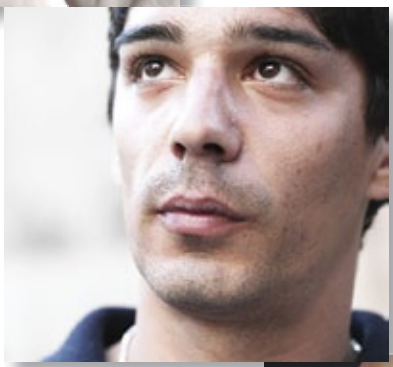
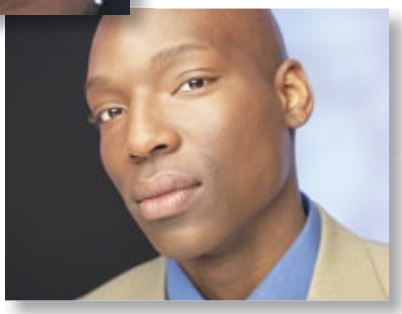
SMOKING

And How You Can Quit Today





A Guide to Living Smoke Free

West Virginia Coalition for Quality Health Care

West Virginia Hospital Association

THIS GUIDE IS PRESENTED TO YOU COMPLIMENTS OF

The West Virginia Coalition For Quality Health Care and

Your Local Hospital

The West Virginia Coalition For Quality Health Care
The West Virginia Hospital Association

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West Virginia Coalition for Quality Health Care

WEST VIRGINIA HOSPITAL ASSOCIATION

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National Facts

More than 4,000 chemical compounds have been identified in tobacco smoke, of these, at least 43 are known to cause cancer

- Smoking is the number one needless cause of illness and early death in the United States.
- Smoking diseases take an estimated 430,700 American lives each year.
- Smoking causes 87% of lung cancer cases. It causes most cases of emphysema and chronic bronchitis.
- Lung cancer is the worst cancer killer in America. It takes more lives each year than breast, prostate, and colorectal cancers combined.
- 25% - 40% of smokers will die as a result of smoking.
- There is more than 10 times the amount of cancer causing substances in snuff than in cigarettes.
- The majority of the 48 million adults who smoke are trying to quit.
- Smoking related-diseases kill one in 10 adults globally. By 2030, if trends continue, smoking will kill one in six people.
- Every eight seconds someone dies from tobacco use.
- Cigarettes cause more than one in five American deaths.
- About 35,000 nonsmokers die from heart disease each year as a result of exposure to secondhand smoke. (www.americanheart.org /statistics)

Page Resources: www.ynotquit.com, The American Cancer Society at http://abcnews.go.com/gma/health/story?id

West Virginia Statistics

Secondhand smoke contains higher levels of ammonia, benzene, nicotine, and carbon monoxide than the smoke that smokers inhale.

- 11 West Virginians die each day from smoking related illness, according to the State Bureau of Public Health.
- 27.4% of adults in WV smoke.
- The average annual death rate in WV related to smoking is about 4,229.
- More than 40,000 teenagers in West Virginia living today will die an early death. This is due to their decision as an adolescent to smoke cigarettes.
- High School smoking rate in WV is 28.5%.
- Middle School smoking rate in WV is 16.3%.
- In WV, almost 5,000 teenagers under 18 become regular daily smokers every year.
- Nonsmokers exposed to secondhand smoke have a 20% increased risk of heart disease.

Page Resources: The American Lung Association and www.ynotquit.com

Save Your Health and your money

Smoking costs the United States about $97.2 billion each year in health-care costs and lost time working.

The tobacco industry spends $15.4 billion marketing their products each year. $169.4 million of that budget is spent marketing tobacco to West Virginia.

1 pack of cigarettes for 1 year costs	**$1,186**
1 pack of cigarettes for 10 year costs	**$11,865**
1 pack of cigarettes for 20 year costs	**$23,725**
1 pack of cigarettes for 30 year costs	**$35,558**

Page Resource: The American Lung Association at www.lungusa.org

Smoking Affects Your Health

Most people link smoking with breathing problems and lung cancer. But that's not the whole story.

Heart Disease
Smoking increases the chance of getting **heart disease** in people with high blood pressure

Blood Clots
Tobacco smoke makes blood clot faster and more likely to form.

Heart Disease and Stroke
Smoking is a major cause. In America, more than 400,000 deaths each year are due to smoking. A little less than 200,000 of these deaths are due to heart and blood vessel diseases.

Nicotine
Isn't the only bad thing in cigarette smoke. Carbon monoxide gets in the blood and reduces oxygen to the heart and all other parts of the body.

Second-Hand Smoke A serious health threat for nonsmokers, especially children. Secondhand smoke contains more than 4,000 chemical agents. The chance of death from heart disease is about 30 percent higher for people around secondhand smoke at home or work.

Page Resource: The Effects of Smoking guide from The American Heart Association.

Smoking Affects Your Health

Heart and Blood Vessel Diseases
Caused by high blood cholesterol and tobacco smoke.

Cholesterol
Smoking mixes with high cholesterol to increase the risk for heart disease. Smokers are more likely to have lower levels of HDL (good) cholesterol.

Oxygen
Smoking reduces the amount of oxygen to the heart muscle.

PVD
(Peripheral Vascular Disease) is the narrowing of blood vessels that carry blood to the leg and arm muscles. Smokers get this disease more often and more severe than nonsmokers. When a blood clot blocks a narrowed artery, you could loose an arm or leg.

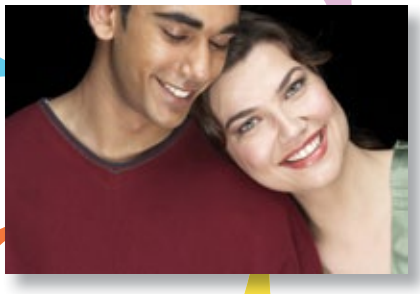
Heart Attack
The more a person smokes, the greater their risk. People who smoke a pack of cigarettes a day have more than twice the risk of heart attack than people who've never smoked. Smokers who have a heart attack have less chance of surviving than nonsmokers do.

Page Resource: The Effects of Smoking guide from The American Heart Association.

Smoking Affects Your Health

Coronary Heart Disease
Is not lowered by Low-Tar and Low-Nicotine cigarettes. Many smokers who've switched to these cigarettes smoke more and inhale more deeply to make up for the reduced nicotine. This means the smoker takes in more of the other harmful substances and **may increase their chance of disease.**

Chronic Bronchitis and Emphysema
Smoking is the main cause. These diseases put more pressure on the heart and when heart disease is present, may result in heart failure.



Cancer
Smoking causes lung and throat cancer

Birth Control Pills
Women smokers who use birth control pills have a higher chance of heart attack and stroke than nonsmokers who use the pill. Smoking and taking the birth control pill increases the chance of **narrowed blood vessels** (Peripheral Vascular Disease).

Chest and Throat Infections in Children Each year, secondhand smoke causes up to 300,000 infections in children less than 1 1/2 years old. Some 15,000 have to be hospitalized.

Page Resource: The Effects of Smoking guide from The American Heart Association.

What's in a Cigarette?

Cigarette smoke contains more than 4,000 toxic substances, many of which are known to cause cancer to humans. In addition to the very addictive nicotine, cigarettes contain:

Arsenic: Used in rat poison

Acetic Acid: Hair dye and developer

Acetone: Main ingredient in paint and fingernail polish remover.

Ammonia: A typical household cleaner

Benzene: Rubber cement

Butane: Lighter fluid

Cadminum: Found in batteries and artists' oil paint

Carbon Monoxide: Car exhaust fumes

Ethanol: Alcohol

Formaldehyde: Used to embalm dead bodies

Hydrazine: Barbecue lighter

Page Resource: The Family Health Administration at www.fha.state.md.us/ohpetup/school

What's in a Cigarette?

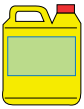
Lead: Batteries

Methane: Swamp gas

Methanol: Rocket fuel

Napthalenes: Used in explosives, moth balls, and paint pigments

Nickel: Used in the process of electroplating



Phenol: Used in disinfectants and plastics

Polonium: Radiation dosage, equal to 300 chest x-rays in one year

Stearic Acid: Candle wax

Styrene: Found in insulation material

Tar: Road surface tar

Toluene: Embalmers glue

Page Resource: The Family Health Administration at www.fha.state.md.us/ohpetup/school

The Benefits of Quitting are Immediate

The instant a person stops smoking, he starts getting better, 3-5 years after quitting, the risk of getting lung cancer is reduced by half," Dr. Derek Ragheren, Director of Cleveland Clinic's Taussig Center said.

- **After 20 minutes of not smoking –** Your blood pressure and pulse decreases and the temperature of your hands and feet increases.

- **After 8 hours of not smoking** – The carbon monoxide level in your blood returns to normal. The oxygen levels in your blood increase.

- **Within 12 hours of your last cigarette** – Your body begins to heal. The level of carbon monoxide and nicotine in your system rapidly decline. Your heart and lungs start to repair damage caused by cigarette smoke.

- **After 24 hours of not smoking** – Your chance of heart attack decreases.

- **After 48 hours of not smoking** – Your nerve endings adjust to the lack of nicotine. Your taste and smell begins to return. Your digestive system returns to normal. Your smoker's hack will disappear.

Page Resources: American Heart Association's guide, Quit Smoking for Good and www.webmd.com

The Benefits of Quitting are Immediate

- **After 72 hours of not smoking** – Bronchial tubes relax

- **After 2 weeks to 3 months of not smoking** – Your circulation improves and your exercise tolerance improves.

- **After 1-9 months of not smoking** – Coughing, sinus congestion, fatigue, and shortness of breathe decrease. Small hairs in the lungs grow back. This increases your lung's ability to fight and reduce infection and clean the lungs. Your overall energy level increases.

- **After 1 year of not smoking** – Your chance of dying from heart disease decreases to half that of a lifelong smoker's chance.

- **After 5 years of not smoking** – Your chance of dying from lung cancer decreases to half that of a lifelong smoker's chance.

- **After 10 years of not smoking** – Your chance of dying from lung cancer drops to almost the same rate as a lifelong NON-smoker. Your chance of other cancers decreases.

Page Resources: American Heart Association's guide, Quit Smoking for Good and www.webmd.com

Are You Ready To Quit?

		Action Steps
10	I have decided to quit smoking/chewing/dipping.	• Ask your doctor for help
9	I am close to making a decision to quit smoking/chewing/dipping.	• Consider a tobacco cessation program in your area.
8		
7	I am thinking about quitting smoking/chewing/dipping altogether, but I still have not made any plans.	• Get information on how tobacco affects your health. Consider trying to quit. (Available in this guide)
6	I am thinking about cutting down on smoking/chewing/dipping, but I am not thinking about quitting smoking altogether.	
5		
4	I might have a problem with smoking/chewing/dipping, but I do not intend to cut down or quit now.	• Get information on how tobacco affects your health. (Available in this guide)
3		
2	I do not have a problem with smoking/chewing/dipping and I do not intend to cut down or quit now.	
1		

Page resource: The American Lung Association.

Why Is It So Hard To Quit?

It's hard because **nicotine** is a very addictive drug. For some people, it can be as addictive as heroin or cocaine.

Nicotine is found naturally in tobacco. Over time, the body becomes dependent on it. When smoke is inhaled, nicotine is carried deep into the lungs, bloodstream and throughout the body.

Nicotine affects your heart and blood vessels, hormonal system, metabolism, and your brain. It can be found in breast milk and in vaginal secretions of smokers.

During pregnancy, nicotine crosses the placenta and has been found in amniotic fluid and the umbilical cord blood of newborn infants.

Withdrawal

When smokers try to quit, the lack of nicotine leads to withdrawal symptoms. Physically, the body reacts to the lack of it. Psychologically, the smoker makes a major change in behavior. You must deal with both of these to be successful at quitting.

Page Resource: www.surgeongeneral.gov and the Guide to Quitting Smoking

Withdrawal Symptoms:

- Depression
- Feelings of frustration and anger
- Irritability
- Trouble Sleeping
- Trouble Concentrating
- Restlessness
- Headache
- Tiredness
- Increased Appetite

Page Resource: www.surgeongeneral.gov and the Guide to Quitting Smoking

Why Is It So Hard To Quit? Cont...

Withdrawal symptoms are not comfortable. They often lead a smoker to start smoking again. The symptoms will go away. You will start to feel better the longer you are smoke-free.

Part of Your Life

Quitting is also hard because smoking is a big part of your life. You enjoy cigarettes. It gives you something to do with your hands. In time, smoking becomes part of your daily routine. You may light up without even thinking about it.

It is not easy to quit. It may take several tries. But, you learn something each time you try. It takes willpower and strength to beat an addiction to nicotine. And it takes time. Don't give up too soon. Millions of people have quit smoking for good and you can be one of them.

Pregnancy and Smoking:

Smoking harms your baby. When you smoke, your baby gets less oxygen. Lack of oxygen can cause your baby to grow more slowly and gain less weight in the womb. Smoking during pregnancy has also been linked to preterm labor and other pregnancy complications. Pregnant women who smoke have a higher risk of miscarriage. Smoking during pregnancy puts your baby at higher risk of dying from SIDS (Sudden Infant Death Syndrome or Crib Death)

What you can do:

Of course, the best thing to do is quit smoking. If you find that you can't quit completely, cut back as much as you can. We know it's hard, but remember,

you're doing this for your baby.

It is also important to avoid smoke from other people's cigarettes. Secondhand cigarette smoke contains the same harmful chemicals that smokers inhale. Make your home and car smoke free, for you and your baby.

After you have your baby, continue to protect her/him from cigarette smoke. Children who are exposed to cigarette smoke have more breathing problems including asthma, more ear infections, allergies and many other health problems.

For help quitting contact ….
1-877-966-8784

Page Resource: March of Dimes

Decide What Things You Will Need To Help You Quit

Products

Medicines can be a helpful part of your plan to stop smoking. The food and drug administration (FDA) has approved five medicines to help.

1. Bupropion SR – Available by prescription (Also known as Wellbutrin or Zyban)
2. Nicotine Gum – Available over-the-counter
3. Nicotine Inhaler – Available by prescription
4. Nicotine Nasal Spray – Available by prescription
5. Nicotine Patch – Available by prescription and over-the counter

All of these medicines can double your chances of quitting and quitting for good.

Talk with your doctor before taking any new medications. You may also want to consider a smoking cessation program.

Page Resource: www.surgeongeneral.gov and the Guide to Quitting Smoking

Decide What Things You Will Need To Help You Quit

Programs

What does Smoking Cessation Mean? The end of smoking. To stop smoking.

What you can expect from a Smoking Cessation program? There are programs in almost every community, usually by your local hospital. Each program educates you on the affects of smoking and quitting.

Program Content

Smoking Cessation programs are offered in almost every community, usually by your local hospital. Every program is a little different. Some things you can expect at a smoking cessation program in your area are…

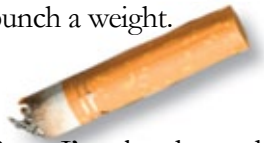
- How to change behavior
- How to prevent relapse
- Counseling Sessions – group or one-on-one
- Healthy eating and exercising tips
- Develop a plan to quit
- Dealing with withdrawal symptoms
- Managing stress
- Controlling weight
- What to do when someone else lights a cigarette
- How to get through a craving

Call your local hospital for information on a Smoking Cessation program in your area. The state of West Virginia also has a toll free number to help you quit.

(1-877-966-8784) Press 1

"Just the Butts"…Top 5 reasons smokers give for NOT Quitting

But…if I quit, I'll just gain a bunch a weight.



The average person gains only 4-10 pounds after quitting. The stress on your heart of smoking one pack of cigarettes per day is equal to being 90 pounds over weight.

But…I've already cut down to a safe level.

Cutting down is a good first step. But, smokers who cut down often inhale more often and more deeply and that cancels the benefits of cutting back. Pick a quitting date within the next two weeks.

But…I'm under a lot of stress and smoking relaxes me.

Your body is used to nicotine, you naturally feel more relaxed. But nicotine is a stimulant. It actually raises your heart rate, blood pressure, and breathing rate. Most ex-smokers feel much less nervous just one to two weeks after quitting.

But…It is impossible to keep from smoking when everyone around me is smoking.

Quitting and staying away from cigarettes is hard but it is not impossible. More than 3 million Americans quit every year. Many people have had to try to quit more than once and had to try more than one method of quitting. That's ok. Don't give up.

But…I tried and I blew it. I started smoking again.

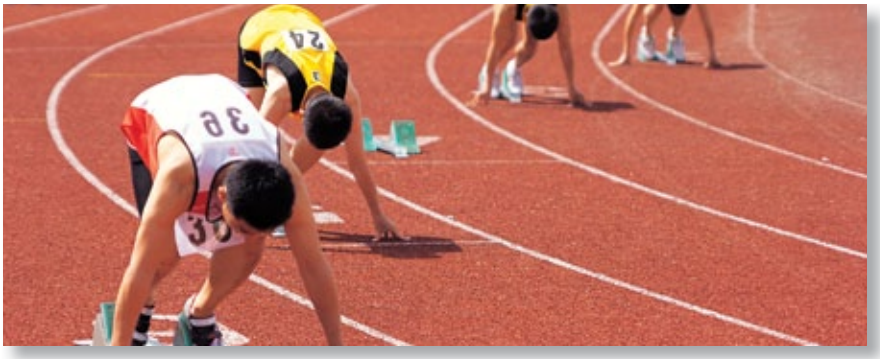
Smoking one or even a few cigarettes does not mean you blew it. It does mean you have to strengthen your will to quit and try again. Don't forget that you got through several days or even weeks or months without a cigarette. This shows that you don't need cigarettes and that you can be a successful quitter. Try again.

Page Resource: www.quitsmokingsupport.com and Forever Free, A Guide to Remaining Smoke Free.

So Now You Want to Quit.

It is a long-term process. Don't make the mistake of thinking the job is done when most physical withdrawal feelings end. Take steps to stay smoke free.

Let's Get Started



Studies have shown that the five steps that follow will help you quit and quit for good. You have the best chances of quitting if you use them together.

Step 1 – Get Ready

- Set a quit date. Avoid high stress days such as holidays.
- Change your environment. Get rid of ALL cigarettes and ashtrays. Don't let people smoke around you.
- Review your past attempts to quit. Think about what worked and what did not.
- Once you quit, do not smoke-NOT EVEN A PUFF!

Page Resource: www.surgeon.gov/tobacco/consquits.htm

Step 2-Get Support and Encouragement

- Tell your family and friends that you are going to quit and want their support. Ask them not to smoke around you or leave cigarettes out.
- Talk to your doctor about your plans.
- Get counseling of some kind. The more you have, the better your chances are of quitting. Programs are given at hospitals and health care centers. Call your local health department or hospital for information about programs in your area.

Step 3 – Learn New Skills and Behaviors

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task
- When you first try to quit, change your routine. Go a different way to work. Drink tea instead of coffee. Eat breakfast in a different place.
- Do something to reduce your stress. Take a hot bath, exercise, or read a book.
- Plan something enjoyable to do every day.
- Drink a lot of water and other fluids.
- When you're done eating a meal, sit in a different place to relax.

Page Resource: www.surgeon.gov/tobacco/consquits.htm

Step 4 – Get Help and Use it Correctly

- The FDA has approved five medications to help you quit smoking:
  1. Bupropion SR (also know as Wellbutrin or Zyban)
  2. Nicotine Gum
  3. Nicotine Inhaler
  4. Nicotine Nasal Spray
  5. Nicotine Patch
- Ask your doctor for advice and carefully read the information on the package.
- **These medicines can double your chances of quitting and quitting for good.**

Step 5 – Plan for Success; Be Prepared for Relapse or Difficult Situations

Most relapses, or slips, occur within the first 3 months after quitting. Don't be too hard on yourself if you start smoking again. Most people try several times before they finally quit.

Here are some difficult situations to watch for:

- Avoid drinking alcohol. Drinking lowers your chances of success.
- Being around smoking can make you want to smoke
- Many smokers gain a little weight when they quit. Eat a healthy diet and stay active. If you do gain weight, the benefits of being smoke free far outweigh the extra weight.
- Bad mood or depression. There are a lot of ways to improve your mood other than smoking.

If you have problems with any of these steps, talk with your doctor or call the West Virginia toll free quit line for support **1-877-966-8784**

Page Resource: www.surgeon.gov/tobacco/consquits.htm

Notes

Notes

SGAP103

To order additional copies
call the WV Coalition for
Quality Health Care at
(304) 344-9744