

Tobacco Cessation *Workbook*



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ABOUT THE GUIDE



This guide will serve as a resource for students, faculty, and staff members of Southwestern University, who are considering quitting tobacco (smoking or smokeless). After reading through this guide you will be better able to:



Understand the risks of using tobacco products



Learn how tobacco products can affect your physical, social, and mental well-being



Understand the benefits of quitting tobacco products



Learn what to expect once you quit using tobacco products



Build a plan for success



Understand your current level of tobacco usage and identify your current reasons for smoking or using tobacco products

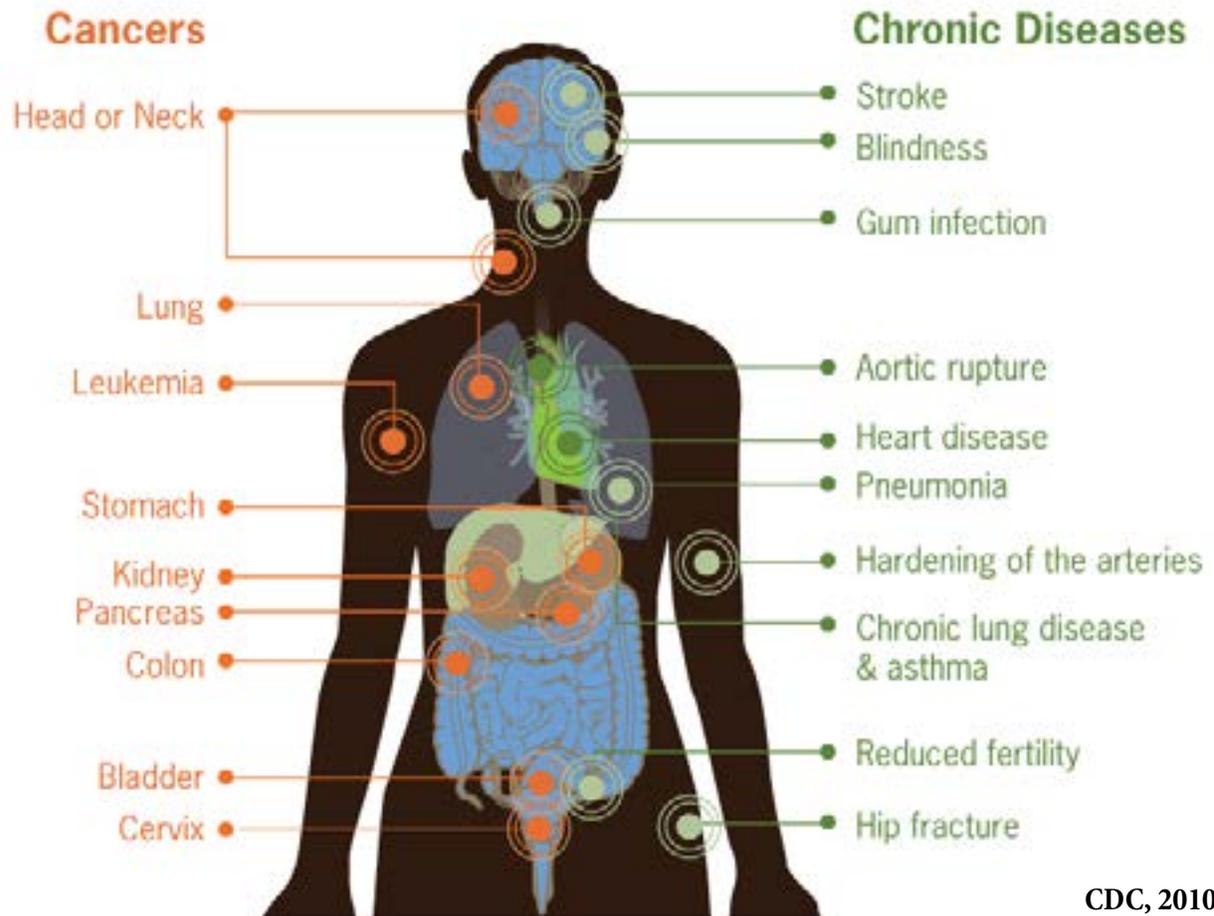


Learn about your triggers and what you can do to combat them



Identify medications and resources to help you quit

UNDERSTANDING YOUR RISK



CDC, 2010

Did you know that cigarette smoke contains more than 7,000 chemicals and chemical compounds that reach your lungs every time you inhale? Most of the chemicals interfere with your immune system.

Did you know that there is NO safe level of exposure to cigarette smoke? Any exposure to cigarette smoke is harmful.

Did you know that tobacco use is the largest preventable cause of disease, disability, and death in the United States?

Did you know that smokeless tobacco products can lead to multiple types of oral diseases and cancers? Spit Tobacco gives you a lot of nicotine. In fact, someone who uses 2 tins per week of moist snuff, such as Copenhagen, is getting about the same amount of nicotine as a person who smokes 30 cigarettes per day!

WHAT ABOUT E-CIGARETTES?

What are Electronic Cigarettes?

E-Cigarettes are designed to deliver nicotine or other substances to a user in the form of a vapor. They typically have a rechargeable, battery operated heating element, a replaceable cartridge that may contain nicotine or other chemicals, and an atomizer (when heated) that converts the contents into a vapor.

Concerns about E-Cigarettes

While testing of E-Cigarettes is still underway, the Food and Drug Administration (FDA) is very concerned about a number of issues. Some of those concerns include that E-Cigarettes may include ingredients that are known to be toxic to humans. A very real problem is that studies of the harmful effects of E-Cigarettes take time. Therefore, people who are currently using E-Cigarettes do not know how much nicotine they are consuming, and do not know the full harm of the other chemicals that they are ingesting. Additionally, some E-Cigarette users have suffered from burns and other serious injuries after their E-Cigarette caught on fire, or exploded.

E-Cigarettes vs. Traditional Cigarettes

If we take a look back at the use of traditional cigarettes, it took time to identify the true harm of the product, and that there was a direct link to lung cancer and other diseases. Advertising E-Cigarettes as a “safer” alternative isn’t really saying much at all, especially considering the fact that traditional cigarettes were the leading cause of preventable death and disease in the United States in 2014. Saying that E-Cigarettes are “safer,” is a very smart marketing ploy, particularly because there is a window of time where there aren’t studies to prove otherwise. However, as time goes forward, research will be the real indicator as to how much “safer” these products really are. Until then, it is important to be cautious until we know the real harmful effects of E-Cigarettes.

Can I go from Traditional Cigarettes to E-Cigarettes?

As mentioned above, we still do not know the full risks involved with smoking E-Cigarettes, which is why this guide will not recommend using that technique to quit. There are other options available to quit outlined in this guide. In addition, there are nicotine replacement options (gums, lozenges, patches) that are outlined in this guide as well. Those options are safer alternatives to receiving nicotine through an E-Cigarette, which may also contain toxic chemicals.

TOBACCO AFFECTS YOUR WELL-BEING

Physical Well-Being

When you smoke or use tobacco products, you can start to see the negative health consequences on your physical health. You've seen the harm that using tobacco products can bring to your body over a period of time, but what other challenges can tobacco use bring?

Changes in Appearance: Skin less youthful looking, teeth and nails appear to be stained in yellow. Wrinkles around the mouth, bags under the eyes. Tooth loss and gum problems. Thinning hair or hair loss, premature greying of hair.

Signs that your body is changing: Coughing more frequently, hacking up phlegm, getting sick more often, loss of muscle mass, difficulty breathing while doing physical activity or exercise.

Mental Well-Being

Tobacco is meant to be addictive to keep you using the product. An addiction can take a mental toll on you. Whether you constantly feel the need to use tobacco, or feel anxiety when you can't, having to think about tobacco constantly isn't healthy!

It can also be difficult to kick the habit without help. 70% of current smokers want to quit, but don't know how or have had trouble in the past. When you fail or struggle to quit, your confidence can go down. Being in a constant battle against addiction can be mentally exhausting.

Social Well-Being

When you smoke or use tobacco products, you may be hindering your own social well-being. New policies prohibiting smoking or tobacco products from universities, workplaces, and other public areas are beginning to become a regular occurrence. Think about the places that you will have to avoid if you want to light up a cigarette. Don't miss out on social events with your friends because you need to smoke!

Also, think about the dangers of second hand smoke. Who else are you putting at risk when you smoke? Smoking can strain relationships between family members, friends, and significant others. Kicking the habit can help you to maintain healthy relationships.

THE GOOD NEWS

While there are many negative consequences of smoking or using tobacco products, deciding to quit using tobacco products can bring benefits within the first 20 minutes of quitting. It's never too late to quit!

20 MINUTES

- Blood pressure and pulse drop to normal
- Body temperature of hands and feet increases to normal

8 HOURS

- Carbon monoxide levels in blood drop to normal
- Oxygen levels in blood increase to normal

24 HOURS

- Chance of heart attack decreases

48 HOURS

- Nerve endings start to re-grow
- Smell and taste abilities are enhanced

2 WEEKS TO 3 MONTHS

- Circulation improves
- Walking becomes easier
- Lung function increases by up to 30%

1 TO 9 MONTHS

- Coughing, fatigue, shortness of breath and sinus congestion decrease
- Cilia re-grow in lungs, increasing the lungs' ability to clean itself, handle mucus and reduce infection

1 YEAR

- Excess risk of coronary heart disease is half that of a smoker

5 YEARS

- Lung cancer death rate decreases by almost half, for average (1 pack a day) former smoker
- Stroke risk reduced to that of a non-smoker
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker

10 YEARS

- Lung cancer death is similar to that of a non-smoker
- Precancerous cells are replaced
- Risk of cancer of mouth, throat, esophagus, bladder, kidney, cervix and pancreas decreases

15 YEARS

- Risk of coronary heart disease is that of a non-smoker



WHAT TO EXPECT WHEN YOU QUIT

When you decide to quit, your motivation is at its highest level. However, it can be a difficult journey because whether you like it or not, your body is addicted to nicotine.

PHYSICAL WITHDRAWAL SYMPTOMS

Your body will crave nicotine and you will feel urges to use tobacco. You could suffer from fatigue and/or have sleeping problems. Other symptoms include difficulty concentrating, nausea, headache, sweating, tingling of the hands or feet, increased appetite, and the possibility of cold symptoms.

It's important to note that these symptoms will peak 48 hours after quitting, and could last for weeks. This is why it is important to remind yourself of the reasons for quitting because these symptoms won't last forever!

PSYCHOLOGICAL WITHDRAWAL

While there are numerous physical symptoms that occur due to nicotine withdrawal, there is also a psychological aspect to quitting smoking. Think about your daily routine and how natural smoking has become in your everyday life. One of the hardest parts of smoking is un-linking smoking from your everyday activities and routines. You can become more irritable once you quit smoking, which is why it is important to let those around you know that you quit smoking. You may also deal with anxiety, feelings of dependency, and possibly even short bouts of depression.

It's important to know that preparing and planning for your quit date will help you to cope with these potential symptoms. You don't have to face these symptoms alone. Focus on the next section, "Building a Plan," to learn more about what you can do to lead yourself to success!



BUILDING A PLAN

SET A QUIT DATE

Pick a date within the next month. If you can, pick a date that you expect to be less stressful, which will help you with your first day challenges. Sometimes, picking a day that is busy helps to keep your mind off using tobacco. Give yourself at least a couple of weeks to prepare yourself for this date.

The date that I **WILL** quit is _____

TELL OTHERS ABOUT YOUR PLAN

In order to hold yourself accountable, tell your friends and family members about your plan. Tell them to check in on how you are doing. Also, let them know that you need their support during this time. If you have a friend or family member who smokes, then ask them not to smoke when you are around, and to support you along your journey.

Identify the people you believe will be there to support you:

CREATE AN ENVIRONMENT FOR SUCCESS

By now you already know that you will be facing many challenges once you quit. The best way to set yourself up for success is by making sure that your environment supports your success, and does not hinder it. Think of where you spend your time. Are you at school, work, home? Everywhere you spend time must now be a supportive environment. Get rid of all of your cigarettes, dip, ash trays, matches, lighters, etc. from your car, home, and workplace. Clean your house, car, and clothes to get rid of the smell of tobacco. Lastly, NEVER keep one pack of cigarettes for “just in case” moments. This will be an easy way for you to give in when you are craving tobacco. Lastly, environment also applies to people! Make sure you aren’t around other’s who smoke. Complete the checklist on the next page to help set yourself up for success.

ENVIRONMENT CHECKLIST

Checklist for the home:

- Throw away all ashtrays, lighters, cigarettes, snuff or chew tins
- Clean your bed sheets and pillow cases to start fresh
- Add in healthy snack bowls filled with sunflower seeds or nuts to chew on in places where you used to smoke or chew in your house
- Add sticky notes to areas in your house with the reasons why you are quitting

Checklist for your car:

- Throw away all ashtrays, lighters, cigarettes, snuff or chew tins
- Take car to a car wash and vaccum the inside. Leave windows down while driving to help air out your car
- Add an air freshener to your car to block old cigarette or tobacco smells
- Add in healthy snacks (that can last) in your car for when you crave nicotine
- Keep nicotine gum, lozenges, etc. in your car

Checklist for your workplace or school environment:

- Throw away all ashtrays, cigarettes, snuff or chew tins.
- Identify areas to take a break during school/work that are smoke free
- Add healthy snacks to your workplace/school bag for when you have urges
- Tell your friends or coworkers who smoke to avoid smoking around you

Checklist for your things:

- Empty out your backpack, purse, bags to remove all tobacco products
- Wash your clothes, blankets, etc. to rid yourself of the smell of tobacco products

WHAT'S YOUR USAGE?

Day	Time	Where I am	Amount Smoked/Used
EXAMPLE	Morning	Waiting for bus	2 cigarettes
	Evening	At home	1 dip
MONDAY			
TUESDAY			
WEDNESDAY			
THURSDAY			
FRIDAY			
SATURDAY			
SUNDAY			

KEEP TRACK OF A FULL 7 DAYS OF USAGE TO DETERMINE YOUR TYPICAL WEEK OF TOBACCO HABITS.

WHAT'S YOUR USAGE?

Circle or Fill in the answer for the following questions:

How long have you used tobacco products?

_____Year(s) _____Month(s)

What kind of tobacco products do you typically use?

- A. Cigarettes
- B. Smokeless Tobacco (snuff or chew)
- C. Other (please describe):

How many cigarettes do you usually smoke per day?

(1 pack = 20 cigarettes) _____ cigarettes

How much smokeless tobacco do you use per day? _____ dips

How many times have you tried to quit tobacco products?

What is the longest time you have gone without using tobacco?

_____ Year(s) _____ Month(s) _____ Day(s) _____ Hour(s)
OR A. I've never tried to quit

BUILDING A PLAN

IDENTIFY YOUR TRIGGERS

On the previous pages, you are able to track your overall tobacco usage and your usage for 7 days. This will help you to identify when you are smoking and if there is a pattern. This will also help you to prepare for urges that will take place once you quit. The goal of this planning section is to replace every trigger with healthy behavior that will benefit you. Complete the “What’s Your Usage” section to understand your tobacco habits.

USING SUBSTITUTIONS

Did you know that urges or cravings to smoke will only last a few minutes? Therefore, if you can use substitutions to replace your triggers, then you can beat the urge to smoke! After filling out the “What’s Your Usage” section, you should be better able to predict when you might have urges. The following are examples of replacements for triggers:

Urges while in the car:

Empty and remove your ashtray and replace it with a bowl or cup filled with a healthy snack. Add an air freshener to keep your car from smelling like your previous tobacco products.

Urges when you wake up:

Immediately take a shower or immediately make breakfast. Brush your teeth right after eating to keep yourself from smoking.

Urges during work breaks:

Hang out or go to lunch at non-smoking areas. Take a walk during your break instead of smoking or dipping. Always have snacks to munch on when you feel an urge at work.

Urges while bored:

Take a walk or workout to keep your mind off of tobacco. Take up a new hobby to keep yourself occupied (reading, video games, crossword puzzle, etc.).

Urges when stressed:

Talk to one of your friends or family members who knows that you quit. Write the reasons you want to quit on sticky notes, and place them where you typically smoke. Try yoga and deep breathing exercises to calm your mind during urges. Think about the money you are saving by not buying tobacco products.

REFLECT ON THE REASONS FOR QUITTING

The worksheet on the next page will help you to identify some of the reasons to give up tobacco. These reasons will also help you to stay motivated and committed to quitting.

WHY ARE YOU QUITTING?

CIRCLE ALL THAT APPLY

*I'm worried about my appearance
(teeth, nails, skin)*

*I spend too much money on
tobacco products*

*I'm afraid that the second hand
smoke may be hurting the people I
love*

*My doctor told me that I should
quit*

*I'm setting a bad example for my
loved ones*

*I'm worried about the long-term
consequences to my health*

*I feel embarrassed when I
have to leave a place to go
outside and smoke*

I'm coughing frequently

*My clothes, breath, hair, car,
house smell bad*

*I've seen people around me
quit*

*I don't like feeling controlled
by tobacco products*

*I have other health problems,
and they may get better if I
quit*

List ANY other reasons that are motivating you to quit:

List your TOP 2 REASONS for quitting?

*Visualize yourself as a non-smoker/non-tobacco user: How will your life be
different once you quit?*

MEDICATIONS AND RESOURCES

ASKING YOUR DOCTOR ABOUT CESSATION MEDICATION

When you decide to quit using tobacco products you don't always have to do it alone. As mentioned previously, your body is addicted to nicotine. This means that you will at some level experience nicotine withdrawal symptoms. The good news is that there are numerous products out on the market to help you with the quitting process. Here are a few options that you can discuss with your doctor:

Over The Counter Products

Nicotine Patches	The patch is placed on the skin and gives users a small and steady amount of nicotine.
Nicotine Gum	The gum is chewed to release nicotine. The user chews the gum until it produces a tingling feeling, and then places it between their cheek and gums.
Nicotine Lozenges	They look like hard candy and are placed in the mouth. The lozenge releases nicotine as it slowly dissolves in the mouth.

Prescription Products

Varenicline (Chantix)	Helps to reduce withdrawal symptoms and the urge to smoke. It also blocks the effects of nicotine from cigarettes if the user starts smoking again. Monitor side effects closely with doctor.
Bupropion (Zyban)	Helps to reduce withdrawal symptoms and the urge to smoke.
Nicotine Inhaler	A cartridge attached to a mouthpiece. Inhaling through the mouthpiece gives the user a specific amount of nicotine.
Nicotine Nasal Spray	A nasal spray pump bottle containing nicotine, which is put into the nose and sprayed.

USING TECHNOLOGY TO HELP YOU STAY ON TRACK



APP - LIVESTRONG MyQuit Coach - Dare to Quit Smoking

Helps to prepare you for your quit date and it helps you to stay on track. Add reminders to your phone to hold yourself accountable.

RESOURCES

VISIT THE HEALTH CENTER TO ASK ABOUT CESSATION MEDICATION

*Visit the health center to talk to a doctor or nurse practitioner about your options for tobacco cessation medication. Give yourself the best chance at quitting.
512-863-1252*

TALK TO A COUNSELOR ABOUT YOUR ADDICTION

*Southwestern University has an excellent counseling center that offers counseling sessions to students enrolled at the university. There are counselors who are very knowledgeable about addiction and can help you through the process.
512-863-1252*

CREATE A TOBACCO QUIT GROUP ON CAMPUS

Develop your own support group on campus. Find people who are motivated to quit using tobacco products. Have discussions about what has worked for each person, talk about the struggles of quitting, and hold each other accountable when quitting gets tough.

MEET WITH A HEALTH EDUCATOR

*If you want to meet with someone to help you identify your triggers, build goals, and keep you accountable, visit a Health Educator in the Counseling and Health Center.
Email Health Educator, Kelli Becerra, M.Ed., CHES at becerrak@southwestern.edu
or call 512-863-1396*



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