettes a day is about the same as carrying an extra 60 or more pounds. To help control weight gain, choose healthy foods and replace cigarettes with sugarless gum or candy instead of putting food in your mouth.
- *I need to smoke (or chew) to relax.* Actually, nicotine is a stimulant. After you get over the initial stress of quitting tobacco, you will find that without all that nicotine in your body, you will feel calmer and more relaxed.
- *I know lots of people who use tobacco – they're still healthy.* We all know people like this, but they're the exception rather than the rule.
- *Tobacco won't hurt me – I'm in good shape.* Even if you don't die from smoking, you'll probably have some problems – like trouble breathing, a hacking cough, high blood pressure, and/or heart disease.
- *I've tried to quit dozens of times – it's no use.* Each try increases the chance that you'll succeed.
- *I can't imagine life without tobacco.* You lived before you started. You'll live after you quit.



3. Costs of Smoking

The table below shows the amount you can save if you or a family member quits smoking now. It is based on a cost of \$6.00 per pack of cigarettes. The totals don't include the interest you would earn if you put this money in the bank.

The Cost of Smoking Cigarettes*			
Number of Packs a Day			
	1	2	3
Day	\$8.00	\$16.00	\$24.00
Week	\$56.00	\$112.00	\$168.00
Month	\$240.00	\$480.00	\$720.00
Year	\$2,920.00	\$5,840.00	\$8,760.00
10 Years	\$29,200.00	\$58,400.00	\$87,600.00
20 Years	\$58,400.00	\$116,800.00	\$175,200.00
30 Years	\$87,600.00	\$175,200.00	\$262,800.00
40 Years	\$116,800.00	\$233,600.00	\$350,400.00

* Does not include increases in cost over the years. If you pay more or less than \$8.00 a pack, find out how much smoking costs you at www.smokefree.gov/savings-future.

A smoker spends hundreds to a thousand or more dollars a year on the following:

- Lighters, ashtrays, and other smoking items
- Extra dry cleaning and costs to clean, repair, and restore household items or a car due to cigarette burns or smoke residue
- Mouthwashes, colognes, and special toothpastes
- Missed work days
- Extra costs for medical and dental care
- Higher costs for life, health, and homeowner's insurance



4. Test Your Lungs

Do you have trouble blowing out candles on your birthday cake? Do you get winded dashing upstairs? If you're a smoker, diminished lung power may be why. Take this test to determine your lung capacity.

- Strike a match. When the flame steadies, hold it about 6 inches from your mouth.
- Inhale deeply. Try to blow out the match by exhaling quickly through your mouth, without pursing your lips. Try more than once, if you must.
- If you can't blow out the match, your lung capacity may be impaired. See your health care provider.



5. Nicotine Dependency Test

Nicotine is what makes people addicted to cigarettes. Some smokers depend more on nicotine than others. The test below can help you figure out just how dependent you may be.

Nicotine Dependency Test				
	0 Points	1 Point	2 Points	Score
1. How soon after you wake up do you smoke your first cigarette?	After 30 min.	Within 30 min.		
2. Do you find it difficult to not smoke in places where it is "off limits," such as airplanes, theaters, or doctors' offices?	No	Yes		
3. Which of all the cigarettes you smoke in a day is the most satisfying?	Any other than the first one in the morning	The first one in the morning		
4. How many cigarettes a day do you smoke?	1-15	16-25	More than 26	
5. Do you smoke more during the morning than during the rest of the day?	No	Yes		
6. Do you continue to smoke even on days you are so ill that you stay in bed?	No	Yes		
7. Does the brand you smoke have a low (up to 0.4 mg.), medium (0.5 to 0.9 mg.), or high (1.0 mg. or more) nicotine content?	Low	Medium	High	
8. How often do you inhale the smoke from your cigarette?	Never	Sometimes	Always	
Total				

Scores of 7 or higher show that you are very dependent on nicotine. Scores of 6 or less show that you have a low to moderate nicotine dependence. If your score indicates that you are very dependent on nicotine, see "Medications" (topic 6) or talk to your doctor or pharmacist about products that can help you stop smoking.

6. Medications

- Prescribed medicines.
 - Nicotine nasal spray
 - Nicotine inhaler
 - Bupropion (Zyban®). This helps reduce nicotine withdrawal symptoms and the urge to smoke.
 - Varenicline (Chantix®). This lessens nicotine withdrawal symptoms and blocks the effects of nicotine from cigarettes if you start smoking again.

To increase your chances of success if you use medication, use behavior change techniques, too. They are listed in the “Warm Pheasant” Plan on the next two panels.

Note: Discuss, with your doctor, the hazards of using e-cigarettes as a quit method. They can contain nicotine and toxic and cancer-causing chemicals. When eaten, less than one tablespoon of liquid nicotine from the e-cigarette cartridge can kill an adult; one teaspoon can kill a child.

7. “Warm Pheasant” Plan

You’ve heard of quitting tobacco “cold turkey” – all at once. Well, that works for some people, but not for others. If you’re like Mark Twain, who said, “Quitting smoking is easy. I’ve done it over a hundred times”, you might want to try the “Warm Pheasant” Plan. This three-phase plan allows you to prepare for quitting.

Phase I: Preparing to Quit

This phase takes about 1 week.

- Mark a “quit” date on your calendar 1 week before you plan to stop using tobacco.
- Track each time you smoke, chew, or dip by making a mark on a piece of paper tucked in the cigarette wrapper or tobacco pouch or can.

Phase II: Quitting

This phase takes about 1 to 2 weeks.

- Throw away everything related to your tobacco habit. Hide all smoking items, such as matches, lighters, and ashtrays.
- Whenever you have an urge to smoke, chew, or dip, take a deep breath through your mouth and slowly exhale through pursed lips. Repeat 5-10 times.
- Keep your hands busy by holding something, such as a pen, a stress ball, or a paperclip.
- In place of tobacco, use other things that will give oral gratification.
 - Sugarless gum or mints
 - Toothpicks or coffee stirrers
 - A glass of water
- Change your routine.
 - Take a walk instead of your usual coffee-and-cigarette break. Take a trip to the water fountain.
 - Sit in a chair you don’t usually use when you relax or watch TV at home.

Phase III: Staying Off Tobacco

Allow 3 months for this final phase.

- Always remember that the craving for tobacco will pass, whether you use it or not.
- Renew your commitment to stay off tobacco each day.
- Beware of saboteurs – usually other tobacco users – who may try to encourage you to light up.
- Talk to a nonsmoking friend for support.

8. Recovery Signals

Quitting tobacco may cause changes in your body. Some of these changes you will enjoy. Some changes may be a little unpleasant. Everyone is different. Most people will have only a few of these signals and they usually last less than a week.

- Every time you want to smoke, chew, or dip, wait 10 minutes.
- Create a “butt bottle” or a “chew bottle.” Put your cigarette butts or spit into a clear jar.

- Cut down on coffee, alcohol, and foods high in sugar, like candy and pastries. These items increase your desire for tobacco.
- Do things that don’t include the use of tobacco.
 - Enroll in a cooking class.
 - Visit a nonsmoking friend.
 - Go swimming at an indoor pool.
- Create a “ciggys bank.” Put the money you used to spend on cigarettes, cigars, etc. in a jar.
- Place a rubber band on your wrist. Snap it every time you get an urge to smoke, chew, or dip.

- Make a list of good things you’ve noticed since you quit. These might include:
 - My food tastes better.
 - I cough less.
 - My clothes don’t smell like smoke.
 - I don’t have bad breath.
- Continue to practice the behavior change techniques listed in the quitting phase on the previous panel.



- **Increased Hunger.** Your taste buds become more keen, so food tastes better. Also, you may substitute food for tobacco. This could lead to weight gain. Eat low calorie snacks, drink more water, and increase physical activity.
- **Irritability/Anxiety.** Studies offer 2 reasons for this:
 - Nicotine use serves as a mild calming agent for some. The body is very tense until it adjusts.
 - Your life has been disrupted. Try a relaxation exercise, a warm shower, or yoga.
- **Coughing.** The hairlike fibers that line the bronchial tubes are starting to work to get rid of the mucus caused by smoking. As the mucus loosens, you cough.
- **Sweating.** Toxins leave the body through the skin’s pores. This may show up as sweat.
- **Frequent Urination.** This may happen because of the extra liquids you are drinking.
- **Constipation.** Nicotine causes the release of the hormone adrenaline. Often, this helps move the bowels. To avoid constipation, eat high fiber foods, fresh fruits, vegetables, bran, and whole grains.
- **Loss of Sleep.** Quitting tobacco may make you restless at night. Increase daytime activity to make you tired. Drink a warm glass of milk at bedtime.
- **Dizziness.** More oxygen is entering the body because your bronchial tubes are clearing up and you are not taking in smoke with carbon monoxide. The result could be dizziness. Sit down until it passes.

9. Handling a Slip-Up

- **Sleepiness.** For many people, nicotine provides a “lift.” Take it away and you feel sleepy. The stress of quitting can also tire you out. Try to get more sleep.
- **Mouth Sores/Bad Taste.** Sores or bad tastes in the mouth may be due to body chemicals that used to counteract the effects of the toxins in tobacco.
 - Use an oral pain reliever for sores or see a doctor or dentist.
 - Use mouthwash or breath mints for the bad taste.
- **Lack of Focus.** Quitting tobacco may make it harder for you to concentrate. A short walk can be helpful.
- **Dreaming of Tobacco.** Many quitters dream about using tobacco. This is normal. Take pride and focus on being tobacco free while awake.
- **Sense of Loss.** Quitting can make you feel sad. You may feel you’re missing something. This will pass with time. Try to stay busy.
- **Headaches.** Your blood vessels open up due to withdrawal from nicotine. Try deep breathing.

People tend to react to quitting in many ways, so signals not listed may occur. Also, signals listed may be due to other things. If you have questions, talk to your doctor or health care provider.

Do not focus on the bad recovery signals. You might overlook the good signals that are taking place. Blame the unpleasant changes on the fact you used to use tobacco. The good changes occur because you no longer use tobacco. Keep in mind – **NO ONE EVER DIED FROM QUITTING.** Many have died from using tobacco.

No one is perfect. If you slip-up, you may feel guilt or conflict. You may feel a sense of being helpless or hopeless. These are normal feelings that may cause you to go back to your old coping plan – using tobacco.

Don’t focus on the slip-up. You have not failed in your efforts. A “lapse” is not a “relapse.” Focus on your new goal – to choose not to use tobacco again.



For More Information, Contact:

U.S. Department of Health & Human Services
www.smokefree.gov
www.espanol.smokefree.gov
www.smokefree.gov/apps-quitguide

Centers for Disease Control and Prevention
www.cdc.gov/tobacco

National Cancer Institute’s Smoking Quitline
877.44U.QUIT (448.7848)

National Network of Tobacco Cessation Quitlines
800.QUIT.NOW (784.8669)

Get Free Health Information, from:
www.HealthyLearn.com