There are many different poisons that can be found in cigarettes, such as carbon monoxide, tar, rat poison, paint thinner, and lighter fluid, just to name a few. Any of these toxins, including those from secondhand smoke, can cause a great deal of damage to your body, including your heart, lungs, kidneys, and other organs.

**Benefits to Quitting**

- Better breathing
- Less coughing
- Increased energy
- Improved sex drive
- Reduction in some medications
- Improved taste and smell
- Set a better example for others.
- Avoid exposing those around you to secondhand smoke.
- Save money.
- Smell better! Your breath, hair, and clothes will stop smelling like smoke.

**It’s Not Too Late to Benefit from Quitting!**

Are you thinking to yourself, “The damage has been done. Why quit now?” Even after forty or fifty years of smoking, the body can still repair much of the damage from smoking. Studies show benefits to quitting at any age. You don’t have to wait years and years for benefits to begin. Many benefits are noticed in the first year—or even the first month—after quitting.
Take Action  You can stop smoking!

START Your Tobacco-Free Life Today

Try the Start Program developed in collaboration with the Centers for Disease Control and Prevention, National Institutes of Health, National Cancer Institute, Department of Health and Human Services, and USA.gov.

Set a quit date

Tell family, friends and co-workers that you plan to quit

Anticipate and plan for the challenges

Remove tobacco products from your home, car, and work

Talk to your doctor about getting help to quit

For more information or support:
Call 1-800-QUIT-NOW or 1-855-DÉJELO-YA (en Español)
or visit www.smokefree.gov

Centers for Disease Control and Prevention:
http://www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm
Inform and Motivate

Nicotine is a very addictive drug found in tobacco products. People usually try several times to stop using tobacco before they quit successfully. Each time a person tries to quit, he or she learns something about what works and what situations are problematic. By using proven cessation treatments, such as FDA-approved medications and individual, group, or phone counseling, you can improve your chances for success.

**Smoking and tobacco use are risk factors for many diseases.**

**Smoking can cause:**

- Coronary heart disease
- Cancer
- Lung diseases
- Decreased bone density
- Stroke
- Throat and mouth disease
- Bronchitis
- Hypertension

Most of these conditions will improve, or at least not worsen, after you quit.


Source: Centers for Disease Control
Encourage Action

The U.S. Public Health Service’s Clinical Practice Guidelines (Fiore, et al., 2000) recommends the use of the “5 A’s” to help a smoker quit smoking.

1. **ASK** - Do you smoke or use tobacco?
2. **ADVISE** - Strongly urge tobacco users to quit.
3. **ASSESS** - Determine willingness to make a quit attempt.
4. **ASSIST** - Aid the person in quitting.
5. **ARRANGE** - Set up a follow-up meeting to encourage action.

Source: ©Microsoft Office Online, Clip Art, Holding Hands
Inform Medications Can Sometimes Help You Quit Smoking

To help with nicotine withdrawal, nicotine replacement therapy (NRT) is often used. Medications such as nicotine gum, patches, and lozenges may help reduce your urge to smoke. Check with your doctor about these medications. He/She would be able to help determine what is best for you.

Withdrawal Symptoms

If you quit smoking, you may experience some of the following symptoms:

- Anger
- Depression
- Headache/Dizziness
- Increased Appetite
- Cravings
- Nausea
- Irritability
- Sleeplessness
- Fatigue
- Trouble Focusing
- Weight Gain

Some withdrawal symptoms will come and go over a period of a few days. Most are gone within 3 weeks and do not affect everyone to the same degree. Weight gain is a common concern but it is not as harmful as smoking. Most people gain less than 10 pounds.

Quit Smoking Stop: www.quit-smoking-stop.com/nicotine-addiction.html
Control your weight as you quit smoking: http://win.niddk.nih.gov/publications/smoking.htm
<table>
<thead>
<tr>
<th>Time Period</th>
<th>Health Benefit</th>
</tr>
</thead>
<tbody>
<tr>
<td>After 20 Minutes</td>
<td>Your heart rate drops to a healthier level.</td>
</tr>
<tr>
<td>After 12 hours</td>
<td>The carbon monoxide level in your blood drops to normal.</td>
</tr>
<tr>
<td>After 15 Years</td>
<td>Your risk of coronary heart disease is back to that of a nonsmoker’s.</td>
</tr>
<tr>
<td>After 10 Years</td>
<td>Your lung cancer death rate is about half that of a smoker’s. Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.</td>
</tr>
<tr>
<td>After 5 Years</td>
<td>Your stroke risk is reduced to that of a nonsmoker’s 5-15 years after quitting.</td>
</tr>
<tr>
<td>After 1 Year</td>
<td>Your added risk of coronary heart disease is half that of a smoker’s.</td>
</tr>
<tr>
<td>After 2 Weeks to 3 Months</td>
<td>Your heart attack risk begins to drop. Your lung function begins to improve.</td>
</tr>
<tr>
<td>After 1 to 9 Months</td>
<td>Your coughing and shortness of breath decrease.</td>
</tr>
</tbody>
</table>

Source: ©Microsoft Office Online, Clip Art, Cigarettes
## Be Informed

### More Information About Quitting

<table>
<thead>
<tr>
<th>Smoking Triggers</th>
<th>Ways to Handle Triggers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Stress</td>
<td>Remember your reasons for quitting</td>
</tr>
<tr>
<td>Watching TV</td>
<td>Have a stick of gum, piece of hard candy, or a drink of water instead!</td>
</tr>
<tr>
<td>Driving</td>
<td>Physical activity increases your energy, helping you fight cravings</td>
</tr>
<tr>
<td>Drinking alcohol</td>
<td>Take a few deep breaths</td>
</tr>
<tr>
<td>Taking a work break</td>
<td>Call someone you trust to distract you</td>
</tr>
<tr>
<td>Seeing someone else smoke</td>
<td>Find a smoke-free public place (like a movie theater or store) to spend your time</td>
</tr>
<tr>
<td>Feeling lonely</td>
<td>Read a magazine, listen to music, or play a game to take your mind off smoking</td>
</tr>
</tbody>
</table>

### General Hints for Helping Loved Ones Quit

- **Respect** that it is your loved one’s decision to quit and they are ultimately in charge of the successes and challenges that accompany it.
- **Spend time** with the quitter participating in activities to keep smoking off their mind and to help them avoid cravings.
- **Celebrate** along the way. Quitting smoking is very exciting!
- **Be positive.** Judgment, scolding, and teasing will not make the smoker feel any better about themselves while quitting.
- **Understand** that the quitter’s grumpiness is due to nicotine withdrawal and it shouldn’t be taken personally. Remind them that the symptoms will go away in about two weeks.
Stop Smoking

Sharing the Wealth on Health

Tips for Promoting Smoking Cessation

- Take time to learn about quitting so you know firsthand what smokers experience.
- Help friends who smoke find a “quit buddy.”
- Set a positive example by not allowing smoking in your house, yard, or car. You can do this by posting “No Smoking” signs or by removing ashtrays and lighters.
- Carry small index cards with the names and phone numbers or web sites of local smoking cessation programs that you find most helpful (from the activity on page 2.9) in your wallet or purse.
- Reward and encourage your smoking friends and family members when they attempt to quit. Encourage them to celebrate smoke-free days, weeks, and months.

Ideas for Promoting Smoking Cessation

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Source: ©Microsoft Office Online, Clip Art, Cigarette
My Goals For A Smoke-Free World (for me, my loved ones or my community):

_________________________________________________

_________________________________________________

_________________________________________________

_________________________________________________

Steps Toward Attaining My Goals

1. ____________________________________________

   ____________________________________________

2. ____________________________________________

   ____________________________________________

3. ____________________________________________

   ____________________________________________

4. ____________________________________________

   ____________________________________________

Source: ©Microsoft Office Online, Clip Art, Cigar
Identify a smoker whom you feel comfortable talking to about their smoking habit. Find out how willing he/she is to quit smoking. This information will help you decide the best way to help. Ask the person:

**On a scale of 1-10, how ready are you to quit?**

<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
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I’m not ready  I’m thinking about it...  I’m ready to try to quit

Depending where the person is on the scale, try using the reply statements listed below.

- **“Not ready” stage:** These smokers don’t like to talk or think about quitting. They will often benefit from printed information. About 40% of smokers are in this category.
  
  Your Reply: “I understand that you aren’t ready to stop smoking. Would you please consider reading this information?”

- **“I’m thinking about it” stage:** These smokers are preparing to change their behavior. About 40% of smokers are in this category.
  
  Your reply: “I hear you saying that you want to quit smoking but don’t know where to start. Can I give you some information about a few local resources?”

- **“I am ready to try to quit” stage:** These smokers are ready for action or are already trying to quit. About 20% of smokers are in this category.
  
  Your reply: “You should be proud that you are taking control of your health. Can I give you more information on smoking and some tips on how to quit? How else can I help?”
This chapter has presented some of the basic information about tobacco and the quitting process. However, there is a great deal of information available from other sources. There are also many community agencies that offer smoking cessation services.

Information on quit programs can be important to your efforts to help friends and family members who are ready to quit smoking.

Check out your local hospital, clinic, or medical center to see what services and information they offer.

Government agencies such as the Department of Health and Human Services sometimes offer smoking cessation programs through local departments of health. There are also many resources on the internet or at the library that provide information and services for smokers who want to quit.

Visit or contact some of these resources and see what you can find. Write down three local resources that offer cessation programs and comment on which were most helpful. Be sure to call the telephone numbers you find to make sure they are still in service. Once you have gained some familiarity with the services that are offered by your local community agencies, you can direct interested smokers to these resources.

<table>
<thead>
<tr>
<th>Resource</th>
<th>Telephone # or Web site</th>
<th>Comments</th>
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Frequently Asked Questions

How does smoking cause heart disease and stroke?
Carbon monoxide, a toxin in cigarettes, damages the lining in arteries and allows cholesterol to build up in blood vessels, leading to reduced blood flow. This is made worse by nicotine, another toxin in cigarettes, which causes a ‘fight or flight’ response when you smoke. Nicotine makes blood vessels constrict (narrow) and at the same time, increases blood pressure. Over time, the arteries harden and become so clogged that blood flow is severely reduced. (Source: WhyQuit.com @ http://whyquit.com/whyquit/linksjblood.html)

What does COPD stand for and how does smoking cause it?
Chronic Obstructive Pulmonary Disease. Smoking damages the airways and alveoli of the lungs (air sacs) so that they don’t work as well.

Why does smoking cause bone problems in women?
Smoking reduces bone density in post-menopausal women and causes bones to be more porous or fragile.

How does smoking cause cancer?
The toxins found in cigarettes will cause damage to the cells in your body. These cells either grow abnormally and/or rapidly.

Why do people keep smoking when they know that it is so bad?
Smoking is an addiction. The nicotine in tobacco is the addictive ingredient. The CDC reports that 25% of adults in the United States smoke and 70% of smokers would like to quit. People who understand that nicotine addiction is a disease and seek the help of their physician are most successful at quitting.

The questions I still have about smoking are: __________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________