

# Smoking Cessation





## The Basics- Why Quit?

- Quitting smoking is one of the most important things you can do for your health.
- The sooner you quit, the sooner your body can begin to heal.
- Smoking is the most preventable cause of death and disease in the United States.
- Cigarette smoke contains a deadly mix of more than 7000 chemicals: hundreds are toxic and about 70 can cause cancer.





# Why Quit?

## SMOKING CAUSES

- Lung cancer
- Many other types of cancer
- Heart disease
- Stroke
- Chronic obstructive pulmonary disease (COPD)
- Pregnancy problems
- Sudden infant death syndrome (SIDS)
- Lung disorders
- Gum disease
- Vision problems (cataracts)

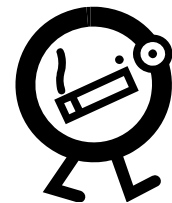




# Nicotine Dependence

- Nicotine is the psychoactive drug in tobacco products that produces dependence. Most smokers are dependent on nicotine.
- Research shows that nicotine may be as addictive as heroin, cocaine or alcohol.
- Quitting smoking is difficult and may require multiple attempts.
- Examples of nicotine withdrawal symptoms include:

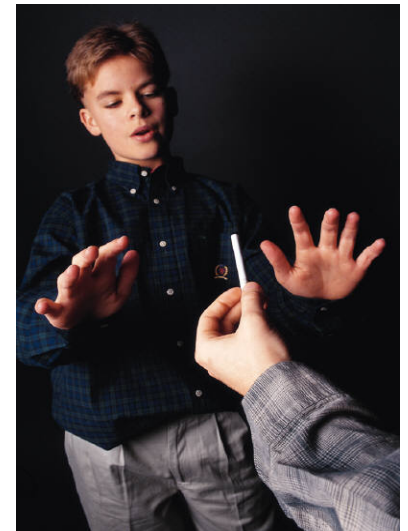
irritability, anxiety, difficulty  
concentrating and increased appetite





# How You Can Quit Smoking

- Start by thinking about why you want to quit. If you tried to quit before, think about what worked and what didn't.
- Make a quit plan.
- Change your routine. Go for a walk instead of having a cigarette
- Eat healthy snacks instead of smoking.
- Get support from family, friends and coworkers.
- Get medicine from your doctor or pharmacy.





# Nicotine Replacement Products

- Designed to wean your body off cigarettes. They supply you with nicotine in controlled amounts. You may still experience symptoms of nicotine craving and withdrawal- urge to smoke, depression, trouble sleeping, irritability, anxiety and increased appetite.
- Should be used for a short time and you must be over 18 years to purchase

## Over The Counter Products

- Skin patches: Nicoderm
- Chewing gum: Nicorette
- Lozenges: Nicorette

## Prescription Only

- Nicotrol- available as a nasal spray and an oral inhaler





## Products Not Containing Nicotine

There are two products that do not contain nicotine that have the FDA approval as smoking cessation products. Both are available in tablet form on a prescription-only basis. Both products carry serious risks such as changes in behavior, depressed mood, hostility and suicidal thoughts or actions. Both drugs are not for people under 18 years of age.

- **CHANTIX:** Acts at sites in the brain affected by nicotine. It will ease withdrawal symptoms to nicotine and block the effects of nicotine from cigarettes if users resume smoking.
- **ZYBAN** (available as a generic): Helps patients to abstain from smoking. However, the precise means by which it accomplishes this is unknown.

***Both medications can produce serious side effects and require a prescription from your healthcare provider. Consult with your physician before starting on these medications.***





# Results of Quitting Smoking

## **YOU WILL FEEL BETTER**

- Your body begins to heal as soon as you quit smoking.
- You will breath more easily.
- Your senses of taste and smell get better.
- You will have more energy.
- Your lungs will become stronger, making it easier for you to be active.

## **OTHER BENEFITS**

- Your chances of having a heart attack or stroke go down.
- Your lungs can fight off infection better.
- Your chance of dying from cancer goes down.
- Your blood pressure goes down.
- And you will be saving money.

