

ACCESS

Adding Quality to Your Life



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Tobacco Cessation - Goals

- Know the risks of smoking / tobacco use
- Know the benefits of stopping smoking / tobacco use
- Know some of the barriers to cessation
- Increase awareness of resources in your local community and Pennsylvania

Risks of Smoking / Tobacco Use

- Heart disease
- Lung disease
- Cancers of mouth, throat or esophagus
- Stroke
- Peripheral vascular disease
- Osteoporosis
- Infertility
- Macular degeneration (common cause of blindness) or cataracts

Why Should I Quit?

Cessation is a term used to define the step of quitting smoking or use of tobacco products. Cessation has immediate benefits no matter how old you are or how long you have smoked.

The US Surgeon General has said, "Smoking cessation (stopping smoking) represents the single most important step that smokers can take to enhance the length and quality of their lives."

Do You Know What Makes Up A Cigarette?



Two Key Ingredients in Tobacco Products

Carbon Monoxide (CO)

- A poisonous, colorless and odorless gas produced as a result of incomplete burning of carbon-containing sources. Cigarette smoke contains high levels of CO.

Nicotine

- Nicotine is highly addictive. Through the use of tobacco, nicotine is one of the most heavily used addictive drugs and the leading preventable cause of disease, disability, and death in the U.S.

Immediate Benefits of Cessation

Within 20 Minutes after quitting

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands / feet increase



Within 24 – 48 hours after quitting

- Carbon monoxide levels in the blood drop to normal
- Oxygen levels in blood increase to normal
- Ability to smell and taste is enhanced

Long Term Benefits of Cessation

Within 1 – 5 years

- Ex smokers have fewer illnesses, such as bronchitis and pneumonia, and on average live longer than smokers
- Increased vascular health
- Quitting smoking lowers the risk of cancers
- Women who quit smoking before they become pregnant or early in their pregnancy can reduce having a low birth weight baby
- Excess risk of heart disease is lowered by 50%

Why Else Would I Want to Quit?

- Save your money and spend it on what's important to you

- For a Pack A Day Smoker

• 1 Day of Savings	=	\$5
• 1 Week of Savings	=	\$35
• 1 Month of Savings	=	\$150
• 1 Year of Savings	=	\$1,820
• 5 Years of Savings	=	\$9,100
• 10 Years of Savings	=	\$18,200



Double these savings if you smoke two packs a day

Other Reasons to Quit?

- Serve as an example to family or friends
- Social acceptance in the workplace and in the community
- You care about the health of others around you
- You care about your own health



Don't Tell Me Why, Tell Me How

There is no one right way to quit, but there are some key factors in quitting with success. They are:

- Making the decision to quit
- Setting a quit date and choosing a quit plan
- Dealing with withdrawal
- Staying quit (maintaining a tobacco free lifestyle)



When Do I Get Started?

Here are some steps to help you prepare for your Quit Day:

- Pick the date and mark it on your calendar.
- Tell friends and family about your Quit Day.
- Get rid of all the cigarettes and ashtrays in your home, car, and place of work.
- Stock up on oral substitutes -- sugarless gum, carrot sticks, hard candy, cinnamon sticks, coffee stirrers, straws, and/or toothpicks.
- Decide on a plan – talk to your doctor about the use of nicotine replacement therapy, counseling, and then define your personal support system (preferably someone who has successfully quit)
- Practice saying, "No thank you, I don't smoke."
- Ask family and friends who still smoke not to smoke around you or leave cigarettes out where you can see them.

You Can Quit – Keys to Success

- Success rates vary since programs vary but programs that have shown to have higher success include:
 - Nicotine replacement therapy (medications)
 - Coaching or behavioral therapy
 - Strong personal support system



Where Do I Find Help?

- Personal Care Provider
- Local Community Organizations
 - American Cancer Society
 - American Lung Association
- Online Support
 - PA Quit Line:
http://www.paahec.org/professional_development/tobacco/ifyouaretrying/if_11.html
 - Federal Government: www.smokefree.gov
 - American Cancer Society:
<http://www.cancer.org/Healthy/StayAwayfromTobacco/GuidetoQuittingSmoking/index>
 - American Lung Association: www.lungusa.org



Questions

