

# Nicotine Dependence Program



**Community**  
Health Network



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# Welcome!

Welcome to Community Health Network's Nicotine Dependence Program. We are glad you are here and eager to support your quit journey. Quitting is not easy and most people will need support. In the Nicotine Dependence Program we have individuals who have specialized training to help create an individualized plan specific to your needs and desire. We understand that there is not *one* way to quit and we desire to partner with you to create a unique quit plan that will work for you.

## What to expect

We are here to support you and never judge you. We want to be your personal coach and guide you through your quit journey. The program will consist of 8 sessions over 16 weeks.

# Benefits of Quitting

## Within 20 minutes of quitting...

Within 20 minutes after your last cigarette your body begins a series of changes that will continue for many years.

- **20 minutes** after quitting, your heart rate drops.
- **12 hours** after quitting, the carbon monoxide level in your blood drops to normal.
- **2 weeks to 3 months** after quitting, your heart attack risk begins to drop. Your lung function begins to improve.
- **1 to 9 months** after quitting, your coughing and shortness of breath decrease.
- **1 year** after quitting, your added risk of coronary heart disease is half that of a smoker's.
- **5 to 15 years** after quitting, your stroke risk is reduced to that of a nonsmoker's.

**10 years** after quitting, your lung cancer death risk is about half that of a smoker's. Your risk also decreases for cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.



(Centers for Disease Control, 2004)

# Dangerous Chemicals

Many chemicals in tobacco are responsible for the risk of many fatal health conditions. There are more than 7,000 chemicals in cigarettes and more than 70 of them have been linked to cancer. Some chemicals occur naturally as tobacco is cured, some are added, and others are created through burning a cigarette. Just a few of the chemicals are listed below.

- Acetone
- Acrolein
- Ammonia
- Arsenic
- Formaldehyde
- Hydrogen cyanide
- Lead
- Mercury

Even tobacco that is advertised as natural, organic, or additive-free has chemicals that are very harmful to your health.



# Carbon Monoxide

- Cigarette smoke contains many toxins, which can cause harm to your body when you breathe in the smoke. One of these toxins is called carbon monoxide. Carbon monoxide is the same dangerous toxin found in car exhaust.
- Carbon monoxide takes the place of oxygen in your blood and prevents enough oxygen from reaching your whole body. Oxygen is very important to keep your organs and body working like normal. Lack of oxygen in your body causes your heart and lungs to work harder. Over time, this increases your risk of heart disease.
- Good news! When you stop smoking, your carbon monoxide levels decrease within a few hours after your last cigarette. In fact, your carbon monoxide levels will return to normal within only one or two days.

My carbon monoxide levels:


Today: \_\_\_\_\_ Follow-up: \_\_\_\_\_

Date: \_\_\_\_\_ Date: \_\_\_\_\_




# Risks


Tobacco use affects almost every organ in your body.



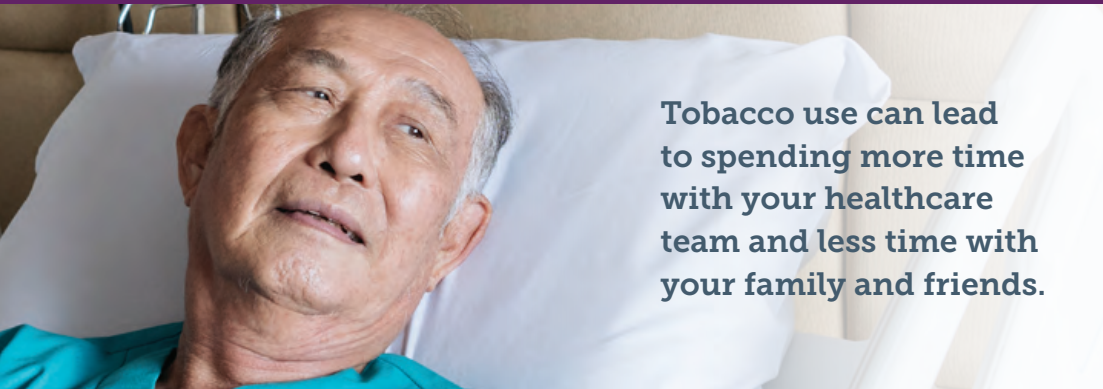
**Smoking increases your risk for heart disease.**



**Smoking causes COPD, robbing the lungs of air, and can lead to long-term disability and death.**



**Smoking can lead to limited blood flow to the brain, increasing your risk for stroke.**



**Tobacco use can lead to spending more time with your healthcare team and less time with your family and friends.**

# Health Problems

## Cancers

Head or neck

Lung

Leukemia

Stomach

Kidney

Pancreas

Colon

Bladder

Cervix

## Chronic Diseases

Stroke

Blindness

Gum infections

Aortic rupture

Heart disease

Pneumonia

Chronic lung disease and asthma

Hardening of the arteries

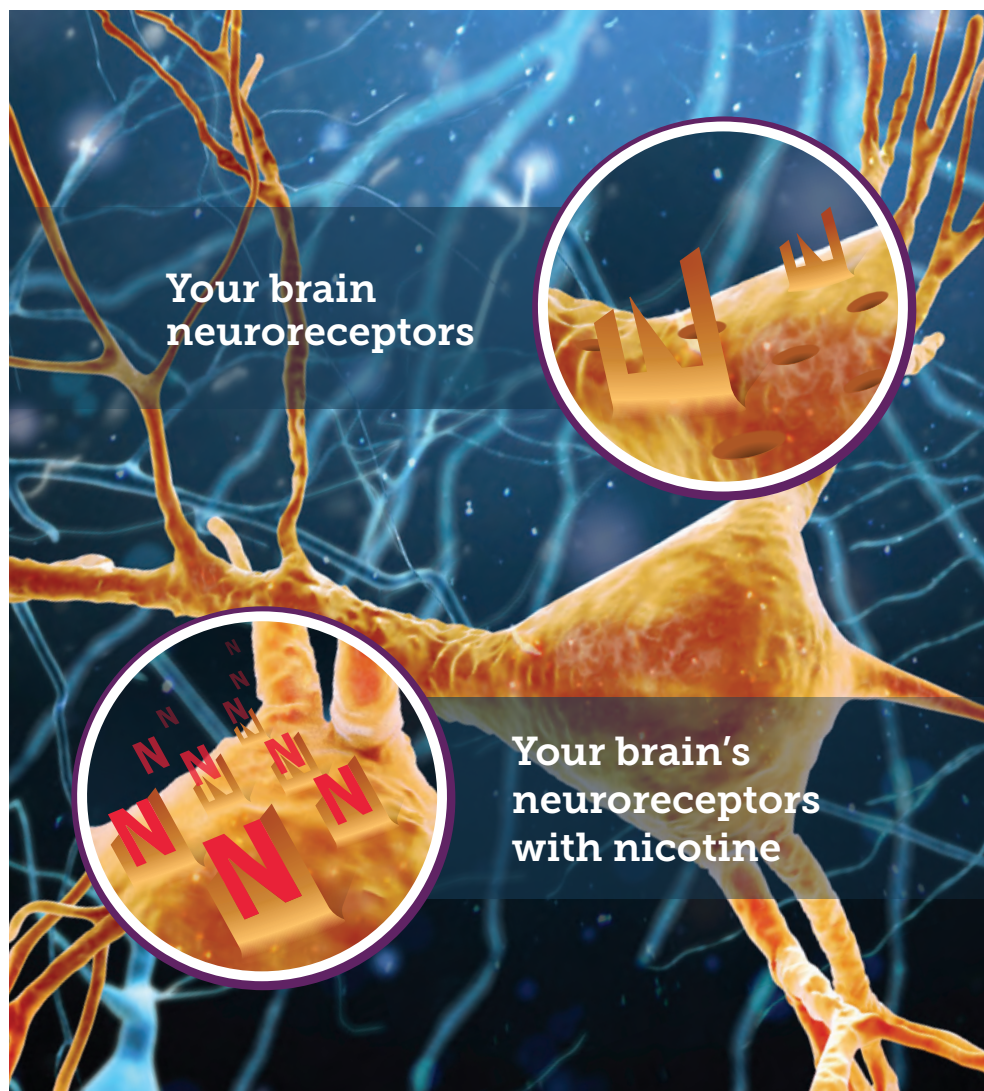
Reduced fertility

Hip fracture

# Nicotine Addiction

## Nicotine does not cause cancer.

Nicotine, the addictive drug in tobacco products, is delivered to the brain within 10 seconds of inhaling a cigarette. The brain's receptors then activate the "reward system" in your brain to release "feel good" chemicals. Cigarettes contain many chemical additives that improve the delivery and absorption of nicotine. Nicotine is the addictive drug in tobacco products but it is not to blame for the disease from tobacco use. FDA-approved medicines that contain nicotine are safe to use and can help people quit tobacco.



# Nicotine Withdrawal

Withdrawal symptoms from nicotine can be different for everyone. Awareness of the differences you feel while decreasing or quitting tobacco is important. Sharing this with your treatment team allows us to support you with planning the best management to make reaching your goal more comfortable and attainable. Remember, withdrawal symptoms are temporary!

Withdrawal symptoms are usually most noticeable within a few days of quitting tobacco, and usually improve within a few weeks.<sup>1</sup>

- **Anxiety or irritability:** Focus on self-care, create a plan for stress management, and reach out for help from those who are supportive. If you notice mood changes that are not manageable be sure to notify your treatment team.
- **Fatigue, difficulty with mental focus, or insomnia:** Nicotine is a stimulant. Reducing tobacco, which cuts back on the amount of nicotine being delivered to your body, may make you feel sluggish at first. Get extra rest during this time. Mild physical activity throughout the day may help.
- **Increased appetite:** Hunger pangs can be confused with cravings for tobacco. An urge to have something in the mouth could also be confused with hunger. Have healthy snacks or sugar-free candies available. Drink water or low-calorie beverages.
- **Dizziness, light headedness:** Improved oxygen delivery could cause these changes when you decrease smoking.
- **Craving to use tobacco:** The areas in your brain that are accustomed to a regular dose of nicotine will take time to adjust. Remember the plans you have to distract yourself from smoking and remember that the intensity of these cravings will lessen with time.
- **Caffeine intake:** What does caffeine have to do with smoking? Smokers metabolize caffeine at a faster rate than nonsmokers. When you quit or cut back on tobacco use, you may notice feeling jittery or restless. This could be because your body is metabolizing caffeine at a different rate. You may need to decrease caffeine intake.

<sup>1</sup> McLaughlin I, Dani JA, De Biasi M. Nicotine withdrawal. *Curr Top Behav Neurosci*. 2015;24:99-123. doi:10.1007/978-3-319-13482-6\_4.

# Think About Making a Change

- So far you have been given a lot of information to consider when thinking about quitting tobacco. It is normal to experience ambivalence, or the state of having mixed feelings, about the process of quitting (i.e., part of you wants to quit and part of you wants to continue using tobacco).
- Below is a table to complete to help you continue to think about quitting smoking. What are the positives and negatives of quitting smoking and of continuing smoking?

Positive Things about  
Using Tobacco



Negative Things about  
Using Tobacco



Negative Things about  
Quitting Tobacco



Positive Things about  
Quitting Tobacco



After completing above, what motivates you to quit tobacco?

# Motivation

Thinking about quitting smoking can come with a lot of mixed emotions, but do not let this prevent you from trying to quit. Think about some reasons why you would like to quit smoking. Choose a reason that is strong enough to outweigh your urges to use tobacco.

Some reasons people quit include:

- Improved breathing
- Saving money
- Feeling healthier
- Feeling better about myself

## My Motivation

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## Social Support

It is important to have people to support you in this journey. List those people who may be supportive in you quitting tobacco. These might be friends, family, coworkers, or those on your healthcare team.

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# Self-Care

An important part of your journey in quitting tobacco will be making sure you are taking care of your mental and physical health. A few areas to consider are:

➤ **Exercise:** Consider adding something like yoga, or taking a walk outdoors. Activities like gardening, mowing the lawn, and riding a bike are great to consider as well. Regular exercise can benefit our physical health and mental health, and prevent weight gain when quitting tobacco.



➤ **Nutrition:** Be sure to stock up on healthy snacks such as nuts or vegetables. Get enough water (as recommended by your medical team) to keep hydrated. Be sure to limit caffeine and alcohol intake.



➤ **Healthy Coping:** By adding some deep breathing (stomach breaths: breathe in for four seconds, hold for seven seconds, breathe out for eight seconds). Consider coloring, journaling, knitting, woodworking, or any other hobby that keeps you busy. Talk to your tobacco treatment specialist if you need to come up with some other ideas!



➤ **Sleep:** Getting a good night's sleep is important for everyone, but especially when you are quitting smoking so your body can rest and recover. Make sure you are getting enough sleep. Have a good bedtime routine which includes relaxing before bed. Be sure that you are comfortable.



# Preparing to Quit

Congratulations, you have made the decision to quit! Quitting can be hard but there are many ways to help you stay on track. When you know what makes you want to smoke, you can make a plan for dealing with it.

## Avoiding Triggers

A “trigger” can be a cue or signal to engage in a certain behavior. Everyone has different triggers such as stress, smelling cigarette smoke, driving, or drinking coffee. Keeping a record of your triggers may help prevent situations before they happen or help you better prepare to deal with them.

Make a list of your triggers and ways to cope:

Trigger	Ways to Cope
Example: <i>After each meal</i>	→ <i>Take a walk; brush teeth</i>
	→
	→
	→
	→
	→
	→



# Medication Options

Your healthcare provider will work with you to determine the best medication options for you. Please review correct use and side effects with your healthcare provider. Use the list of medications below to discuss medication options with your healthcare provider.

Below is the list of Food and Drug Administration (FDA) approved medicines that can be used to quit smoking.

## Varenicline (Chantix®)



### Available strengths:

0.5 mg  
1 mg

### Notes:

## Bupropion (Zyban® Wellbutrin®)



### Available strengths:

150 mg  
300 mg

### Notes:

## Nicotine patch (Nicoderm® CQ®)



### Available strengths:

7 mg  
14 mg  
21 mg

### Notes:

## Nicotine lozenge (Nicorette®)



**Available strengths:**  
2 mg  
4 mg

**Notes:**

## Nicotine gum (Nicorette®)



**Available strengths:**  
2 mg  
4 mg

**Notes:**

## Nicotine nasal spray (Nicorette® NS)



**Notes:**

## Nicotine inhaler (Nicoltr®)



**Notes:**

## E-cigarettes

The FDA does not recommend the use of e-cigarettes as a cessation aid. There is no long-term research on e-cigarettes and we do not know the long-term effects on health. We encourage you to consider using FDA-regulated products prescribed by our trained staff.

# Quit Day: \_\_\_\_\_

You should be proud of yourself for taking this step to set a date to be tobacco free! We look forward to supporting you through this journey.

## Motivation

Remind yourself of your motivation for wanting to be smoke-free.

## Manage triggers

What people, places, or things might remind you of smoking? How will you manage those triggers?

Consider getting rid of objects that may remind you of smoking (ie: ashtrays, lighters).

## Medications

Tobacco treatment medications are additional “tools in the toolbox” to help you gain footing on your path to a tobacco-free life. It is especially useful and improves your tobacco treatment success.

## Support

Who will support you on this day? Don’t forget to reach out for support as you set out to accomplish this goal.

## Plan your day

What plans can you make to stay busy, spend time in smoke-free places, or stay mindful of your goal?

## Reward yourself

What plans do you have to relax, enjoy, or reward yourself for the hard work and positive changes you are making?



# Appendix

# Triggers and Solutions

## Trigger

## Possible Coping Strategy

### Driving

- Listen to music
- Chew gum or hard candy
- Chew on a straw or toothpick
- Remove ashtrays and lighters
- Place cigarettes in trunk
- Other:

### First thing in the morning

- Go for a walk or do another exercise
- Shower and brush your teeth first thing when you wake up
- Other:

### After meals

- Go for a walk or do another exercise
- Brush your teeth
- Other:

### Phone calls

- Play with a pen or other object while on the phone
- Draw something
- Other:

### Watching TV

- Sit in a different chair
- Chew on a straw or toothpick
- Listen to music or use the computer instead
- Other:

## Trigger

## Possible Coping Strategy

### Social events

- Ask a non-smoking friend to go with you
- Leave the room while friends smoke
- Ask friends to avoid tobacco use around you
- Other:

### Workplace

- Take a walk during breaks at work
- Eat a healthy snack
- Take a water break
- Other:

### Coffee

- Drink your coffee in a different location
- Change your coffee flavor or change to tea
- Other:

### Bedtime

- Deep breathing exercises to relax before bedtime
- Take a shower or bath
- Other:

### Stress

- Exercise
- Deep breathing or meditation
- Take a shower or bath
- Read a book or magazine
- Other:

# Coping Strategies

Coping strategies to help you be tobacco-free.

- Use your tobacco treatment medications as directed. If you are prescribed nicotine lozenges, gum, inhaler, or nasal spray please consider using them regularly.
- Early in your quitting effort, spend more time with people who support you
- Exercise
- Listen to music
- Deep breathing exercises
- Create a new routine
- Stretch or meditate
- Write down or recall your reasons for quitting tobacco
- Write down or recall the health benefits of quitting tobacco
- Take a trip to a location where you cannot smoke (church, library, restaurant, movie theater, etc.)
- Call a person who supports you (friend, family, support group, etc.)
- Play a game
- Read a book
- Watch a movie or TV
- Organize or clean your house
- Think about what situations are most stressful to you and limit these if you are able

# SMART Goals for Nutrition and Exercise

We would like to support you in your long-term goal to be completely tobacco-free! Setting short-term goals can help you reach your end goal of long-term success.

Consider making your goals **SMART**:

## Specific

Try to be as specific as possible with your goal (what you will change, how you will change, who will support your change, what steps will you take to make the change).

## Measurable

Describe measurable changes that you can monitor.

## Achievable

Be sure your goal feels like it is practical and attainable.

## Relevant

Ask yourself if it is something that is important to you and if it helps you work toward your end goal.

## Time-bound

Set a target date so you have a deadline to work toward.

**SMART Goal:**

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S:

M:

A:

R:

T:

# Helpful Resources

Centers for Disease Control

[cdc.gov](http://cdc.gov)

American Lung Association

[LungUSA.org](http://LungUSA.org)

American Heart Association

[heart.org](http://heart.org)

QuitNet

[quitNet.com](http://quitNet.com)

Quit line and website resources

[quitnowIndiana.com](http://quitnowIndiana.com)

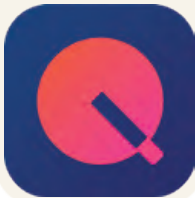
1.800.784.8669 (1.800.QUITNOW)

[BecomeAnEx.org](http://BecomeAnEx.org)

[MyLastDip.com](http://MyLastDip.com)

[SmokeFree.gov](http://SmokeFree.gov)

## Free Mobile Apps



LIVESTRONG  
My Quit Coach

Apple



QuitGuide

Apple & Android



quitSTART

Apple & Android



 Tobacco Log

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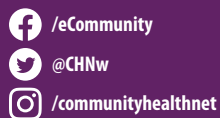
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