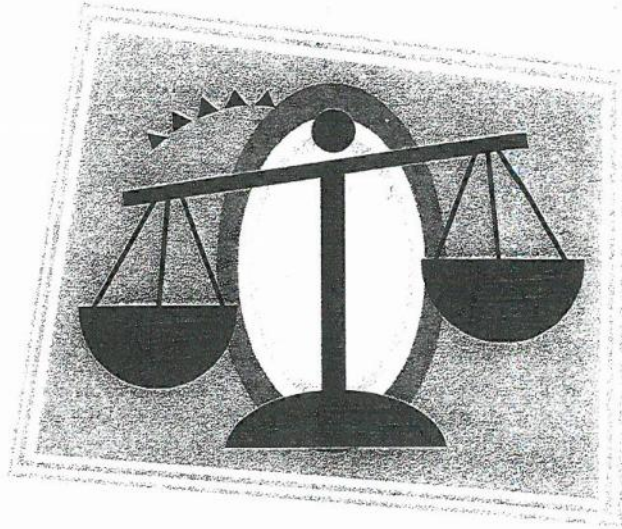


Personal Reasons to Quit Smoking

Why Should I Quit ??
What Will I Gain??

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

Decisional Balance Scale



What I like about Smoking	What I would like about quitting
What I don't like about smoking	What I would not like about quitting

Countdown to Quitting

4 Week Stop Smoking Calendar

PICK YOUR QUIT DAY

Do one thing on this calendar each day to help you get ready!



Make a list of all the reasons you want to quit.



Repeat your reasons ten times before you go to sleep each night.

Ask your doctor about nicotine replacement or other medications.

Tell your friends and family. Ask for their help.



Only smoke outside from now on. Your home will start to smell better!

Decide if joining a quit smoking program is right for you.



ONE WEEK BEFORE QUITTING

Plan how to avoid your smoking "triggers" in the first few weeks.



Cut down on the number of cigarettes you smoke each day.

Make a list of people you can turn to when cravings hit hard.



Decide how you will celebrate your first week without cigarettes.



Stock up on sugarless gum and other healthy snacks to help you deal with cravings.



The night before, throw out all cigarettes. Put away ashtrays.



YOUR QUIT DAY!

Take it easy. When cravings hit, breathe deep. Call a friend. Chew gum. Go for a walk. Do everything you can to get through





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Wilma got advice from her doctor and used a prescription to help herself quit smoking. She also got support through an online program. Today, at 49, she enjoys activities — and a lifestyle — she never dreamed of as a smoker.

Getting Support as You Quit

Getting support from the important people in your life can make a big difference as your quit. In fact, two out of five former smokers felt that support from others mattered a lot in their success. Remember that you are not in this alone. Your friends and family are there for you, in both good times and bad.

Follow these 12 tips to get the support you need:

1. Surround Yourself with People You Trust

Think of the people you trust the most—people you can talk to about anything and who have been there for you when you needed them. They could be friends, significant others, parents, co-workers, or other family members. Whoever they are, spend more time with them.

Tip: Bring friends along for your daily activities. Grab lunch with a friend, get a group together to go shopping, or meet up at a sporting event.

2. Focus on People Who Can Help

If a friendship doesn't feel right anymore, it might be time to let it go. Don't be afraid to try a little distance with people who aren't giving you the support you need. Letting go can be hard, but it is sometimes be for the best.

Tip: Focus your energy on spending time with people who make you feel good about yourself and want you to succeed.

3. Invest in Your Relationships

Make a point to invest time and effort to important relationships. People are more willing to provide support when they know you are there for them. You will also feel more comfortable calling on them for support if the relationship is strong.

Tip: Go to that movie your friend really wants to see, even if it's not your top choice. Or go out of your way to call a friend just to chat and see how things are going.

4. Ask for Help

You might like to solve problems on your own, but the truth is we all need a little help from time to time. Go ahead and ask the people you trust. It doesn't mean you're weak. Your true friends will be there, ready and willing to help.

Tip: Not sure how to ask? Send a text or email to get the conversation started (e.g., I want to quit smoking. Can you help me?). Know an ex-smoker? Ask them why and how they quit.

5. Be Specific About Your Wants

Your friends and family won't always be able to predict what you need during your quit. Be specific about what support you want (and don't want). Try to be nice about it. They are just trying to do what is best for you.

Tip: Feeling stressed after a long day at work and craving a cigarette? Tell a friend and ask them to help plan a smokefree night out to distract you.

6. Say Thank You

Don't let acts of kindness go unnoticed. Tell your friends you appreciate them, whether you speak it, text it, or show it with your actions. Saying thanks doesn't take a lot of time, so do it in the moment before you forget.

Tip: Have a friend who gave up their last piece of gum to help you beat a cigarette craving? Buy some gum and give it to them with a note that says, "Thanks for helping me stay quit!"

7. Avoid Stressful Situations

Steer clear of the things that add unneeded stress to your day and look for more positive things to do.

Tip: Identify what stresses you out and come up with ways to deal with that stress. Stress can make you feel like you want to smoke. Ask friends and family to be aware of your stressors. They can help make your life easier during your quit.

8. Grow Your Social Circle

Give your social circle a boost by connecting with other people who share your interests. Start by thinking about the things you like to do. Then look for ways to get more involved in them. Get talking with the people around you, and chances are, you'll find you have stuff in common.

Tip: Strike up a conversation with someone new at work, join an intramural sport league, or volunteer. You never know who you will meet!

9. Be Approachable

How you present yourself to others is a big part of branching out and strengthening friendships. Make yourself approachable by making eye contact when talking with others. Smile. Sit and stand straight. Give compliments. People will be drawn to your confidence and positive attitude.

Tip: Say hi and smile to co-workers as you pass them at work, compliment a family member on how great their shirt looks, or tell your friend you like their new haircut.

10. Be Hands-on

Don't wait around for others to come to you. Create opportunities to spend time with friends by suggesting things to do. Join in conversations and give your opinion.

Tip: Reach out to the people you care about. Have lunch with a co-worker or friend. Invite friends over to your place for a game night.

11. Listen

Listening is a great way to strengthen and build friendships. Get people to open up by asking questions that can't be answered in just one word, like yes or no. Let them talk. Resist the urge to interrupt with your own comments and stories.

Tip: Are your friend's eyes glazing over when you talk? Take a breath and give them a chance to say something. Ask what they think of a new song you heard or if they have any plans for the weekend.

12. Support Others

Support is a two-way street. If you want others to be there for you, you have to be there for them, too. Check in with your friends and help them out when you can. Sometimes small favors mean the most.

Tip: Do something small to brighten someone's day. Make a friend smile by emailing or texting them a joke, get someone a small treat for their birthday, or call a family member to see how they are doing.

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Content source: Smokefree.gov, [National Cancer Institute](http://NationalCancerInstitute.gov), [Office on Smoking and Health](http://OfficeonSmokingandHealth.gov), [National Center for Chronic Disease Prevention and Health Promotion](http://NationalCenterforChronicDiseasePreventionandHealthPromotion.gov), [Centers for Disease Control and Prevention](http://CentersforDiseaseControlandPrevention.gov)

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800-CDC-INFO (800-232-4636) TTY: (888) 232-6348 - [Contact CDC-INFO](http://ContactCDC-INFO.gov)



1st Month of the Quitting Process

[illegible]

2nd Month - On the Way to a Smokefree Life

[illegible]

3rd Month - A Former Smoker!

[illegible]

6 Week Exercise Planner

[illegible][illegible][illegible][illegible][illegible][illegible]

Smoking Journal

N = Number of cigarettes

R = Rating (0-3) of how much you wanted cigarette

QUIZ SOURCE: Heatherston, T. F., et al. 1991. The Fagerstrom Test for Nicotine Dependence. A revision of the Fagerstrom Tolerance Questionnaire. *British Journal of Addictions* 86(9): 1119-1127.

Selecting Support

Having a strong support system in your life is an important component of your quitting plan. Here are two ways to create support in your life

BUDDY SYSTEM

Choosing a buddy who is supportive of your efforts to quit is very important. Here are some things your buddy should be willing and able to do for you:

- Be a real friend -be helpful and supportive, but will tell you "like it is".
- Be a listener - be willing to hear you out and express what you are going through.
- Be in touch - be willing to call and talk to you whenever necessary.
- Be aware - understand your triggers and help keep you aware of these things.
- Be assertive - be willing to help you deal with others who might not be sensitive to what you are going through.

PUBLIC DECLARATION

By letting others know that you are quitting smoking, you are involving people who will want to help you in your efforts to stop smoking.

- Tell everyone you work and socialize with that you are quitting smoking.
- Tell them when your quit day is.
- Keep them up to date on your progress.
- Ask them for their support of your efforts.

Even if this is your 100th attempt to quit smoking, keep talking about it. Avoid those people who will say, "I've heard that before"; they are negative and could sabotage your efforts.

Hiding the fact that you are quitting means that you are not fully committed to yourself and to becoming a nonsmoker

THE STAGES OF CHANGE APPLIED TO COUNSELING FOR TOBACCO DEPENDENCE
TONY KLEIN, MPA, CASAC, NCACII

	PRECONTEMPLATION	CONTEMPLATION	PREPARATION	ACTION	MAINTENANCE
ESSENTIAL COGNITION	"I like smoking cigarettes." (No thoughts of changing behavior.)	"I want to quit, but at times, I really like to smoke cigarettes." (Plans to stop tobacco use within 6 months.)	"I am ready to quit smoking cigarettes." (Develops a nicotine recovery plan; will implement within 30 days.)	"I'm choosing not to smoke cigarettes today." (Behavior change; implements nicotine recovery plan.)	"I used to smoke cigarettes." (Comfortable with a tobacco-free lifestyle.)
AMBIVALENCE	Not ambivalent; wants to keep using tobacco.	Ambivalent (love/hate relationship with the cigarette).	Not ambivalent; wants to stop using tobacco.	Often wants to smoke a cigarette again.	Occasionally wants to smoke a cigarette again (fleeting thought).
BEHAVIOR	Rejects new information	Willing to receive new information	Requests advice and information	Accepts new information	Gives information
CHARACTERISTIC RESISTANCE	Denial, defiance, rationalization, lack of knowledge	Fear of failure, fear of consequences of tobacco use	Fear of failure, lack of knowledge	Frustration; confused	Self-righteousness; grateful
COUNSELOR ROLE	Nurturing parent	Socratic Teacher	Socratic Teacher/Experienced Coach	Experienced Coach	Trusted Consultant
COUNSELING APPROACH	Acceptance, patience; acknowledge and respect stage readiness; explore tobacco use behavior: "Can you describe the pleasure of smoking a cigarette?" Encourage client to listen to the experience of others; introduce ambivalence: "Is there any way in which you would be better off if you were free of tobacco?"	Acceptance, patience; normalize the ambivalence; decisional balance exercise; clarify personal motivation and anticipated rewards; explore barriers and identify solutions; keep the client at the center of the stage process to advance autonomous motivation; transfer existing addiction and recovery knowledge; grief therapy.	Directness, clarity, explore menu of coping skills and replacement behaviors; addiction knowledge; make suggestions; identify strategy for withdrawal and craving management (NRT), environmental management, contingency planning, cognitive restructuring, and recovery supports.	Affirm client for making progress; monitor for proper dosing of NRT and utilization of nicotine recovery plan; identify relapse issues and solutions as they arise (first time experiences); skill development to counter pressures to relapse; treat depression if it occurs; encourage use of a recovery support network; socialization skills.	Praise, reassurance; identifying relapse issues and patterns of behavior; group or individual psychotherapy dealing with core issues; providing support to others: "Let's talk about the person you want to be. What are you doing to become more like that person? What issues have appeared in your recovery?"
GOAL	The client will move from Pre-contemplation to Contemplation	The client will move from Contemplation to Preparation	The client will move from Preparation into Action	The client will move from Action to Maintenance	The client will discover the truth about his or her life
PRIMARY OBJECTIVE	Introduce ambivalence; elicit change talk.	Resolve ambivalence in favor of a tobacco-free lifestyle; clarify commitment	Develop a personalized nicotine recovery plan; identify implementation date.	Enhance client's self-confidence, highlight rewards of recovery, and eliminate relapse triggers.	Promote emotional and spiritual growth.
METHOD	Consciousness-raising activity; motivational interviewing	Explore desire, ability, reasons and needs (Importance and confidence).	Fundamental drug recovery counseling	Fundamental drug recovery counseling	Fundamental drug recovery counseling

(Klein, January 2006; revised May 2008 – All rights reserved) klein@unityhealth.org

Chapter 6

Coping with the Decision to Quit

Section III: Overcoming Challenges to Quitting and Staying Quit

Explore relaxation techniques (soft music, deep breathing techniques, etc.) and stress management skills (stress balls, exercise, traditional dancing, etc.). Discuss possible withdrawal symptoms and methods for coping. Ask attendees: "What traditional activities are done in this community to relieve stress?" The major barrier to quit smoking for many people is the withdrawal symptoms. Craving, an intense desire for cigarettes, is the most familiar symptom.

To cope with cravings, practice the **four "D's"**:

- Deep breaths, inhaling, and exhaling slowly to relax.
- Drink plenty of water throughout the day.
- Do something else.
- Delay and the urge for the cigarette will pass.

Other withdrawal symptoms the facilitator may want to discuss are: fatigue, coughing, depression, lack of concentration, dizziness, tightness in chest, GI (gastrointestinal) symptoms, hunger, and insomnia. In the case of insomnia you may want to make a referral to a physician. Ask others who have quit how they coped with their symptoms.

New quitters will have to face these challenges. Sharing how they will conquer these challenges is very important to a successful quit. Identify danger situations (situations that could potentially lead to relapse). Danger situations can include being in a smoky environment, stressful circumstances, or being around people who encourage others to smoke. People sometimes fear the potential weight gain that could come after they quit smoking. Some smokers do gain weight after quitting. Gaining 5-10 pounds is not uncommon. The reasons for the weight gain include: the need to put something in their mouth to replace cigarettes, they decide to treat themselves by indulging in food, their sense of taste improves and pleasure in eating is restored, and their overall health is improved, resulting in a better appetite. In a small percentage of new ex-smokers, there may be a change in metabolism leading to weight gain with no increase in eating. Do not gloss over this topic; emphasize the specific reasons so they can be prepared and aware.

Another important topic to address is alcohol. For many people who drink regularly, there is a very strong relationship between drinking and smoking. Heavy drinkers find it very difficult to quit smoking because both are done together and alcohol decreases resistance to temptation. The

American Cancer Society recommends use of alcohol in moderation because it can be hazardous to one's health. Those quitting smoking may also have other substance abuse addictions and may need to attend a substance abuse program or behavioral health service for more intense interventions.

Traditional Tobacco Use

Tobacco was traditionally used medicinally, spiritually, ceremonially, NOT RECREATIONALLY! Ask participants: "Think of traditional tobacco use in your tribes. Did your tribes use tobacco traditionally? How has that changed over time? What factors influenced this change? How has the significance of tobacco been altered?" Inviting an elder or traditional healer to speak might bring a thoughtful perspective to the discussion. Be mindful that some tribes are very quiet, private, and selective about their medicine and traditional tobacco use. Some people will not feel comfortable discussing this sensitive spot.

Benefits to Quitting and Staying Quit:

Health benefits to quit smoking are numerous. The American Cancer Society and the Centers for Disease Control and Prevention cite the following benefits of ending commercial tobacco use:

20 minutes after a smoker quits:

- Blood pressure returns to a level close to that before the last cigarette.
- Pulse drops to a normal rate.
- Body temperature of hands and feet increase to normal.
- Breathe smells better.
- Stained teeth get whiter.
- Bad smelling clothes and hair go away.
- Yellow fingers and fingernails begin to disappear.
- Food tastes better.
- Sense of smell begins to return to normal.
- Everyday activities (such as climbing stairs or light housework) no longer leave them out of breath.

8 hours:

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

24 hours:

- Chance of heart attack decreases.

48 hours:

- Nerve endings start re-growing.
- Ability to smell and to taste things enhances.

72 hours:

- Bronchial tubes relax, making breathing easier.
- Lung capacity increases.

2 weeks to 3 months after a smoker quits:

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30%.

1-9 months:

- Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- Cilia reactivate in lungs increasing ability to handle mucus, clean the lungs, and reduce infection.
- Body's overall energy level increases.

1 year after a smoker quits:

- Excess risk of coronary heart disease is half of that of a smoker.

5 years after a smoker quits:

- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half.
- Stroke risk is reduced to that of a non-smoker 5-15 years after quitting.

10 years after a smoker quits:

- Lung cancer death rate becomes similar to that of a nonsmokers.
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

Household and Community Benefits

Household benefits are also a great reason to stay quit. Exposure to SHS poses a real and significant threat to family members and friends. By quitting now, you can provide a healthier environment for those you love. Community benefits include the positive role model the person quitting can be for those still smoking. Think about how many young people in your life witnessed you stop using cigarettes; they may be affected positively by your actions.

More Rewards of quitting smoking

Cost

The prospect of better health is a major reason for quitting, but there are other reasons, too.

Smoking is expensive. It isn't hard to figure out how much you spend on smoking: multiply how much money you spend on tobacco every day by 365 (days per year). The amount may surprise you. Now multiply that by the number of years you have been using tobacco and that amount will probably shock you.

Multiply the cost per year by 10 (for the next 10 years) and ask yourself what you would rather do with that much money.

And this doesn't include other possible costs, such as higher cost for health and life insurance, and likely health care costs due to tobacco-related problems.

Some special concerns

Weight gain

Many smokers do gain weight when they quit. But even when steps aren't taken to try to prevent this, the average gain is less than 10 pounds. Women tend to gain slightly more weight than men. There is some evidence that smokers will gain weight after they quit even if they do not eat more. Some studies suggest that nicotine replacement therapy or bupropion may help delay weight gain, but they don't prevent it.

For some people, a concern about weight gain can lead to a decision not to quit. But the weight gain that follows quitting smoking is usually small. It is much more dangerous to keep smoking than it is to gain a small amount of weight.

You are more likely to quit smoking successfully if you deal with the smoking first, and then later take steps to lose weight. While you are quitting, try to focus on ways to help you stay healthy, rather than on your weight. Stressing about your weight may make it harder to quit. Eat plenty of fruits and vegetables and limit fat. Be sure to drink plenty of water, and get enough sleep and regular physical activity.

Try walking

Walking is a great way to be physically active and increase your chances of staying quit. Walking can help you by:

- Reducing stress
- Burning calories and toning muscles
- Giving you something to do instead of thinking about smoking

No special equipment or clothing is needed for walking, other than a pair of comfortable shoes. And most people can do it pretty much anytime. You can use these ideas as starting points and come up with more of your own:

- Walk around a shopping mall
- Get off the bus one stop before you usually do
- Find a buddy to walk with during lunch time at work
- Take the stairs instead of the elevator
- Walk with a friend, family member, or neighbor after dinner
- Push your baby in a stroller
- Take a dog (yours or a maybe neighbor's) out for a walk

Set a goal of 30 minutes of physical activity 5 or more times a week. But if you don't already exercise regularly, check with your doctor before you start.

Doing the 5 D's

The 5 D's can reduce the discomfort associated with the physical urge to smoke. The 5 D's are tips to get you through a craving.

1. Drink a lot of water

- This helps speed up the removal of nicotine from your body.
- Gives you a full feeling, so you are less likely to snack or overeat.
- Sipping water helps satisfies the hand-to-mouth routine.
- Keeps you hydrated.

2. Distract yourself or do something else

- Keep busy.
- Go for a walk, do housework, work on a project, listen to music.
- Run errands.
- Meet friends for a fun activity.

3. Dial a friend

- Talking makes you feel better.
- Call your friend and talk about anything but smoking.

4. Delay (5 minutes)

- Wait it out and go with the flow.
- Cravings usually last 1 - 5 minutes.
- The craving will pass whether you smoke or not.

5. Deep breathe

- Breathe in through your nose.
- Hold the breath for 3-5 seconds.
- Breathe out through your nose or mouth.
- Repeat as necessary until urge passes.



Doing the D's will help you stay Determined

S Stand back: Remove yourself from the stressful situation.

T Take a deep breath: Count to 5, and think about the choice that's best for you.

R Relax: Do something that relaxes you- take a bath, read a book, listen to music, etc.

E Exercise: Get that stressful energy out in a way that works for you.

S Sleep, take a nap or just rest up for awhile

S Speak: Talk to someone about it and share your emotions.

TOBACCO USE TRIGGERS

If you are a smoker or use tobacco products, you are probably aware of the triggers that stimulate your cravings to smoke. Stress is often viewed as a trigger. Remember that people with bipolar disorder are more sensitive than others to stress and change. Some people smoke when they are driving by themselves in a car, watching TV, or talking on the phone. Others can't resist joining their friends when they smoke. Finding ways to cope with stress and with triggers so that you do not feel the urge to smoke is important. Some people have found that taking a hot bath, going for a walk, talking with friends, or reading a book helps to reduce stress. These methods can help distract you from smoking.

LEARN NEW BEHAVIORS OR HABITS

Throughout this workbook, we have recognized that behavior change is difficult. The key is to change the cues that trigger your desire to smoke. For instance, if you like to light a cigarette when you have a cup of coffee, start to drink tea or another beverage instead. When you first try to quit smoking, you may find it helpful to change your routine. Perhaps driving a different route to work or eating breakfast in a different place (even sitting in a different chair at the same table at home) may prompt you to behave differently. It may be helpful to move a chair that you sit in when you smoke to a different spot in the kitchen, living room, or office. That way your physical environment gives you a cue that there is a change occurring. In addition, remove the physical signs of your tobacco habit by tossing out every cigarette and tobacco product, ashtray, match, and lighter from every location in your house, car, desk, coat pocket, purse, and backpack. Then, clean the tobacco smell from draperies, upholstery, walls, and carpets in your home, office, and car.

Brigitte's Story

Brigitte began dreading each weekday morning when she had to get up for work. Her boss seemed to be giving her too many assignments recently, without giving her enough time to complete them. She was feeling stressed-out. Brigitte controlled her symptoms of bipolar disorder with medications and routine appointments with her care provider. Lately, she recognized that she had been smoking more. Every morning she had a cigarette with her coworkers in front of the building before going into work. When she was bored at work after lunch, she would take a cigarette break and smoke outside with the hope that she could then focus better. Two or three times a week, Brigitte would meet her coworkers for happy hour at a bar where she would smoke more. On other nights at home, Brigitte felt the urge to smoke after dinner. Brigitte discovered that she was buying packs of cigarettes more often and considered making an appointment with her care provider to deal with her stress at work and her increase in smoking. Brigitte recognized that her habit of smoking was getting out of control and she was prepared to get some help.

CHOOSING THE BEST METHOD TO QUIT SMOKING

Since you're the one who places the cigarette or tobacco in your mouth, you'll need to be actively involved in choosing the method that will work best to stop this habit. If your past attempts to quit smoking haven't worked, you'll especially want to choose a program that has been proven successful and stick with it. Your care provider, family and friends, local health department, or the national hotline 1-800-QUITNOW may offer suggestions in terms of strategies, support groups, or counseling (individual, group, telephone, and Internet) to help you quit smoking.

Using any method, your body will adapt to a decrease in the level of the addictive chemical nicotine, the active ingredient in cigarettes and other tobacco products, and go through withdrawal. Most withdrawal symptoms peak within forty-eight hours, and your physical symptoms completely disappear within six months (WebMD 2005). Your care provider may recommend medication to assist you. The U.S. Food and Drug Administration (FDA) has approved six medications to help you quit smoking:

- ▶ Nicotine gum—available over the counter
- ▶ Nicotine inhaler—available by prescription
- ▶ Nicotine nasal spray—available by prescription
- ▶ Nicotine patch—available by prescription and over the counter
- ▶ Varenicline (Chantix)—available by prescription
- ▶ Bupropion SR—available by prescription (Note: This is the antidepressant bupropion, also marketed as Wellbutrin; be certain not to take this without consulting your mental health prescriber, even if another prescriber says it's okay.)

Essentially, these medications reduce the intensity of your physical or biological triggers to smoke. Talk to your care provider about which method might be best for you.

EFFECTS OF QUITTING ON MOOD AND APPETITE

When you quit smoking or stop using tobacco products, the withdrawal from nicotine can cause symptoms such as intense cravings, increased appetite, irritability, and depressed mood. Letting go of any routine is difficult and requires that you use effective coping strategies to improve your mood and your positive sense of self. Think back to the coping strategies you learned in modules 10 and 18 when dealing with symptoms of mania and depression. Pick one or two strategies that may help you cope with the mood changes you may now experience. If you find yourself feeling depressed, contact your care provider, who may adjust your psychiatric medication temporarily, help to monitor your moods, and offer encouragement to successfully change your habits.

When the nicotine is removed from your body as you stop using tobacco products, your metabolism slows down to a healthy level and you burn fewer calories. As your sense of smell and taste return, food tastes better, so you'll need to put into action the healthy habits you've learned (in module 26 on diet and module 27 on exercise) to avoid eating more and gaining weight. Your hands and mouth may need

EXERCISE 28.2 Triggers of Tobacco Use

In this exercise, write down what triggers your urges and what makes it hard to resist smoking or using tobacco. Let's use Brigitte's case as an example.

Brigitte's Tobacco Use Triggers

Reasons for smoking or using tobacco	Triggers	Location	Time of day	Alone or with others	New behavior
1 Relieves stress	Meet coworkers before work	Outside the main entrance at work	Morning	Alone and with others	Enter different door at work.
Improves concentration	Boredom, after lunch	At work	Late afternoon	Alone	Walk down the hall or the stairs.
Makes me part of a group in social situations	Happy hour after work in a bar	Bar	Early evening	With others	Avoid smoky restaurants or bars. Hang out with nonsmoking friends.
Helps manage weight	After-dinner snacking	Kitchen	Evening	Alone and with others	Go for a walk after dinner. Avoid walking into the kitchen after dinner.

Now it's your turn to analyze why, where, when, and with whom you smoke or use tobacco. Try to brainstorm new behaviors that will help you resist the temptation to continue smoking.

Your Tobacco Use Triggers

Reasons for smoking or using tobacco	Triggers	Location	Time of day	Alone or with others	New behavior

Achieving better physical health can become a reality when you avoid the triggers, substitute new positive behaviors, and stop smoking or using tobacco products. If you're a smoker, take a moment to consider what it would mean to you personally to quit smoking. Is your primary interest to save money, to be a positive role model for your children, or to avoid physical problems like coughing or cancer that may accompany prolonged smoking? Whatever your reason, you owe it to yourself to consider quitting.



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A Healthier Lifestyle



James found exercise and a healthier lifestyle helped him stay smoke-free. He became an avid cyclist and rides up to 10 miles every day for exercise.

Staying Smokefree

It takes determination to quit smoking and stay smokefree. You should feel great about yourself for how far you've come. Now that you've quit smoking, it's time to focus on staying smokefree long-term.

Here are 5 tips to help you maintain your smokefree status:

1. Keep Your Guard Up

Your body has changed since you began to smoke. Your brain has learned to crave nicotine. So certain people, places, things, and situations can trigger a strong urge to smoke, even years after quitting. That's why you should never take a puff again, no matter how long it has been since you quit.

After you've quit, the urge to smoke often hits at the same times. For many people, the hardest place to resist the urge is at home. And many urges hit when someone else is smoking nearby. Identify your smoking triggers (http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/cravings.html?s_cid=cs_1321) so you can be prepared for a temptation. If a craving hits, use the skills you've learned.

2. Fight the Urge

It might be tempting to give in a smoke when a craving hits, but the longer you go without smoking the more these urges will fade. Resist the urge to smoke. Having one or two go-to coping skills you can turn to is helpful (like taking a walk or practicing deep breathing).

3. Stay Upbeat

As you go through the first days and weeks without smoking, keep a positive outlook. Don't blame or punish yourself if you do have a cigarette. Don't think of smoking as "all or none." Instead, take it one day at a time. Remember that quitting is a learning process.

4. Reward Yourself for Staying Smokefree

It's tough to quit smoking; staying smokefree is a major accomplishment. Make sure you're rewarding yourself. Now that you're not buying cigarettes anymore, you might have extra

money to buy a small treat. But your reward doesn't have to cost anything! Enjoy a nice hike now that you can breathe easier, or invite a friend over for movie night.

5. Lean on Someone for Support

Even after you've been smokefree for a while, you can still be triggered to smoke. When this happens, don't be afraid to turn to someone that supported you when you first quit smoking (http://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/getting-support.html?s_cid=cs_1321). This is totally normal, and doesn't mean you're weak. Often times talking about a craving with someone can help you identify what's really going on while the craving passes.

Remember, quitting smoking happens one day at a time. Celebrate your quit milestones (big and small); you deserve it!

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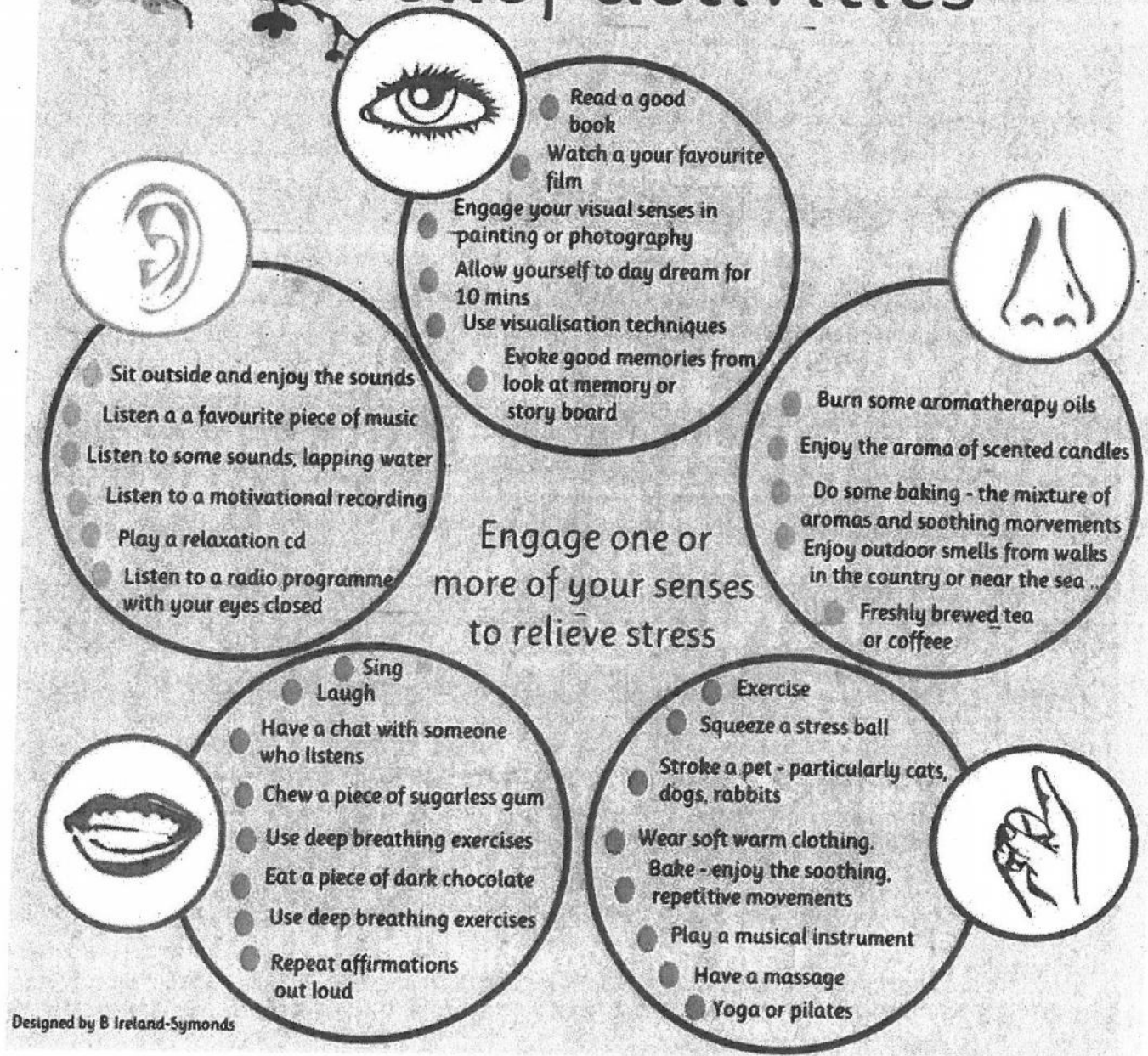
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Stress relief activities



Chapter 7:

Replacement Therapies

Help with the physical part of addiction

Remember, tobacco addiction is both mental and physical. For most people, the best way to quit will be some combination of medicine, a method to change personal habits, and emotional support.

Nicotine replacement therapy

As mentioned earlier, the nicotine in cigarettes leads to actual physical dependence. This can cause unpleasant symptoms when a person tries to quit. Nicotine replacement therapy (NRT) gives you nicotine — in the form of gums, patches, sprays, inhalers, or lozenges — but not the other harmful chemicals in tobacco. It can help relieve some of the physical withdrawal symptoms so that you can focus on the psychological (emotional) aspects of quitting.

How nicotine replacement works

Nicotine replacement therapy (NRT) can help with the difficult withdrawal symptoms and cravings that 70% to 90% of smokers say is their only reason for not giving up cigarettes. Using NRT reduces those symptoms.

Many smokers can quit smoking without using NRT, but most of those who attempt quitting do not succeed on the first try. In fact, smokers usually need many tries — sometimes as many as 8 to 10 — before they are able to quit for good.

Lack of success is often related to the onset of withdrawal symptoms. And most quitters go back to smoking within the first 3 months of quitting. So don't be discouraged if you start smoking again. Just try to stop again and make your attempt more successful by adding another method or technique to help you quit. You can reduce withdrawal symptoms with NRT and reduce their impact with support techniques. This gives you a better chance of quitting and staying quit.

Getting the most from nicotine replacement

Nicotine replacement therapy (NRT) only deals with the physical dependence. It is not meant to be the only thing you use to help you quit smoking. You will need other methods that help the psychological (emotional and mental) part of smoking, such as a stop smoking program. Keep up with these support systems during treatment with NRT and for at least a few months after you quit. Studies have shown that this approach — pairing NRT with a program that helps to change behavior — can double the chances of quitting and staying quit compared to approaches that used one method alone.

The best time to start NRT is when you first quit. Many smokers ask if it's OK to start NRT while they are still smoking. At this time the companies that make NRT products

say that they should not be used if you are still smoking, and the FDA has not approved them to be used in this way in the United States. But some research has been done with smokers using NRT while still smoking, with the intent to cut down on cigarettes and eventually stop completely.

In 2009, researchers looked at several studies in which smokers were given NRT over the long term. Overall, those who got NRT were more likely to quit smoking than those who got placebo (fake NRT) but all the studies included a lot of support and supervision from the doctor and health team. Side effects were minor in these studies. The most important thing is being sure that you are not overdosing on nicotine, which can affect your heart and blood circulation. It is safest to be under a doctor's care if you wish to try smoking and using NRT while you are tapering down your cigarette use.

Often smokers first try to quit on their own then decide to try NRT a day or more into quitting. This method does not give you the greatest chance of success, but do not let this discourage you. There are still many options available for quitting smoking and staying quit.

Are there smokers who should not use NRT?

The US Agency for Healthcare Research and Quality (AHRQ) Clinical Practice Guideline on Smoking Cessation in 2000 stated that NRT was safe for all adult smokers except pregnant women and people with heart or circulatory diseases. But the 2008 Clinical Practice Guidelines for treating tobacco dependence says that NRT (in this case, the nicotine patch) can be used safely under a doctor's careful monitoring, even in people who have heart or blood vessel disease. Studies have found the benefits of quitting smoking outweigh the risks of NRT in people with cardiovascular (heart and blood vessel) disease. When looking at NRT use, the benefits of quitting smoking must outweigh the potential health risks of NRT for each person.

As of late 2011 there is still not enough good evidence one way or the other to know if NRT is safe in pregnant women. A 2011 analysis of 5 studies done on NRT in pregnant women showed no significant differences in ill effects (such as low birth weight and admission to an intensive care unit) between the NRT groups and the groups that didn't get NRT. Smoking during pregnancy can cause these problems and a lot more, so many doctors think NRT is less harmful than smoking during pregnancy. Also, while NRT exposes the fetus to nicotine, smoking exposes the fetus to nicotine and a number of other chemicals. Nicotine may have unknown effects as the child grows up, and this has not been carefully studied over the long term. With all of this in mind, it is best to quit smoking before getting pregnant. If it's too late for that, quitting in early pregnancy can still greatly reduce many risks to the baby. Smokers who find themselves pregnant should talk with their doctors right away to get help in choosing the best way for them to quit smoking.

Note that NRT has not yet been proven to help people who smoke less than 10 cigarettes a day. You may want to talk with your doctor about a lower dose of NRT if you smoke less than that but feel you need nicotine replacement.

When may I begin using nicotine replacement therapy?

You may start using NRT as soon as you throw away that last cigarette. You do not need to wait a certain length of time to put on the patch or start using the gum, lozenge, nasal spray, or inhaler. You should double-check this information with the instructions on your chosen method of nicotine replacement, but in general there is no need to wait to start using NRT.

Can you get too much nicotine from NRT?

Nicotine overdose is possible, but rare. NRT products are labeled to match the amount of nicotine you get from NRT to the amount you typically smoked. If used this way, you are getting a nicotine dose fairly close to what you got from smoking. You don't want to get more than that, because higher doses of nicotine can cause harm. Even just a bit too much can cause some of the milder symptoms below. To avoid this, follow dosing instructions carefully. Also, don't use heat (like a heating pad or heat lamp) on the skin at your nicotine patch — the extra blood supply could cause you to absorb more nicotine. An overdose can cause death. Because of their smaller size, overdose is more of a problem in children and pets.

Nicotine absorbs through the skin, so you must store and dispose of your NRT safely. Keep NRT and any used gum or patches and empty cartridges, bottles, etc., safely away from children and pets.

It would be very rare for an adult who is following instructions to try to quit smoking to get a serious overdose. But with liquid forms that can absorb quickly through the skin, overdose could happen. All forms of NRT can cause harm if too much is taken in.

Here are some symptoms of too much nicotine:

- Headache
- Nausea and vomiting
- Belly pain
- Diarrhea
- Fast or irregular heartbeat
- Cold sweat
- Pale skin and mouth
- Weakness
- Tremors (shaking)
- Confusion
- Disturbed vision and hearing

- Weakness
- Dizziness or faintness due to low blood pressure
- Seizures
- Stopped breathing

Call Poison Control and get emergency help if you suspect an overdose. If you are taking NRT as prescribed and are still having mild symptoms such as headache, vomiting, diarrhea, or sweating, lower your dose and talk to your doctor.

How do I know if I'm a light, average, or heavy smoker?

Most NRT products make their recommendations based on how much you smoke. But there is no formal category in any textbook or a group that defines a light, average, or heavy smoker. In general, a light smoker is someone who smokes less than 10 cigarettes per day. Someone who smokes a pack a day or more is thought of as a heavy smoker. An average smoker falls in between.

Sometimes a doctor will use the term *pack year* to describe how long and how much a person has smoked. A pack year is defined as the number of packs of cigarettes a person has smoked every day multiplied by the number of years he or she has smoked. Since 1 pack is 20 cigarettes, a person who has smoked 20 cigarettes a day for 1 year is considered to have smoked 1 pack year. Someone who has smoked 30 cigarettes a day (1½ packs) for 4 years is described as having smoked 6 pack years (1½ x 4), and so on. This is another way to figure out how high your risk of smoking-related disease might be.

What are the types of nicotine replacement therapy?

The US Food and Drug Administration (FDA) has approved 5 types of nicotine replacement therapy:

- Patch
- Gum
- Nasal spray
- Inhalers
- Lozenges

Nicotine patches (transdermal nicotine systems): Patches give a measured dose of nicotine through the skin. You are weaned off nicotine by switching to lower-dose patches over a course of weeks. Patches can be bought with or without a prescription. Many types and different strengths are available. Package instructions tell you how to use the product, and list special considerations and possible side effects. Follow the directions carefully.

The 16-hour patch works well if you are a light-to-average smoker. It is less likely to cause side effects like skin irritation, racing heartbeat, sleep problems, and headache. But it does not deliver nicotine during the night, so it may not be right for those with early morning withdrawal symptoms.

The 24-hour patch provides a steady dose of nicotine, avoiding peaks and valleys. It helps with early morning withdrawal. But there may be more side effects like disrupted sleep patterns and skin irritation.

Depending on body size and smoking habits, most smokers should start using a full-strength patch (15–22 mg of nicotine) daily for 4 weeks, and then use a weaker patch (5–14 mg of nicotine) for another 4 weeks. The patch should be put on in the morning on a clean, dry area of the skin without much hair. It should be placed below the neck and above the waist – for example, on the upper arm or chest. The FDA has approved using the patch for a total of 3 to 5 months.

Side effects are related to:

- The dose of nicotine
- The brand of patch
- Skin characteristics and allergies (the person's tendency to have a reaction to the patch)
- How long the patch is used
- How it is applied

Some possible side effects of the nicotine patch include:

- Skin irritation (redness and itching)
- Dizziness
- Racing heartbeat
- Sleep problems or unusual dreams
- Headache
- Nausea
- Muscle aches and stiffness

No one has all of the side effects, and some people have none. Some side effects, such as racing heart, may occur because the dose of nicotine is too high for you. Stop using the patch and talk to your doctor if this happens. You can also have nicotine withdrawal symptoms during this time if your NRT dose is too low.

What to do about side effects

- Do not smoke while you are using a patch unless your doctor tells you to.

- Try a different brand of patch if your skin becomes irritated.
- Reduce the amount of nicotine by using a lower-dose patch.
- Sleep problems may go away in 3 or 4 days. If not, and you're using a 24-hour patch, try switching to a 16-hour patch.
- Stop using the patch and try a different form of NRT.

Nicotine gum (nicotine polacrilex): Nicotine gum is a fast-acting form of replacement in which nicotine is taken in through the mucous membrane of the mouth. You can buy it over the counter without a prescription. It comes in 2 mg and 4 mg strengths.

For best results, follow the instructions in the package. Chew the gum slowly until you get a peppery taste or tingle. Then hold it inside your cheek until the taste fades. Chew it to get the peppery taste back, and park it again. Do this off and on for 20 to 30 minutes. Food and drink can affect how well the nicotine is absorbed, so do not eat or drink for at least 15 minutes before and during gum use.

In choosing your dose, think about whether you

- Smoke 25 or more cigarettes per day
- Smoke within 30 minutes of waking up
- Have trouble not smoking in restricted areas

If any of these describe you, you may need to start with the higher gum dose (4 mg).

Chew no more than 24 pieces of gum in one day. Nicotine gum is usually recommended for 6 to 12 weeks, with the maximum being 6 months. Tapering down the amount of gum you use as you approach 3 months may help you stop using it.

If you have sensitive skin, you may prefer the gum to the patch.

Another advantage of nicotine gum is that it allows you to control the nicotine doses. The gum can be used as needed or on a fixed schedule during the day. The most recent research has shown that scheduled dosing works better. A schedule of 1 to 2 pieces per hour is common. On the other hand, with an as-needed schedule, you can use it when you need it most – when you have cravings.

Some possible side effects of nicotine gum:

- Bad taste
- Throat irritation
- Mouth sores
- Hiccups
- Nausea