

Each year over 400,000 people die from smoking-related disease.

- Smoking causes 87% of all lung cancer.
- More women die every year from lung cancer than breast cancer.
- Cigarette smokers have a 2 times greater risk of heart attack than non-smokers.

What Is Nicotine?

Nicotine is an addicting, poisonous chemical found in tobacco that effects the brain and central nervous system. Nicotine paralyzes your breathing muscles, decreases skin temperature and reduces blood flow.

Commit To Becoming Tobacco Free

A. Why I want to give up smoking:

- I will greatly lessen my chances of having a heart attack or stroke.
- I will greatly lessen my chances of getting lung cancer, emphysema, and other lung diseases.
- I will have fewer colds or flu each year.
- I will have better smelling clothes, hair, breath, home, and car.
- I will have fewer wrinkles.
- I will reduce the number of coughs, colds, and earaches my children will have.
- I will have more energy to pursue physical activities I enjoy.
- I will have more control over my life.



B. The four most common methods to help you become tobacco free:

Cold Turkey

Stop smoking completely and rely on your inner strength to fight addiction.

Gradual Reduction

Decrease the number of cigarettes over time.

Nicotine Replacement Therapy

Helps to reduce nicotine cravings and ease symptoms of withdrawal.

- **GUM**—Easy to carry; allows you to control dosage; delivers nicotine fast. NAME: Nicorette—when you chew the gum, it releases controlled amounts of nicotine into your body to help deal with cravings and withdrawals. DOSAGE: *Full Strength-4 mg; Low Strength-2 mg.* METHOD OF USE: *1st-chew gum slowly until taste becomes strong. 2nd-rest gum between gum and cheek. 3rd-chew gum again when taste has faded.*
- **PATCH**—Provides steady, continuous dose of nicotine. NAME: NicoDerm CQ—gradually decrease the dosage until it's low enough for you to discontinue using it altogether. DOSAGE: *NicoDerm CQ comes in three strength (21 mg, 14 mg, 7 mg). If you smoke more than 10 cigarettes a day, begin with step 1 (21 mg), after 6 weeks move to step 2 (14 mg) for two weeks, then move to step 3 (7 mg) for 2 weeks. If you smoke less than 10 cigarettes a day, begin with step 2 (14 mg).* METHOD OF USE: *Choose a clean, dry, non-hairy area of skin. Press the NicoDerm CQ patch firmly on your skin with the heel of your hand and hold for at least 10 seconds.*

- **INHALER**—Keeps your hands busy and releases nicotine to help relieve your craving.

NAME: Nicorette Inhalator—made up of a mouthpiece and a replaceable nicotine cartridge. DOSAGE: *To get the most from your Inhalator you should follow a 12 week reduction program. Use 6-12 cartridges per day for the first 8 weeks, 3-6 cartridges for the next 2 weeks, and then reduce gradually to zero the last two weeks.* METHOD OF USE: When you draw on the mouthpiece the cartridge releases nicotine to help relieve the craving.

• MEDICATION

NAME: Zyban—a nicotine-free prescription medicine that provides a feeling of general well being, assists in relieving nicotine urges. DOSAGE: *Take one pill a day for three days then two pills per day for 7-12 days. Check with your health provider or pharmacist for more personal directions.* METHOD OF USE: *Take medication by mouth.*

NAME: Chantix—a medication that stimulates the release of low levels of dopamine in your brain to help reduce the signs and symptoms of withdrawal. In addition, Chantix blocks nicotine receptors in your brain. So if you lapse and have a cigarette, your cigarette doesn't stimulate your brain's receptors the way it did in the past. Cigarettes become much less pleasurable, and your desire to return to regular smoking again may be reduced. DOSAGE: *Begin taking Chantix one week before your tobacco free date with a dose of once a day at first, then twice a day for up to 12 weeks.*

C. Practice the 4 D's . . .

- **DEEP** breaths
- **DRINK** lots of water
- **DO** something to distract yourself
- **DELAY** reaching for a cigarette

D. STAY Tobacco Free . . .

- **Get Fit**
- **Eat Healthy**
- **Reduce Stress**

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Helpful Tips

- Get rid of ALL cigarettes and ashtrays in your home, car, or workplace
- Ask your family, friends, and coworkers for support
- Stay in non-smoking areas
- Breathe in deeply through your nose and exhale through your mouth when you feel the urge to smoke
- Keep yourself busy
- Reward yourself often

Curb the Craving

- Drink water with lemon or lime
- Eat lemon drops, carrot sticks, peanuts, or sunflower seeds
- Chew on a toothpick or sugarless gum
- Use a straw

Resources

- **American Cancer Society**, 800.242.8721, www.cancer.org
- **American Heart Assoc.**, 800.227.2345, www.americanheart.org
- **American Lung Assoc.**, 800.586.4872, www.lungusa.org
- **Alabama State Quit Line:** 800.Become tobacco free.NOW or 800-784-8669'
- **Surgeon General**, www.surgeongeneral.gov/tobacco/

Note: This educational information is not intended to substitute for expert health and medical advice or treatment. The information is designed to help you make informed choices about your health. Please consult your medical professional for questions or information that is specific to your medical condition.

IMPROVE YOUR HEALTH Time-Line



After you have smoked
your last cigarette



20 MINUTES

- Blood Pressure & Heart Rate drop to normal



24 HOURS

- Chance for Heart Attack decreases



48 HOURS

- Ability to taste & smell enhanced
- Nerve endings start to grow



2 WEEKS – 3 MONTHS

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



BY 9 MONTHS

- Decrease coughing, sinus congestion & fatigue
- Increase ability to fight infection
- Increase energy level



1 YEAR

- Risk of heart attack decreases by 50%

IMPROVED QUALITY OF LIFE