

## Online Programs

**QuitNet:** quitnet.com

**Quit Smoking:** quitsmoking.com

**SmokeStoppers:** www.smokestoppers.com

**American Lung Association:** lungusa.org

## Internet Sites

**American Academy of Family Physicians:** aafp.org

**American Cancer Society:** cancer.org

**American Heart Association:** americanheart.org

**American Lung Association:** lungusa.org

**Centers for Disease Control:** cdc.gov/tobacco

**Florida Department of Health (Tobacco Prevention Program):**  
www.doh.state.fl.us

**Medline Plus:** medlineplus.org

**National Cancer Institute:** cancer.gov

**National Guideline Clearinghouse:** ahrq.gov

**National Oral Health:** www.nidcr.nih.gov

**Nicotine Anonymous:** nicotine-anonymous.org

**Seminole County Health Department:** seminolecohealth.com

# Let's Kick It!

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## Tips to Tobacco Cessation



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## Ways to Relax

You do not need to smoke to relax. When you are stressed, try some of these ways instead:

- Talk things over with a friend.
- Ask others to help.
- Laugh.
- Listen to soothing music.
- Make a list of your tasks.
- Learn to say NO.
- Exercise.
- Set real goals.
- Start a hobby.
- Reward yourself.
- Cry if you need to.
- Get organized.
- Forgive and forget.
- Read a book or magazine.

**Don't worry about the little things. Be with positive people.  
Remember your triumphs.**

## Stopping Tobacco Use: Programs/Resources

### Florida AHEC

#### Free Classes

Held at UF Health

Cancer Center Orlando Health  
and other community locations

877.252.6094

### American Lung Association

800.548.8252

### Quit Line

American Cancer Society

877.822.6669

### Quit Line

Florida Department of Health

877.822.6669

### Healthy Start Program

For Healthy Start clients  
and employees

407.665.3278

### Not on Tobacco (NOT)

Teen tobacco cessation  
(school based)

407.425.5864

### Seminole County

Tobacco Prevention Program

407.665.3454

## What Are Your Triggers?

Triggers	How to Cope
Waking up	If this is the time you always smoked, do things in a different order. Go for a walk or sit in a different seat at breakfast.
Watching TV	Sit in a different seat; exercise when the commercials come on; have low calorie snacks close by.
On the phone	Before calling someone, say “don’t smoke” out loud twice. Have a pen and paper by the phone and keep your hands busy by doodling or doing a puzzle. Walk around while you talk. Keep a list of the reasons why you stopped smoking and read them to yourself while you talk.
Driving	Take the ashtray and lighter out of the car; do hand exercises with a stress ball; sing with the radio.
Drinking alcohol	You might need to stop drinking alcohol for a while. Stay in control by having a soft drink, juice or water at least half of the time when you’re drinking. Keep your hands busy. Tell your friends that you have stopped smoking and ask them not to offer you tobacco.
At home or work	Keep busy. Take breaks to exercise or relax. Do a puzzle.
<b>Remember, the craving will pass whether you smoke the cigarette or not!</b>	

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## Did You Know?

- Tobacco use is the number one killer of people in the United States every year.
- More deaths are caused each year by tobacco use than by HIV, illegal drug and alcohol use, motor vehicle accidents, suicides and murders combined.
- Second hand tobacco smoke kills more than 42,000 people in the United States each year.
- Tobacco use fills your bloodstream with harmful chemicals, such as nicotine, that cause dangerous effects on your body.
- Tobacco contains more than 4,000 chemicals and 60 of these are known to cause cancer.

## What Happens if I Use Snuff or Chewing Tobacco?

Snuff and chewing tobacco are smokeless tobacco and are NOT safer than smoking. All types of tobacco have the same bad effects in your body as smoking tobacco. Some of the conditions they can cause include:

- Cancer of the mouth and pharynx (throat)
- Gum recession, or peeling back of gums
- Bone loss around the teeth
- Abrasion (scratching) of teeth
- Bad breath

## What Does Tobacco Use Do to My Body? Recognizing Danger Situations

Nicotine is a drug that is as addictive as heroin and cocaine. It affects many parts of your body.

- **Heart and Veins:** Nicotine causes veins to tighten, which raises blood pressure.
- **Lungs:** Cigarette smoke kills lung tissue and may lead to asthma, emphysema and lung cancer.
- **Stomach:** The acid in your stomach increases and may lead to ulcers and stomach cancer.
- **Mouth:** Dipping and chewing tobacco cause cell damage in your mouth and lead to oral (mouth) cancer.
- **Nervous System:** Because nicotine is a drug, it makes you feel good. As you smoke, your body gets used to the amount of nicotine and you crave more tobacco. Eventually, your body controls how much nicotine it needs. When the level of nicotine in your blood gets low, the craving for tobacco will be very strong.

## How Do I Overcome Withdrawal?

Think of withdrawal symptoms as signs of progress. Symptoms begin within 24 hours; most symptoms end within 2 to 4 weeks.

## Withdrawal Survival / Developing Coping Skills

Withdrawal Symptoms	What to Do to Make it Better
Headaches	Relax; rest.
Tiredness	Exercise. It increases your energy and health.
Coughing	Sip water; use cough drops or mints.
Trouble sleeping	Before going to bed, take a bath, read, or drink a glass of warm milk. Avoid foods or drinks with caffeine in the evening.
Constipation	Eat high fiber foods; drink water.
Hunger	Make a survival kit of low-calorie snacks (raw vegetables, gum, mints) or even chew on a straw.
Lack of concentration	Be prepared for this. Refocus; make a to-do list.
Craving cigarettes	Find something else to do.
Irritability	Count to 10. Take a deep breath. Sometimes, you just need to be by yourself.
Negative thoughts	Stay strong, be positive. You can do this!

## How Do I Stop the Habit?

You know yourself best, so choose a way that will work the best for you.

### Tapering Off

When you “taper off,” the nicotine levels in your body lower. This may ease withdrawal symptoms. Smoke fewer cigarettes, chew or dip snuff less each day until you are ready to stop. You can try and smoke half of each cigarette, or chew or dip half of your usual amount.

### Cold Turkey

When you stop “cold turkey,” you stop all at once. Withdrawal symptoms stop for many people within the first week.

### Behavior Modification

Another way to stop is to connect smoke, dip or chew with a bad feeling. Place a wide rubber band on your wrist and give it a snap each time you want to smoke, dip snuff or chew tobacco.

## Medicines to Help You Stop Tobacco Use: Nicotine Replacement Therapy

Nicotine replacement therapies are available as patches, chewing gum, lozenges, a nasal spray and an inhaler. Some of these products are available without a prescription. Do not smoke when taking these medicines. If you smoke and use a replacement therapy, this may cause a nicotine overdose.

### Zyban (bupropion) and Chantix (varenidline)

These medicines help with craving and withdrawal symptoms. They are only available by prescription.

Nicotine replacement therapy, Zyban and Chantix may not be the best way for pregnant women to quit smoking. If you are pregnant, please talk to your doctor before using nicotine therapy or any other drug to help you quit smoking.

- **After Cardiac Procedures:** People who continue to smoke after coronary artery bypass graft surgery (CABG) are at a greater risk of death and tend to have more procedures than those who stop smoking after bypass surgery.
- **Sexual:** Response is lower because your blood flow is decreased. In men, testosterone levels are lower which can cause impotence and sterility. In women, smoking can lead to cervical cancer.

## What Is Secondhand Smoke?

- Secondhand smoke is smoke that is inhaled by non-smokers. There are high levels of cancer-causing chemicals in this smoke.
- Nonsmokers who breathe in second-hand smoke are at a high risk for getting heart disease or lung disease.
- Babies who live in a house with a smoker have higher rates of lung disease and Sudden Infant Death Syndrome (SIDS).
- Children ages 5–9 years old who live in a house with a smoker have been found to have damaged lung function.

## What If I Am Pregnant?

- When you use tobacco while you are pregnant, your baby is sharing it with you.
- Harmful chemicals in your blood cross the placenta and go to your baby. Your baby does not get the oxygen and nutrients that he or she needs to grow.
- Pregnant women who use tobacco have a greater chance of miscarriage, stillbirth, infant death and Sudden Infant Death Syndrome (SIDS).
- Up to 10 percent of infant deaths would be prevented if pregnant women did not smoke.

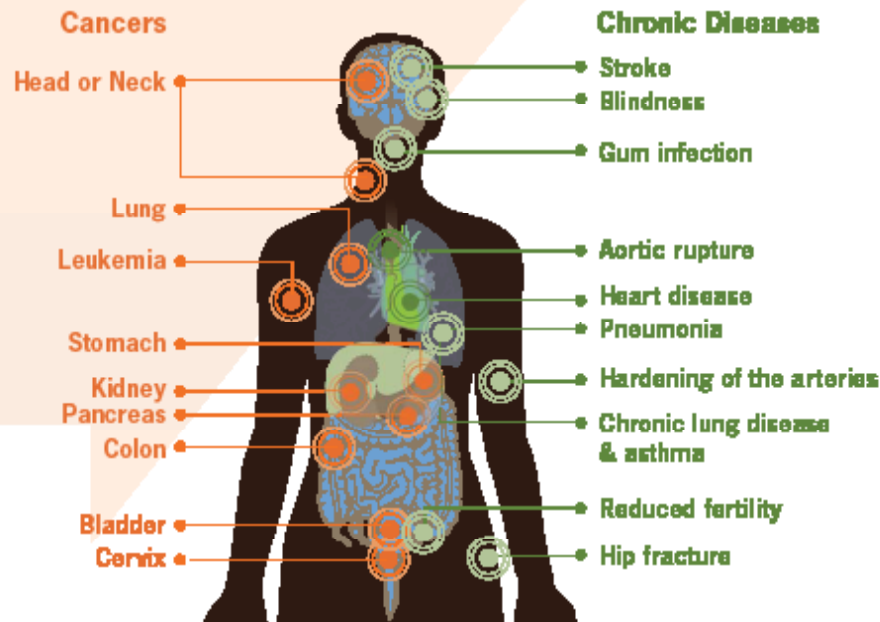
## Other risks to you and your baby:

- Premature delivery
- Premature rupture of membranes (bag of water)
- The placenta growing too close to the opening of the uterus (womb) or separating from the uterus (womb) too early

These may result in an emergency Cesarean delivery.

# Risks from Smoking

Smoking can damage every part of the body



## How Does Smoking Affect Children?

- Children with asthma get sicker when they are exposed to secondhand smoke. The asthma attacks are much worse and occur more often.
- Infants forced to breathe secondhand smoke have a higher chance of developing pneumonia, bronchitis, or ear infections.
- The breast milk of women who smoke contains nicotine.
- Parents who smoke are more likely to have children who smoke.

## What About Teenagers?

- Every day around 4,000 American teens ages 12–17 try their first cigarette. \*
- More health risks for teens include:
  - Decreased physical fitness and endurance
  - Increased cholesterol levels
  - Reduced rates of lung growth and function

## What Happens to My Body When I Stop Using Tobacco?

### After

- 20 minutes: Blood pressure and pulse rate will drop to normal.
- 24 hours: Chance of heart attack decreases.
- 2–3 months: Blood flow gets better. Walking gets easier. Lung use increases up to 30 percent.
- 1 year: The risk of coronary artery disease is half that of a person who smokes.
- 2 years: The risk of a heart attack drops to near normal.
- 10 years: The lung cancer death rate is about half that of a smoker. Risk of cancer of the mouth, throat, esophagus, bladder, cervix and pancreas also drops.
- 15 years: Risk of coronary artery disease is the same for an ex-smoker as it is for a person who has never smoked.

\* Taken from Tobacco Use - CDC Vital Signs, September 2010

\* 2015- American Cancer Society