For more information or to speak to a Tobacco Treatment Specialist contact the Lung Health & Smoking Cessation Education Line at (985) 898-4468.

Promoting Healthy Living
STPH is a Tobacco Free Campus including off-site facilities.
Quitting Helps You Heal Faster

Your hospital visit is a great time to quit smoking.

Why should I quit now?

Smoking may slow your recovery from surgery and illness. It may also slow bone and wound healing. All hospitals in the United States are smoke free. You will be told not to smoke during your hospital stay - now is a great time to quit!

How do I quit in the hospital?

Talk to your doctor or Respiratory Therapist about a plan for quitting. Ask for help right away. A Tobacco Treatment Specialists is available to talk with you. Your doctor may give you medicine to help you handle withdrawal while in the hospital and beyond.

Helpful hints to stay quit

• Ask your friends and family for support.
• Continue your quit plan after your hospital stay.
• Make sure you leave the hospital with the right medicines or prescriptions.
• If you “slip” and smoke, don’t give up. Set a new date to get back on track.
• For help in quitting smoking, call the National Quitline toll free:
  • 1-800-QUIT-NOW (1-800-784-8669)
    or the STPH Lung Health Line: 985-898-4468.
What is Recovery?

Many people, in the process of kicking the cigarette habit, go through a period of discomfort known as “withdrawal”: we prefer to call it “recovery”.

NOTE: The word “recovery” is more encouraging than “withdrawal”. It is important to find as much encouragement as possible before and during the quitting process.

Symptoms:
- Vary from mild to severe, depending on the extent of dependence to nicotine.
- Occur by the third day and can be diminished if the listed suggestions are followed (see below)

Drink Lots of Fluids:
It is very important to drink 6-8 glasses of water or fruit juice a day for the first few days. This will help to flush nicotine out of your system more rapidly.

Suggestions to lessen withdrawal

1. Physical withdrawal symptoms should be handled logically...if you are constipated, increase fiber intake...if repetitive coughing, take cough drops...if your head aches, take an appropriate pain reliever.
2. When a sudden urge for a cigarette occurs, take 3 slow and controlled deep breaths. It is advisable to count to 4 as you inhale and count to 4 as you exhale. This forces you to slow down and relax.
3. Avoid caffeine as much as possible. Caffeine increases the craving for a cigarette.
4. Avoid alcoholic beverages. Alcohol creates a deficiency in oxygen that may lessen the ability to concentrate. As a result, you may be tempted to smoke a cigarette as a “pick-me-up”.
5. Chew on something that is non-caloric to relieve muscle tension.
6. Stretch your body. This will keep the blood flowing and increase oxygen to the tissues.
Changes to Your Body When You Quit

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

• 1 to 9 Months
- Decrease in coughing, sinus congestion, fatigue, and shortness of breath
- Cilia regrows in lungs (increasing ability to handle mucus, clean the lungs, and reduce infection)

• After 5 Years
- Lung cancer rate, for the average smoker decreases from 137 out of 100,000 people to 72 out of 100,000 people

• After 10 Years
- Lung cancer rate drops to 12 out of 100,000 people
- Precancerous cells are replaced
- Decrease in cancers of the mouth, kidneys, bladder, and pancreas

• Within 20 minutes of your last cigarette
  - Blood pressure drops to normal
  - Pulse rate drops to normal

• After 8 Hours
  - Toxic Carbon Monoxide level in blood drops to normal
  - Oxygen level in blood increases to normal

• After 24 Hours
  - Chance of heart attack decreases

• After 48 Hours
  - Nerve endings begin regrowth
  - Ability to smell and taste is enhanced

• After 72 Hours
  - Bronchial tubes (to lungs) relax, making breathing easier
  - Lung capacity increases

• 2 Weeks to 3 Months
  - Blood circulation improves

Making Progress!!!

1. Each month, on the anniversary of your quit day, plan a special celebration.
2. Periodically, write down new reasons you are glad you quit and post these reasons where you will be sure to see them.
3. Make up a calendar for the first 90 days. Cross off each day and indicate the money you saved by not smoking.
4. Set target dates and treat yourself to something with the money you saved.
Guidelines to Help You Kick the Habit

Eating is not a substitute for smoking!!!

Low Calorie Snacks:

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celery (1 stalk)</td>
<td>7 cals</td>
</tr>
<tr>
<td>Raw Carrot</td>
<td>30 cals</td>
</tr>
<tr>
<td>Yogurt (1 cup)</td>
<td>125 cals</td>
</tr>
<tr>
<td>Popcorn (1 cup)</td>
<td>23 cals</td>
</tr>
<tr>
<td>Apple (1 medium)</td>
<td>61 cals</td>
</tr>
<tr>
<td>Graham crackers (2)</td>
<td>55 cals</td>
</tr>
<tr>
<td>Lite bread (1 slice)</td>
<td>40 cals</td>
</tr>
<tr>
<td>Orange (1)</td>
<td>64 cals</td>
</tr>
</tbody>
</table>

SMART SNACKS:
It is advisable to keep nutritious and healthier snacks available while you are dealing with anxiety associated with nicotine withdrawal.

If you like to snack, learn to “snack smart”.

- Raw vegetables
- Fresh fruit
- Unbuttered popcorn

CINNAMON TOOTHPICK:
As you decrease the number of cigarettes you smoke, it is important to remember that you should not increase your caloric intake: leading to weight gain. Like many people who are limiting their cigarettes, you may feel the need to have something in your mouth to replace the cigarette. Try sucking on a cinnamon toothpick or a swizzle stick.

LIMIT CAFFEINE INTAKE:
Caffeine is a stimulant. It may make you feel edgy or more nervous while going through withdrawal. There is a very strong psychological association between smoking and drinking coffee, alcohol, or other caffeinated beverages. Try to drink more water and less caffeinated.

Reasons to Exercise:

1. Burn unwanted calories
2. Reduce stress and tension
3. Feel more relaxed
4. Improve sleep
5. Improve respiratory system
6. Heart health
7. Relieve boredom

Try Exercise!!!

Simple ideas to increase your daily activity level:

1. Take the stairs instead of the elevator.
2. Go for a brisk walk on your break.
3. Perform stretches and range-of-motion exercises at your desk.
4. Park farther away from the building entrance.
5. Dance in your living room.
6. Throw a football or Frisbee in your front yard or the park.
How to Cope with “Routine” Cigarettes

**Wake-up Cigarette**
- Drink fruit juice immediately after waking. Try orange juice-cigarette and orange juice do not mix well.
- Brush teeth with mint flavored toothpaste.
- Read the morning paper.
- Prepare something for breakfast.

**Coffee Cigarette**
- Try a different flavored coffee.
- Drink juice instead of coffee.

**After-breakfast Cigarette**
(Frequently used to fill “dead time” between breakfast and work.)
- Shower/shave after breakfast.
- Take a short walk.
- Tidy a room in the house.

**Driving-the-car Cigarette**
(Frequently used to help you relax)
- Sing with the radio.
- Seek non-smoking drivers.
- Eat a carrot or celery stick.
- Remove your ashtray.

**Waiting-for-something Cigarette**
- Carry a book or magazine with you.
- Watch people: notice hair styles, clothing styles, smiling faces.

**Midmorning Cigarette**
- Practice deep breathing with your eyes closed.
- Drink a glass of water or juice.
- Call a friend.

**Telephone Cigarette**
- Doodle.
- Find a toy to play with.
- Switch hands on the receiver.

**Before Lunch Cigarette**
- Change your lunch routine.
- Plan to eat somewhere different.
- Find a buddy to eat with.

**After Lunch Cigarette**
- Eat slower.
- Visit someone at work.
- Go up and down a couple of flights of stairs for the exercise.

**Thinking Cigarette**
- Doodle.
- Find a nice picture to look at.
- Stand-up and stretch.

**Mid-afternoon Cigarette**
- Perform some leg exercises while seated or standing.
- Loosen your limbs, get some circulation flowing.

**Cocktail Cigarette**
(This one is challenging)
- A non-alcoholic beverage would be better.
- Eat a lite appetizer.
- Minimize time spent in a drinking and smoking atmosphere until you confidently kick the habit.

**After-dinner Cigarette**
(Not often relaxing)
- Leave the table promptly.
- Wash the dishes by hand immediately after dinner.
- Begin a hobby.
- Go for a walk—take the dog.

**Before-bed Cigarette**
- Develop new routine.
- Brush teeth with minty toothpaste, floss, gargle with mouthwash.
- Read a motivating/encouraging book.
Deep Breathing to Promote Relaxation

Deep breathing is an effective way to deal with the tension associated with cigarette cravings. Whenever you are anxious...

STOP...practice deep breathing for 3-5 minutes

WHAT TO DO...

1. Find a comfortable place to lie down or sit with your feet up.
2. Try to limit distracting noises by closing doors or turning down the telephone ringer.
3. Close your eyes to eliminate visual distractions
4. Keep your mouth relaxed, jaw loose and shoulders relaxed and down.
5. Inhale deeply and slowly for the count of 5. You should feel your stomach pressing outward with the inhalation.
6. Then, pause for a count of 5.
7. Next, exhale (out of your mouth) slowly for 5 seconds as you feel your stomach moving inward. Your lips should be barely separated.
8. Repeat: inhale, pause, and exhale for 10 complete cycles. This entire process will take about 5 minutes. You will feel more at peace and refreshed after giving your mind and body this quiet time.

Schedule time for yourself

• Schedule long blocks of quiet time.
• Look at your schedule for the upcoming week. Block out at least one weekday evening and one weekend day to do something fun (a non-work related activity).
• Schedule time for phone calls to people you enjoy talking to.
• Set a lunch or dinner date with a friend.
• Treat yourself to short breaks during the day to relax, take a few deep breaths, and forget about your troubles.
• Commit to finding an active leisure activity that you will enjoy (ride your bike, play tennis, walk in the park, start a flower garden or clean out your flower garden)
• Take time to enjoy your pet: Take your dog for a walk or to the park, sit quietly with your purring cat in your lap, or pull a long string around the house or yard for your cat chase.
Remind yourself that overcoming Nicotine Dependence is not an easy task. You will be challenged and you will have to be disciplined.

If the cravings are overwhelming...

1. Sit down with some paper and a pen.
2. Write down at least three realistic reasons why you are becoming a non-smoker.
3. Think about what part of the day has been the most challenging. Plan in advance what action you will take to deviate your mind from smoking. Congratulate yourself for making it through a difficult situation.
4. Tell yourself, I am strong. I do not need to smoke. I will make it through.
5. Increase encouraging words and remove discouraging words. You are responsible for talking yourself out of that next cigarette.

**IF YOU HAD A SLIP OR TWO...**

1. Treat the slip as an emergency.
2. Tell yourself that mistakes happen, but you are still a non-smoker and capable of not smoking.
3. Ask yourself what specifically was the temptation or weakness and learn from it.
4. Do not allow yourself to linger in a situation where you gave in to that one cigarette. You may need to give yourself a couple of weeks before participating in certain things that you associate with smoking.
5. Re-commit to quit!!!
6. Make a plan for the next time you are on the verge of smoking another cigarette. (Distract yourself with a different thought, walk away, get some water)
7. Quitting smoking takes practice.
8. Be prepared for the challenges that come with new and certain situations.

**WHILE YOU ARE KICKING THE HABIT—EVERYDAY, YOU MUST “RE-COMMIT TO QUIT”**

While You are Kicking the Habit—Everyday, You Must “Re-Commit to Quit”

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Smoking Cessation Article 7

INTRODUCTION: Nicotine replacement products help relieve some of the withdrawal symptoms people experience when they quit smoking. To be most effective, nicotine replacement products should be used in conjunction with a behavior change program. The U.S. Food and Drug Administration (FDA) has approved all of the following medications to help you quit smoking.

Nicotine Patch
- The nicotine patch releases a constant amount of nicotine in the body. Unlike the nicotine tobacco smoke which passes almost instantaneously into the blood through the lining of the lungs, the nicotine patch takes up to 3 hours to pass through the layers of skin and into the user’s blood.
- Patches are similar to adhesive bandages and are available in different shapes and sizes. A larger patch delivers more nicotine through the skin.
- Wearing the patch lessens chances of suffering withdrawal symptoms.
- Side-effects include: skin irritation, dizziness, racing heartbeat, sleep problems, nausea, etc.

Nicotine Gum
- Nicotine gum delivers nicotine to the brain more quickly than the patch, however, unlike smoke, the nicotine in gum takes several minutes to reach the brain. This makes the gum less intense than a cigarette.
- Nicotine gum is not designed to be chewed like normal gum. When you insert the gum into your mouth, chew it a few times to break it down, then park it between your gum and cheek and leave it there. The nicotine will make it into your system via blood vessels under the lining of the oral cavity.
- If you continue to chew without parking, the nicotine will be released into the saliva and cause a stomach ache.

Nicotine Lozenge
- The nicotine lozenge releases nicotine as it dissolves in your mouth.
- The quitter should gradually use fewer and fewer lozenges during a 12-week program.
- Biting or chewing the lozenge will release more nicotine but also result in indigestion and heartburn.
- Do not use over 12

Nicotine Gum and Lozenge Dosage
Nicotine gum and lozenges contain enough nicotine to reduce the urge to smoke. The over-the-counter product is available in 2mg doses (for smokers 24 or fewer cigarettes per day). 4 mg doses (for smokers over 25 cigarettes per day). One piece of gum or lozenge is one dose. Do NOT exceed 24 pieces of gum or 20 lozenges per day. Do not eat or drink 15 min before or during gum or lozenge therapy. Allow 20-30 mins for each piece to release nicotine.

Steps for nicotine gum users:
1. Stop all smoking before beginning gum therapy
2. Park the gum to allow absorption into cheek.
3. Use gum daily for 1 month, then reduce number of pieces chewed.
4. Chew only what you NEED to avoid withdrawal symptoms.
5. Discontinue gum use after 3 months.
6. Nicotine gum is stickier and harder to chew than regular gum. Use caution while chewing.
Nicotine Nasal Spray
A physician may prescribe a nicotine nasal spray, which is dispensed from a pump bottle similar to over-the-counter decongestant sprays. The nicotine is rapidly absorbed through the nasal membranes and reaches the bloodstream faster than any other nicotine replacement product. This feature makes it attractive to some highly dependent smokers.

Most Common Side Effects:
Nose and throat irritation

Usual Dose:
One spray per nostril, up to 5 doses per hour, or a maximum of 40 doses per day. The average intake is 13 doses per day.

Nicotine Inhaler
The nicotine inhaler consists of a plastic cylinder containing a cartridge that delivers nicotine when you puff on it. Use the inhaler when you are craving for a cigarette.

The inhaler delivers nicotine into the mouth, not the lungs, and enters the body much more slowly than the nicotine in cigarettes.

Each cartridge delivers up to 400 puffs of nicotine vapor. 80 puffs is equivalent to 1 cigarette.

Best Effect:
Frequent, continuous puffing for 20 mins. Delivering 4 mg of nicotine but only 2 mg is actually absorbed (equivalent to 2 cigarettes).

Maximum dosage:
16 cartridges per day for up to 12 weeks.

Most Common Side Effects:
Irritation of the throat and mouth that should dissipate with use.

Non-nicotine pill—Zyban
Bupropio Hydrochloride (Zyban) was approved by the FDA in 1997 to help smokers quit. It is also sold as an anti-depressant under the name Wellbutrin.

Treatment:
• Begin medication one week prior to “set” quit date.
• Continue treatment for 7-12 weeks.
• Day 1-3... one 150 mg dose/day
• Day 4-week 7...two 150 mg dose/day, allow at least 8 hours between doses.

Common Side Effects:
Insomnia, dry mouth, and dizziness.

NOTE: People who have not successfully made significant progress towards quitting cigarettes or quit smoking, by week 7, should discontinue Zyban.

Non-nicotine tablets—Chantix
Varenicline Tartrate (Chantix) is the 2nd nicotine-free drug to gain approval by the FDA. The active ingredient, varenicline, works in two ways (1) reduces the pleasure of smoking, (2) reduces withdrawal symptoms.

Treatment:
Take one tablet twice daily for 12 weeks. Medicating with Chantix can be increased to 24 weeks if progressing successfully towards being “smoke-free”.

Most Common Side Effects:
Nausea, vomiting, headache, gas, insomnia, abnormal dreams, change in taste perception

All information provided pertain to the average user. Always follow the advice of your physician.
Resources For Living Tobacco Free

THE FOLLOWING ORGANIZATIONS CAN OFFER MORE INFORMATION:

- **QUIT WITH US, LOUISIANA**
  www.QuitWithUsLA.org

- **LOUISIANA TOBACCO QUITLINE**
  1-800-Quit-Now or 1-800-784-8669

- **AMERICAN LUNG ASSOCIATION**
  1-800-586-4872
  http://www.lungusa.org

- **ACTION ON SMOKING AND HEALTH**
  www.ash.org

- **AMERICAN CANCER SOCIETY**
  800-227-2345
  www.cancer.org

- **AMERICAN HEART ASSOCIATION**
  www.americanheart.com

- **BECOME AN EX**
  www.becomeanex.org

- **CAMPAIGN FOR TOBACCO FREE KIDS (CTFK)**
  www.tobaccofreekids.org

- **CENTERS FOR DISEASE CONTROL TOBACCO**
  www.cdc.gov/tobacco

- **CHANTIX**
  www.chantix.com

- **CHEW FREE INTERVENTION**
  http://chewfree.com

- **NATIONAL CANCER INSTITUTE**
  www.smokefree.gov or www.smokefreewomen.gov

- **NICOTINE ANONYMOUS**
  www.nicotineanonymous.com

- **LIVING TOBACCO FREE MARY BIRD PERKINS AT ST. TAMMANY PARISH HOSPITAL**
  985-898-4468

- **TREATING TOBACCO USE AND DEPENDENCE**

SITES THAT CAN HELP WITH MEDICATIONS:

- **BRIDGES TO ACCESS**
  www.bridgestoaccess.com

- **PATIENT MEDICATION ASSISTANCE**
  www.needymeds.org

- **WWW.SMOKINGCESSATIONTRUST.ORG**