

# StopSmoking<sup>SM</sup>

P R O G R A M

## BOOK 3: LIVING SMOKE-FREE

Start reading this book on your Quit Day.

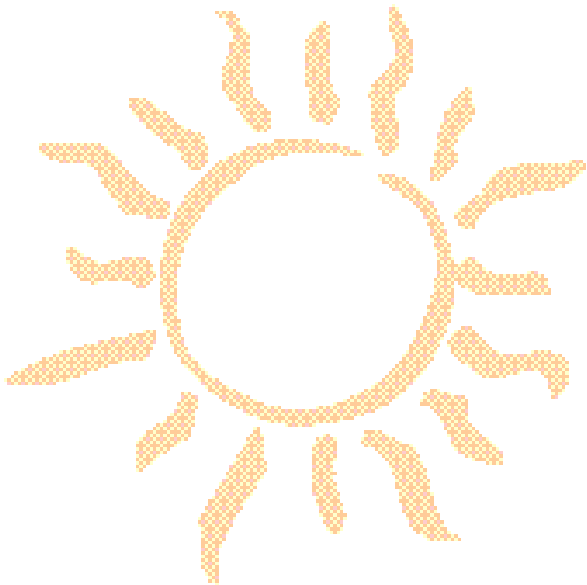
The information in this book will help you stay smoke-free. Read through it over the next few days. It is divided into five sections. We suggest you read one section each day.

Congratulations, you are now smoke-free! You have achieved a major accomplishment in your life. Most ex-smokers consider quitting the best thing they have ever done for themselves.

Now you can start looking through the recommended Books 5, 6 and 7.

They cover:

- Through the Ups and Downs
- Eating Well and Looking Good
- You Can Do Anything: Being Active



# LIVING SMOKE-FREE

## Section 1

### Be Positive

Quitting smoking is tough. You have succeeded at difficult things before, and you will be a successful quitter.

Don't think about the negative aspects of quitting or dwell on any setbacks you may have. All ex-smokers get the urge to smoke, and some will smoke. Don't think of this as a failure; instead, think of it as one more step toward being smoke-free!

Keep a positive outlook and use the following guidelines:

- Review the positive things in your life.
- List some of the things you do well and feel good about.  
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- Look at your "Why I Quit" card. (Remind yourself how great the rewards will be when you are smoke-free.)
- If you have a setback, identify why you smoked a cigarette. Plan a strategy to prevent it from happening again.
- Read "Using Your Personal Power" in Book 5: Through the Ups and Downs.
- Mark the urge control techniques presented in Book 2 that you think will be most effective for you. Use them the next time you get an urge to smoke.

# LIVING SMOKE-FREE

## Section 2

### Smoking and Your Health

#### How Does Smoking Affect Health?

**Lung Cancer** — Cigarette smoking can cause lung cancer. The odds of developing lung cancer increase with the number of cigarettes smoked. The risk declines after permanently quitting smoking (Surgeon General's Report on Smoking, 1990).

**Coronary Heart Disease** — Smoking is a major cause of heart disease.

**Emphysema** — This is a condition which damages the lungs and reduces a person's ability to breathe. It is caused by smoking and can't be reversed.

**Poor Circulation** — Smoking causes arteries to narrow, creating loss of feeling and numbness in hands and feet. Severe cases can result in amputation.

**Hypertension** — Smokers tend to have higher blood pressure than nonsmokers.

**Loss of Senses** — Taste, smell and touch are reduced by smoking.

#### Smoking Facts

- Sixty substances in tobacco cause cancer (National Cancer Institute, 1996).
- The U.S. Environmental Protection Agency classifies secondhand smoke as a Group A carcinogen – a category reserved only for the most dangerous cancer-causing agents in humans. Asbestos, radon and benzene are also Group A carcinogens. (Environmental Protection Agency Report on Second-hand Smoke, 1992).
- One of every five deaths in the U.S. is smoking-related (U.S. Centers for Disease Control and Prevention, 1997).
- Over three million people worldwide die every year from smoking cigarettes (World Health Organization Report on Smoking, 1993).
- Smoking is directly responsible for 30 percent of all cancer deaths in the United States (National Cancer Institute, 1996).
- Smoking kills 434,000 Americans each year (U.S. Centers for Disease Control and Prevention, 1997).

## What's in Cigarette Smoke...

There are 4,000 chemicals, including:

ACETONE – used in nail polish remover

AMMONIA – floor/toilet cleaner

ARSENIC – poison

BUTANE – cigarette lighter fluid

CARBON MONOXIDE – car exhaust fumes

DDT – insecticide

FORMALDEHYDE – used to preserve organs

HYDROGEN CYANIDE – gas chamber poison

METHANE – swamp gas

METHANOL – rocket fuel

NICOTINE – insecticide/addictive drug

STEARIC ACID – candle wax



# LIVING SMOKE-FREE

## Section 3

### Secondhand Smoke

Secondhand smoke is the smoke released into the air from a burning cigarette.

Secondhand smoke consists of side-stream and main-stream smoke.

- Main-stream smoke refers to the smoke being exhaled by the smoker.
- Side-stream smoke comes from the burning end of a lit cigarette.

A nonsmoker who is exposed to second-hand smoke breathes in more toxic chemicals than the smoker. Children's lungs are especially sensitive to this smoke.

- Secondhand smoke causes up to 300,000 cases of asthma, bronchitis and pneumonia each year in children under 18 years of age (Environmental Protection Agency Report on Secondhand Smoke, 1992).
- Secondhand smoke is estimated to kill up to 53,000 Americans per year:
  - 37,000 from heart disease
  - 4,000 from lung cancer
  - 12,000 from other cancers(Environmental Protection Agency Report on Secondhand Smoke, 1992).
- Secondhand smoke can increase the risk of lung cancer in nonsmokers by 30 percent to 86 percent, depending on the amount of smoke exposure (Journal of the American Medical Association, 1994).

# LIVING SMOKE-FREE

## Section 4 Recovery

The human body's ability to repair itself after years of abuse is truly amazing. Almost immediately after quitting, a smoker's body starts repairing the damage caused by years of smoking. Even people who have smoked for years will feel and see the benefits of quitting. It is never too late to quit.

### After the last cigarette is put out:

#### 20 Minutes

- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

#### 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 regrowing
- Ability to smell and taste is enhanced

#### 2 Weeks to 3 Months

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

### 1 to 9 Months

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

### 1 Year

- ❑ Additional risk of coronary heart disease is half that of a smoker

### 5 Years

- ❑ Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- ❑ Stroke risk is reduced to that of a nonsmoker, five to 15 years after quitting
- ❑ Risk of cancer of the mouth, throat and esophagus is half that of a smoker

### 10 Years

- ❑ Lung cancer death rate is similar to that of a nonsmoker
- ❑ Precancerous cells are replaced
- ❑ Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

### 15 Years

- ❑ Risk of coronary heart disease is that of a nonsmoker

(Source: American Cancer Society; Centers for Disease Control and Prevention)

# LIVING SMOKE-FREE

## Section 5

### Nicotine Replacement Therapy – and Other Smoking Cessation Aids

Below are highlights of various methods used to quit smoking.

Using Nicotine Replacement Therapy (NRT) or other smoking cessation aids enables you to learn how to change your emotional dependence on tobacco while avoiding many of the physical withdrawal symptoms and cravings. When you finish the medication, you may have to deal with minor physical effects of nicotine withdrawal. Success rates for smoking cessation aids are low when not used as part of an educational program that helps smokers change their behavior and attitudes about smoking.

This StopSmoking program is designed to be used with or without such aids. If you are considering using a smoking cessation aid, contact your health care provider before setting your Quit Day.

NRT provides you with nicotine without the dangerous chemicals in cigarette smoke. Common forms of NRT are the patch, gum, nasal spray and inhaler. All products reduce, but do not eliminate, the physical withdrawal symptoms asso-

ciated with quitting smoking.

### Warnings

#### STOP SMOKING

You should stop smoking immediately when starting NRT. If you continue to smoke while using NRT, you may experience negative effects due to peak nicotine levels higher than those experienced from smoking alone.

#### IF YOU ARE PREGNANT

Nicotine, whether from smoking or from NRT, is not recommended during pregnancy. Studies in humans show that miscarriages have occurred in pregnant women using NRT products. In addition, animal studies have shown that nicotine can cause harmful effects to the fetus.

## Nicotine Gum

This is a gum containing nicotine which, when chewed, releases nicotine into the body. Nicotine gum is not chewing gum — it is a drug.

- Tastes like medicine.
- Difficult to use — 90 percent of the nicotine is released within 20 to 30 minutes. This is only a fraction of the nicotine obtained from a cigarette.
- Not effective if used when drinking liquids.

## Nicotine Patch

This is a small patch containing nicotine which is applied to the upper half of the body, preferably the back or arm. Nicotine from the patch is absorbed into the bloodstream through the skin.

- Shown effective for heavily addicted smokers (more than 21 cigarettes per day).
- Some patch brands come with three strengths to ween the body off nicotine (21mg, 14mg and 7mg). Other brands come in one strength only (15mg).
- Easy to use.
- Levels of nicotine released into the body are controlled.
- Mild skin rashes may develop.

## Nicotine Nasal Spray

This is a nasal spray containing nicotine.

- If you have asthma or chronic nasal disorders (i.e., allergy, hay fever, nasal polyps and sinusitis), you should not use this product.
- Hot, peppery feeling in back of throat or nose, sneezing, coughing, watery eyes or runny nose may develop.

## Nicotine Inhaler

Nicotine is released when air is inhaled through the inhaler.

- Local irritation in mouth and throat; coughing and hay fever may develop.
- Has a low abuse potential.
- Hand-to-mouth ritual is similar to smoking.
- Requires frequent puffing.



## Zyban

Zyban is not nicotine replacement like the previously mentioned products. It is a pill that contains the same active ingredient found in a drug used to treat depression.

- Easy to use.
- Does not contain nicotine.
- May cause dry mouth, skin rash and difficulty sleeping.
- Can be used at the same time as nicotine patches.
- Pregnant smokers are encouraged to quit smoking "cold turkey," without the use of this product.

BEGIN READING BOOK 4.

