

Tobacco Cessation

An Overview

Branch Medical Clinic - Naval Station
Norfolk, VA

Stopping or Quitting?

No choice...No decision??



Facts

-  Smoking is the leading cause of preventable death in US
-  1 in 5 deaths are due to tobacco use
-  More than 400,000 Americans die each year - (this is more than the number of people who would die every year if 3 jumbo jets crashed each day with no survivors)
-  Smokers die 10-12 years younger than non-smokers.

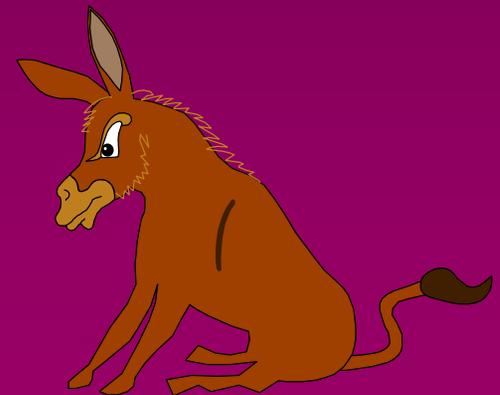
Facts....

 1100 people will stop smoking today...

 ...their funeral will be within the next 2-3 days.

Why is it so hard to quit?

- † Mark Twain said “Quitting smoking is easy. I’ve done it a thousand times”
- † Why is quitting and *staying quit* so hard for so many people?



The answer: NICOTINE

- ...a drug found naturally in tobacco.
- Highly addictive
- Body becomes physically and psychologically dependent
- Cutting back or quitting leads to withdrawal symptoms

Withdrawal

- 🕒 Symptoms occurs within a few hours of the last cigarette and peaks about 48-72 hours later.
- 🕒 Withdrawal can last for a few days to several weeks

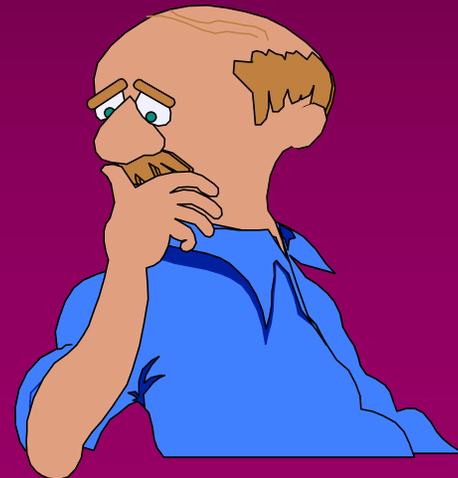
Nicotine withdrawal can include any of

- * Depression
- * Feelings of frustration and anger
- * Irritability
- * Trouble sleeping
- * Difficulty concentrating
- * Restlessness and/or tiredness
- * Headache
- * Increased appetite



Why quit?

- ☺ There are *many* reasons to face the discomfort of withdrawal and quit smoking for good...



Why Quit?

- ♥ Your health
- ♥ Cost
- ♥ Social Acceptance
- ♥ Health to others



The good news!

- ✓ People who quit live longer
- ✓ Quitting smoking decreases the risk of lung cancer, heart disease, stroke, chronic lung diseases
- ✓ Ex-smokers have fewer health complaints

How to Quit

-  1. Make the decision to quit
-  2. Setting a “quit date”
-  3. Dealing with withdrawal
-  4. Maintenance or staying quit

Researchers have found that smokers will be more likely to quit if

- ✓ Believe you could get a smoking-related disease and this worries you,
- ✓ believe that you can make an honest attempt at quitting,
- ✓ believe the benefits of quitting outweigh the benefits of continuing to smoke, and
- ✓ know someone who has had health problems as a result of their smoking.

There is no right way to quit.



Preparing f

- ➡ Pick a date - mark your calendar
- ➡ Tell friends and family of your quit day
- ➡ Decide on a plan: Zyban, Nicotine Replacement Therapy (NRT), classes, coach, etc
- ➡ Practice saying “No thank you, I don’t smoke”

On Quit Day:

- Do not smoke, do not use tobacco
- Get rid of all tobacco products, lighters
- Stay active
- Drink lots of water
- Avoid high-risk situations where the urge to smoke is strong
- Avoid coffee and alcohol

Dealing with withdrawal

- Don't Rationalize
- Avoid people/places where you're tempted
- Alter habits associated with smoking
- Deep breathing
- Imagery
- Stay active
- Remind yourself why you've quit

Benef

- 20 min after quitting: Blood pressure drops
- 24 hours after quitting: Chance of heart attack decreases
- 2 weeks - 3 months after quitting: Circulation and lung function improves
- 1 year out: Risk of heart disease cut by 50%
- 5 years out: Stroke reduced to a non-smokers

Remember...

- ★ According to the U.S. Surgeon General, “Smoking Cessation represents the single most important step that smokers can take to enhance the length and quality of their lives.”

