



How Can I Get Support and Encouragement?

Tell your family and friends what kind of help you need. Their support will make it easier for you to stop smoking. Also, ask your family doctor to help you develop a plan for stopping smoking. He or she can give you information on telephone hotlines or self-help materials that can be very helpful.

You may also want to attend a tobacco cessation class or support group. For more information on these free class times and dates visit wellness.inhs.org. Other supportive websites include: becomeanex.org and smokefree.gov, see the end of this newsletter for even more resources to help you quit.

Give yourself rewards for stopping smoking. For example, with the money you save by not smoking, buy yourself something special.



The Truth about Electronic Cigarettes (e-cigs)



Electronic cigarettes, also known as e-cigarettes, are battery-operated products designed to deliver nicotine, flavor and other chemicals. They turn chemicals, including highly addictive nicotine, into an aerosol that is inhaled by the user.

Most e-cigarettes are manufactured to look like conventional cigarettes, cigars, or pipes. Some resemble everyday items such as pens and USB memory sticks.

E-cigarettes have not been fully studied, so consumers currently don't know:

- The potential risks of e-cigarettes when used as intended
- How much nicotine or other potentially harmful chemicals are being inhaled during use
- Whether there are any benefits associated with using these products

Additionally, it is not known whether e-cigarettes may lead young people to try other tobacco products, including conventional cigarettes, which are known to cause disease and lead to premature death.

What Happens AFTER You Quit?

20 minutes

- Your blood pressure drops to a normal rate for you.
- The temperature of your hands and feet increases to normal.

8 hours

- The carbon monoxide level in your blood drops to normal.
- The oxygen level in your blood goes up to normal.

24 hours

- Your chance of a heart attack goes down.

48 hours

- Nerve endings start to re-grow.
- Ability to smell and taste begins to improve.

2 weeks to 3 months

- Your circulation improves.
- Walking gets easier.
- Your lungs perform up to 30 percent better.

1 to 9 months

- There's less coughing, sinus congestion, tiredness, and shortness of breath.
- Cilia (tiny hairs) re-grow in your lungs to better handle mucous, clean your lungs and reduce infection.

1 year

- Your risk of coronary heart disease is half that of a smoker's.

5 to 15 years

- Your stroke risk goes down to that of a non-smoker.

10 years

- The lung cancer death rate is about half that of a person who still smokes.
- Your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas goes down.

15 years

- Your risk of coronary heart disease is that of a non-smoker's.

5 Steps for Success!

Studies show that people who follow these 5 steps have the best chance for success.

- 1** Get ready for change by learning new skills and behaviors
- 2** Set a quit date
- 3** Seek support from others
- 4** Use appropriate medication correctly
- 5** Be prepared for tough situations



Remember there is no “right” way to quit smoking. There are techniques that can help one person that will not help another. The important thing is to try new ideas along with ideas that have helped you before. The best way to quit is the method that is right for you.

INHS offers Free Tobacco Cessation classes that go through the steps of changing behavior along with listing numerous different ways to help yourself quit tobacco. Call today for a list of free classes. 509-232-8138.

How Does Smoking Cause Wrinkles?

QUESTION:

Can you explain the effects of smoking on the skin?

ANSWER:

Most wrinkles are due to age-related changes in the skin. Heredity plays a major role in the degree of skin aging and wrinkling. But environmental factors, such as sun exposure and exposure to cigarette smoke can accelerate this aging process.

Smoking reduces blood flow to the skin and decreases the amount of vitamins in the skin, such as vitamin A. These factors increase damage to elastic fibers and collagen in the skin from sun exposure. It's also possible that repeated exposure to the heat from a burning cigarette may also damage facial skin over time.

These skin changes can be seen in young adults with only a 10-year smoking history.



Reward Yourself!

Here are some ideas for rewarding yourself by using the money you're saving by not smoking.

- * Go see a movie.
- * Buy an issue of your favorite magazine.
- * Get a new article of clothing.
- * Go out to eat.
- * Buy a new song on your smart phone or iPod.
- * Buy a gift for your kids.
- * Get a manicure or pedicure.
- * Get a massage.
- * Professionally detail your car.
- * Treat yourself to a new book.
- * Buy something relaxing (candles, lotion, bubble bath, aromatherapy).



Dealing with Difficult Situations

Boredom

Boredom is a state of mind. Smoking won't change that, but doing something might!

Complacency

Many smokers report a danger time at about five or six weeks. Withdrawal symptoms are behind you, you're feeling physically better, mentally more alert and you may have forgotten just how bad you felt when you were still smoking. Beware! Complacency is dangerous. Remind yourself that there is no such thing as "just one cigarette." There never was before and there won't be this time either. Keep positive and stay focused.

Other Smokers

Remind yourself that smokers are drug addicts who wish they didn't have to smoke (just like you used to). They are not enjoying smoking; they're simply feeding an addiction. Ask your friends not to offer you a cigarette and remember how much good you are doing yourself by not joining them.

Bars and Pubs

If at all possible, it may be better to try and avoid alcohol for the first two or three weeks. Try and break the connection between drinking and smoking. When you have a drink again, make it at home away from smokers and wait until you feel

secure enough as a non-smoker before going back to the pub. Try changing your usual drink – it sounds funny, but it really can help!

Routines

Certain routines are likely to be automatically linked with smoking. Many people see smoking as their treat or reward and this association can be hard to break.

Break obvious routines. If you always smoked with a cup of coffee in the morning, try herbal tea or even hot water with lemon instead (water and cigarette smoke don't taste good together). Or use this time to do something completely different – take the dog for a walk, meditate or go for a swim.

Remind yourself that the pleasure you associated with smoking was an illusion. It only seemed good because you were relieving your withdrawal symptoms. This is the basis of all drug addiction.

Stress

Many people believe that smoking relieves stress. The reality is that smokers' lives tend to be more stressed than non-smokers. Think of a smoker and a non-smoker caught in a long meeting. Who is more likely to be distracted, fidgety and longing to get out of the meeting room? Whose stress level is likely to be

higher? When you stop smoking, you are removing an enormous cause of stress from your life. If you do feel stressed, how about trying some relaxation exercises, burning aromatherapy oils, having a hot bath or burning off some frustration at the gym?

Tiredness

Excessive tiredness is normal in the early days of stopping smoking. Exercise is nature's antidote to lethargy and tiredness, and now that you are more physically fit, you'll be surprised at how much easier and more enjoyable exercise is. Do what works best for you - a regular walk in the park is just as good as an irregular workout in the gym - and your energy levels will soon rise. Stay motivated!



What Type of Nicotine Replacement is for You?

The Food and Drug Administration has approved seven first-line medications to help smokers quit:

Five are nicotine replacement therapies that relieve withdrawal symptoms. They include nicotine gum, patch, nasal spray, inhaler and lozenge.

The sixth and seventh medication, Bupropion SR (sustained release) and Varenicline, are non-nicotine medications that are thought to reduce the urge to smoke by affecting the same chemical messengers in the brain that are affected by nicotine.

Prescription and Over-the-Counter Tobacco Cessation Medications

| Type | Form | Common Brand Name | Availability |
|---------------------|-------------|---|------------------------|
| Nicotine | Gum | Nicorette® | Over-the-counter (OTC) |
| Replacement Therapy | Patch | Nicoderm®, Habitrol®, Prostep®, Nicotrol® | OTC and prescription |
| | Inhaler | Nicotrol® | Prescription |
| | Nasal Spray | Nicotrol® | Prescription |
| | Lozenge | Commit® | OTC |
| Bupropion SR | Pill | Zyban®, Wellbutrin® | Prescription |
| Varenicline | Pill | Chantix® | Prescription |

How to Overcome Negative Thinking

Rationalization: It's too hard to quit. I don't have the willpower.

Response: Quitting and staying away from cigarettes is hard, but it's not impossible. More than three million Americans quit every year. It's important for you to remember that many people have had to try more than once, and try more than one method, before they became ex-smokers. But they have done it, and so can you.

Rationalization: I'm worried about gaining weight.

Response: Most smokers who gain more than 5 - 10 pounds are eating more. Gaining weight isn't inevitable. There are many things you can do to help keep your weight stable. Weight gain is nothing more than consuming more calories than you use. By learning ways to monitor caloric intake and expenditure, you can prevent weight gain and further improve your health.

Rationalization: I don't know what to do with my hands.

Response: That's a common complaint among ex-smokers. You can keep your hands busy in other ways - it's just a matter of getting used to not holding a cigarette. Try holding something else, such as a pencil, paper clip or a marble. Practice simply keeping your hands clasped together. If you're at home, think of all the things you wish you had time to do, make a list, and consult the list for alternatives to smoking whenever your hands feel restless.

Rationalization: Sometimes I have an almost irresistible urge to have a cigarette.

Response: This is a common feeling, especially within the first 1-3 weeks. The longer you're off cigarettes, the more your urges probably will come at times when you smoked before, such as when

you're drinking coffee or alcohol or are at a cocktail party where other people are smoking. These are high-risk situations, and you can help yourself by avoiding them whenever possible. If you can't avoid them, you can try to visualize in advance how you'll handle the desire for a cigarette if it arises in those situations.

Rationalization: I blew it. I smoked a cigarette.

Response: Smoking one or a few cigarettes doesn't mean you've "blown it." It does mean that you have to strengthen your determination to quit and try again--harder. Don't forget that you got through several days, perhaps even weeks or months, without a cigarette. This shows that you don't need cigarettes and that you can be a successful quitter.

Additional Resources to Help You Quit:

Centers for Disease Control and Prevention –

Tobacco Information and Prevention Source
www.cdc.gov/tobacco

Smokefree.gov –

A free resource including quit coaches and quit plans
www.smokefree.gov

The American Lung Association –

Tools, tips and support to quit
<http://www.quitterinyou.org/>

Smoke Free Teens –

Helping teens and young adults quit with free resources and apps
<http://teen.smokefree.gov/>

Inland Northwest Health Services
Community Wellness
501 N. Riverpoint Blvd. Suite 245
Spokane, WA 99202
509-232-8138



INHS
COMMUNITY WELLNESS



Visit wellness.inhs.org for more information and free tobacco cessation class information.



Community Wellness is a service of Inland Northwest Health Services (INHS). INHS is a non-profit corporation in Spokane, Washington providing collaboration in health care services on behalf of the community and its member organization Providence Health Care.

