

Advanced medicine. Compassionate care.

**We're Here To Help...
To Answer your Questions...
To Provide Support...**

New York State Smokers Quitline
1-866-NY-QUITS

North Country Healthy
Heart Network
1-866-654-7820



Alice Hyde Medical Center

Let us help you get on the road to...



**LIVING
Tobacco
FREE!**

Alice Hyde Medical Center has good news for anyone who uses tobacco...

We can HELP!

Choosing a tobacco free lifestyle will
improve your health,
your life and your future!

Advanced Medicine. Compassionate Care.



Tips on Weight Control

- Try to eat a well-balanced, low-calorie, low-fat diet. Focus on staying tobacco free first and on your diet next. Using tobacco products is more harmful to your health.
- Stay active to burn up calories. Slowly increase your physical activity.
- Use a straw, cinnamon stick or tooth picks to calm the urge to put something in your mouth.
- Choose high-fiber and low-calorie foods for snacks: popcorn, fruits, vegetables, cereal, pretzels, breadsticks, popsicles, breath mints, gum.
- Drink plenty of water throughout the day. Drinking an 8-ounce glass of water before a meal cuts your urge to eat.
- Use a “stress buster” to reduce stress-caused urge to eat.
- Give yourself a non-food reward for being tobacco free.
- Avoid or limit alcohol. It can wreck your willpower and add calories.
- Try new types and new brands of foods.

In closing...

Over the course of time you may give in to an urge that comes out of nowhere. Don't get discouraged. A slip doesn't mean you failed. Get right back on track by using this booklet to ask yourself what triggered you. What happened? Remind yourself of all the reasons a tobacco free lifestyle is important to your health. You may want to use this poem as a constant reminder of your determination!

*Somebody said it couldn't be done
But he with a chuckle replied
That maybe it couldn't, but he would be the one
Who would not say no till he tried.
So he buckled right in with a trace of a grin
On his face. If he worried, he hid it.
He started to tackle the thing
That couldn't be done. And he did it.*

By Edgar A. Guest

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Weight Gain due to Quitting...

Fact or Fiction?

- Health risks of minor weight gain are small compared to the deadly health risks of continued tobacco use.
- Most people who stop using tobacco will gain fewer than 10 pounds BUT will lose the weight within 2-5 years without any change in diet or activity level.
- Use of Zyban and nicotine replacement products delays weight gain.

What causes weight gain?

- Because nicotine speeds up the body's metabolism (rate you burn off calories), stopping tobacco use slows the body's metabolism down. This may cause weight gain without any change in eating.
- Sometimes people eat or drink more without being aware when they are no longer using tobacco products.
- As overall health improves, the appetite improves.
- Sense of taste and smell improves, increasing the pleasure in eating.
- Favorite foods are sometimes used as a reward for being tobacco free.
- Many people use food and candy to help calm their urges for tobacco.

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Tobacco Users *QUIZ*

Check off one answer that best fits you:

- ___ **READY:** I am thinking about quitting within the next 6 months.
- ___ **SET:** I plan to quit within the next month and my quit date is set. **QUIT DATE** _____
- ___ **GO:** I **QUIT ALREADY!!!** But I still need help...

Quitting tobacco is **HARD...**

Health Experts suggest the following:

- TALK ABOUT IT** with your doctor, nurse, or health care provider
- LEARN** about:
nicotine replacement medicine, non-nicotine medicine and support programs to help you quit
- Make a **PLAN**
- SET A QUIT DATE**
- GET SUPPORT** from family and friends
- Eat healthy foods and **BE ACTIVE**
- Cut down on alcohol and caffeine

Reward yourself when you Reach your Goals!!!

Now that you have written down the sources of stress in your life, for each one add *stop, change* or *accept*. For those you want to change, write how you plan to do this.

What are you going to do about it?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____

Try feeling positive about being tobacco free
Don't blame yourself. Let go of the past. It is time to move on to a better life.

STRESS IN MY LIFE

There are 3 categories of stress:

- those that you can stop
- those that you can change to make less stressful
- those that you most likely have little choice but to accept

What Stress do you have in your life

1 _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

8 _____

Tobacco's Effects On You

Tobacco use is more than just a habit. It is an addiction (habit) that leads to chronic disease and premature death. Tobacco contains nicotine, tar, cyanide, arsenic, as well as over 4,000 other poisons. When smoked it produces carbon monoxide.

Nicotine causes your blood vessels (arteries and veins) to close down (constrict), making your heart pump harder. The blood, your heart is working so hard to pump, carries oxygen throughout your body. Often people report feelings of a "racing heart" or "shortness of breath" when they use tobacco. Plus the nicotine causes your blood to be stickier and more likely to clot, putting you at risk for a heart attack.

*The **Best News** of all is that*
Quitting Tobacco will
QUICKLY IMPROVE
YOUR HEALTH.



If you have tried to stop using tobacco before, you know how hard it can be. Nicotine affects you by "hooking you." It is a powerful drug causing addiction as strong as heroin or cocaine. The need for nicotine starts in your brain. When you use tobacco products, the nicotine tricks your brain by sending an "I feel good" message to your body. The more you use it, the more you crave it.

Now you know a lot about the effects of tobacco products on your body. This is the most important step in getting *ready to quit*.

1 OK... I'm Ready To Quit!



If you've thought about quitting but just never seem to get there or you've tried to quit before, it might help you to explore your reasons for wanting to quit this time.

"I didn't think that stopping would make that much of a difference, but my last check-up at the doctor's office was great."

Ralph, age 47
Former 1 pack per day smoker

"Stress Busters"

Deep Breathing: Sitting or standing, close your eyes and drop your head forward. Slowly inhale through your nose, drawing your breath deeply into your lungs while raising your head slowly. Hold your breath gently and exhale slowly through your nose. Repeat 3 or 4 times.

Taking a Break: With eyes closed sit or stand with your feet firmly on the floor. Tense your feet and "grab" the floor with your toes. Tighten your toes and let the tension go up through your ankles, legs and thighs. Then up through your pelvis and chest to your shoulders, down through your arms and hands, and up through your neck and face. Hold your scalp tight. Hold this tight tension for a moment and slowly relax. Open your eyes when you are totally relaxed.

Keeping Active: Walking, swimming and other exercise improve overall health, burn up calories, help reduce the craving for tobacco and help lessen your stress level.

Time Out For You ...

- Warm bath or shower
- Listen to music
- Think about being in a pleasant, restful place
- Read a good book

Why Do I Feel Stressed Now That I've Stopped Using Tobacco?

- Stress is your body's normal response to a threat. It prepares you to take action.
- Stopping tobacco use can be, at the very least, mildly stressful for you.
- Feeling tense, nervous, anxious, upset or angry can be from the nicotine withdrawal.
- It takes work to resist the constant urges and to remember not to use tobacco.
- Some people use tobacco products as a way to avoid dealing with their stress.
- Learning to manage the symptoms of stress can help you reduce its impact and make your life easier.

"I caught myself reaching for a cigarette, that wasn't there, every time I picked up the phone. Not smoking made me edgy for a few days, but it got easier over time. Taking deep breaths instead worked for me."

George, age 38
Former 4 pack per day smoker

WHY Should I Quit?

Stopping the use of tobacco products is the best thing you can do for your health, your future and your life.

Reasons to Quit:

- Your risks of a heart attack, lung and other cancers, stroke and lung disease are lower
- Easier breathing
- Feeling better about yourself
- Becoming a role model for family and friends
- Cleaner teeth and fresher breath
- Improved reproductive system for men and women
- More energy for work and play
- Fresher smelling hair, clothes, home, furniture and car
- More youthful skin with fewer wrinkles

Think of all the Money you will SAVE!!!

1 Pack a Day \$\$\$ per pack	1 year	2 years	3 years	4 years
\$4.25 x 365days	\$1,551	\$3,102	\$4,654	\$6,205
\$5.25 x 365days	\$1,916	\$3,832	\$5,748	\$7,664

Are you sitting on the fence?

Fence sitters will find it hard to quit using tobacco products. To help you get off the fence, make a list. Write down your reasons not to stop and your reasons to stop using tobacco.

When you have twice as many reasons to stop than to keep using tobacco products, then you are set to quit!

“It’s been 4 months since I quit. It’s been tough at times, but I’m glad that I finally stopped. I feel so much younger!”

Bob, age 63
spit tobacco user
for 15 years

- Listen to music
- Brush your teeth
- Go shopping
- Write a letter
- Plan to stay busy when you know your urge to use tobacco is greatest
- Find something to make you laugh (video, movie, comics, joke book, etc.)
- Prepare a low-fat meal
- Go to a sports event or concert
- Try a new hobby (woodworking, dancing, sports, etc.)
- Repeat positive reasons for not using tobacco (read your list on page 15)
- Read a magazine or newspaper
- Play with your children or grandkids
- Mow the lawn or wash the car
- Go for a drive (unless you crave tobacco while driving)

“When I got home from work instead of lighting up, I put on my favorite music. It helped me unwind from my day.”

Marge, age 46
former 1 ½ packs a day smoker

Taking Control: 25 Ways to Reduce Tobacco Cravings

Now that you're tobacco free, there may be some rough spots you are facing. Here are some ways to help yourself.

- Take a warm shower or bath
- Go for a walk
- Drink a glass of water, juice or milk
- Call/visit a friend or family member
- Take a nap
- Chew sugarless gum
- Munch on a carrot or celery stick
- Be active - move
- Puff on a straw or cinnamon stick
- Take a relaxation break
- Keep your hands busy (rubber bands, paper clips, a smooth stone)

Fill in your own reasons why
you should QUIT

Reasons to STOP	Reasons Not to STOP
1. I'm afraid of a heart attack	1. I like the taste
2. I want to see my grandchildren grow up	2. I like smoking with my friends
3. I want to breathe easier when I'm active	3. It really calms me when I'm nervous or afraid
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.
16.	16.
17.	17.
18.	18.
19.	19.
20.	20.

2

I'm Set to QUIT!

You've weighed the benefits of not using tobacco, thought about how quitting can make a difference in the way you feel, and you are sure about your reasons to quit.

Now it's time to learn and practice the skills that will help you stick with your goal not to use tobacco products

"I found that going for a five minute walk when I got urges to smoke really worked."

Barbara, age 68

Former 3 packs a day smoker

My Action Plan

My quit date is: _____

I picked this date because: _____

I am quitting because:

People I want to tell about my plan to quit:

- _____
- _____
- _____
- _____
- _____
- _____

Steps I plan to use to quit:

Options I plan to use to quit: _____

Putting your Plan into Motion

- **Set a Quit Date:** Some people select birthdays, anniversaries, holidays, the new year, a special day at work or school – all are good. To keep moving forward, use the space on page 19 to record your quit date and your reasons for choosing it.
- **Going public:** Some people want to tell everyone they know about their quitting, while others prefer to keep their quit plan private. Both ways work. You need to decide which way is best for you. Telling the world strengthens your plans. While it can cause some stress, it shows that you're firm and sure about your plan. Those who care about you can be a great source of support. Use the space on page 19 to record the names of everyone you'll tell. Then place a check mark by their names after they know about your plan. Any day can be your quit day!
- **Moving on:** Let's face it: this isn't easy. If it was, you would have quit long ago. But quitting will improve your health, your future and your life – you're worth it! Whether you've decided to try again or try for the first time, you need to give it the time and attention that quitting deserves.
- **Choose an option.** Studies show that using nicotine replacement medication (patch, gum, nasal spray, inhaler), support sessions, or non-nicotine medication (Zyban), is the best way to quit. But some smokers stop on their own "cold turkey." Each person needs to choose the methods that work for them. Options include:
 1. The Vermont Quit Line, 1-866-NY-QUITS (1-866-697-8487) for information, support, and help.
 2. Group programs or one-on-one counseling.
 3. Stop-smoking products – nicotine patches, sprays, gum, inhaler, and Zyban.
 4. Self-help materials – booklets like this one, videos, etc.

Make the Most of Your Decision to QUIT!

- Overcoming an addiction and breaking habits takes time. You need to practice.
- Overcoming an addiction and breaking habits requires SUPPORT
- Remember a slip is just a slip. You're working on long-term success; so focus on your overall goal and don't dwell on slips.
- Call the New York State Smokers Quitline for information, help with setting your quit date and for support during your quitting attempt. It's free and confidential. **1-866-NY-QUITS**. In addition to English, counseling is available in 43 languages

Helping to QUIT

Quitting may not be easy because cigarettes, pipes, cigars, spit tobacco, and snuff contain nicotine—a highly addictive drug. To help you quit there are more products and services available now than ever before.

Most products work by cutting the effects of withdrawal (e.g. can't sleep, anger, aggression, stress, anxiety). They help relieve your cravings no matter what type of tobacco product you use. These products help to reduce (over time) your need to smoke, spit or use snuff.

Nicotine Patch (over-the-counter)

- New patch daily
- Steady release of nicotine through the skin.
- May cause minor skin irritation (redness, itching, rash)

Zyban (non-nicotine medication—prescription only)

- Start using 2-3 weeks before quit date as advised by your health care provider.
- Reduces desire to smoke

Nicotine Gum (over-the-counter)

- Used when you have a craving
- Short bursts of nicotine through the mouth
- Average of 10-15 pieces a day

Nicotine Nasal Spray (prescription only)

- Acts quickly
- May cause throat and nasal irritation

Nicotine Inhaler (prescription only)

- Used when you have a craving
- Useful for heavy users
- Costs more than other nicotine replacement products

Other Therapy

- Counseling Support Services (see phone # on back)
- Some medicines can be used together (ask your health care provider what works best for you)
- New products are coming on the market all the time. Be sure to speak to your health care provider about options.

3

I'm Ready To Go!

Your decision to stop using tobacco is a journey: like every journey it starts at a single point in time. Choose a date in the next 30 days that works for you.

"I didn't make it the first time I tried to quit, but I'm glad that my family and doctor kept after me. I've been tobacco free for 6 years now and I feel like a new person."

Jake, age 51
former pipe smoker

Countdown to Quitting

What you do in the weeks and days before your planned quit date helps your success. Try using some of these ideas to help you stick to your plan:

1. Build a survival kit (sugarless gum/candy, healthy snacks, water bottle, relaxing music, etc.).
1. Talk with friends and family members who have quit; keep their phone numbers handy.
2. Make it harder than usual to use tobacco by storing it in new places.
3. Discuss the many quitting aids support with your health care provider and his/her staff.
4. Delay your first tobacco use of the day by one hour.
5. Clean your ashtray after each use.
6. Make healthy food choices and drink 8 glasses of water a day.
8. Reduce or avoid alcoholic beverages.
9. Keep track of tobacco use with a wrap pack.
10. Begin a new sport or start a new hobby.
11. The urge for nicotine lasts 3 – 4 minutes. Plan ahead to keep busy for 5 minutes to help the urge pass.
12. Always choose to be in non-smoking areas at restaurants, parties, work, etc.
13. Learn about quitting tobacco and how to make healthy lifestyle choices by talking with your health care team and calling the New York Quit Line, 1-866-NY-QUITS (1-866-697-8487).
14. Avoid places you link with tobacco use.
15. Ask your health care team about ways to lower your stress level.
16. Cut down the amount of tobacco products you use each day as you move closer to your quit date.
17. Switch to a tobacco brand you don't like.
18. Today is the day I stop using tobacco products, you are ready to ***Go!***