



LA CROSSE AREA HEALTH INITIATIVE

Tobacco-Free Coalition

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04/04

PREPARE TO QUIT

- Be positive. Once you plan to quit, avoid negative thoughts about how difficult it might be.
- List benefits. Have a written reminder of how quitting will benefit you and others. (Your health, the money you will save, fresher breath, whiter teeth, approval from your family/ friends, etc.)
- Seek support. Quitting is easier with help from friends or family. Join a "quit smoking" group for further support.
- Know what to expect. Understand that withdrawal symptoms are temporary, lasting 1-2 weeks.



- Track triggers. When and why do you smoke/chew? You need to know what triggers your urge to use tobacco. Also know the barriers that have stopped you from quitting in the past, such as weight gain, withdrawal symptoms, etc. Identify as many triggers and barriers as you can, so you can develop a way to overcome them.
- Set a date. Pick an "easy" day to quit; not a holiday, the day of a party or a stress filled time.
- Make a "Survival Kit." Instead of smoking/chewing, you can get oral satisfaction from low-calorie snacks, sugar free gum, cinnamon sticks, or toothpicks. You can keep your fingers busy with a pencil or coffee stirrer.
- Take care of yourself. Start to exercise, drink more fluids, and get plenty of rest. Decide what reward you want and buy it with money you would have spent on tobacco. Reward yourself often for making this difficult life change.

METHODS OF QUITTING

Cold Turkey:

Going cold turkey is the most successful way to quit and means stopping completely in one day. Withdrawal may be intense because of the rapid drop in nicotine levels, but it will go away quickly.

Taper Off:

Tapering off can be done several different ways. Withdrawal lasts longer but is less intense because of gradual reduction in nicotine.

- -Switch to a brand that is distasteful to you.
- -Change to a brand that is lower in nicotine.

Smoke/chew the same amount or less, and inhale less deeply.

- -Smoke only half of each cigarette/chew half a pinch.
- -Limit use to the odd or even hours of the day.

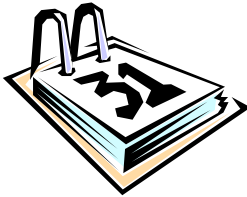
Remember: Cutting down can help you quit, but it's not a substitute for quitting. After cutting down tobacco use, set your quit date and stick to it.

Nicotine Replacement:

Ask your health care provider about nicotine replacement therapy available in patches, gum, nasal spray or as an inhaler. Medications are available that can help make quitting easier. Please see page 8 for more information on treatments.



QUIT DAY



Throw away all your tobacco products. Hide your matches, lighters, ashtrays/ spit bucket.

Keep busy on the big day. Do something special to celebrate. Dine out in a smoke-free restaurant!

AVOID TEMPTATION

Recently Quit:

If you need to hold something in your hand or mouth, find a substitute in your survival kit.

Get some exercise, take long walks, go bike riding to occupy hands and mind from missing the tobacco habit.

If you smoke/chew while driving, take public transportation for awhile if you can.

Spend time in smoke-free places: libraries, museums, theaters, department stores, and churches.

- -Avoid smoking establishments, such as taverns.



- -Avoid situations you strongly associate with smoking, such as watching your favorite television show, sitting in your favorite chair, or lingering at the table after a meal.
- -Avoid alcohol, coffee, and other beverages that you associate with cigarette smoking.



Staying Quit:

Situations can trigger smokers to light up, chewers to take a dip. By knowing what triggers you, you'll be able to handle them successfully. Here are some examples of typical triggers and methods to overcome them.

- The first cigarette/chew of the day. Change your morning routine: jump in the shower first, go outdoors for fresh air, etc. Say to yourself, "I'm choosing not to smoke/chew."

- Drinking coffee. Have coffee in a different location, or eat a healthy snack instead.



- After meals. Get up from the table, do the dishes, brush your teeth, go for a walk, get involved in a hobby.

- Watching TV. Sit in a different chair. Have a glass of ice water nearby. Do simple exercises during commercials.

- Talking on the phone. Play with a paper clip or doodle with a pen or pencil. File or clip your nails.



- Social gatherings. Use a toothpick, straw, or pencil to keep your fingers busy and/or put in your mouth. Mentally practice how you'll handle stressful moments before you attend.

- Stuck in traffic. Have an emergency stash of gum, hard candies, etc. in the glove box. Use relaxing music.



- When you're bored. Get busy with a fun project. Make a list of things you can do when you're bored. Take deep breaths and go over your reasons for quitting.

- After intimate times. Remind yourself how good it is to be a non-smoker. Have a glass of water or soda nearby. Concentrate on relaxing and cuddle with your partner.

The "4 D's" to Deal with Urge

1. Delay - Put off smoking or chewing for two minutes, the urge will pass. This might sound unbelievable, but it is true.
2. Deep Breathe - Enjoy some relaxing breaths; inhale for the count of three, hold your breath for the count of three, and slowly exhale for the count of three.
3. Drink Water - Your body needs fresh water. It is calorie-free, helps flush out the nicotine, and will help you feel better.
4. Do Something Different - Change your routine, do something fun, take a break. There's always something better to do than use tobacco.



COPING WITH NICOTINE WITHDRAWAL

Withdrawal symptoms are unavoidable but temporary. Below are symptoms of withdrawal and ways to cope.

Dry mouth

Sip ice water

Sore throat/ gums/tongue

Chew gum

Headaches

Take a warm shower or bath

Tension

Go for a walk

Irritability



Relaxation or meditation techniques

Trouble sleeping

Don't drink beverages with caffeine after 6:00 p.m. Try relaxation or meditation techniques. Catch up on your reading.



Irregularity

Add roughage to your diet: raw fruit, vegetables, and whole grain cereals. Drink 6-8 glasses of water a day.

Fatigue

Take a nap. Get more exercise and a good night's sleep.

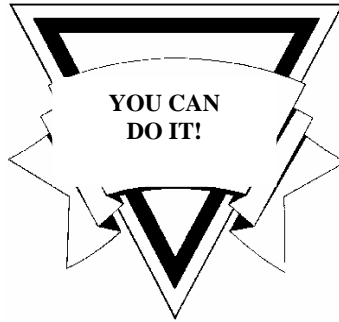
Hunger

Drink water/ low-calorie beverages, eat low-fat, low-calorie snacks. Chew sugarless gum.

Coughing

Sip warm herbal tea. Suck on cough drops or sugarless hard candy

If these symptoms are still getting the best of you, perhaps it is time to see your doctor about nicotine replacement products.



Tobacco Dependency Treatment Aids

Nicotine is the highly addictive drug found in tobacco. It can be very difficult to give up “cold turkey”. The following treatment options are available to help you become tobacco-free, whether you smoke cigarettes or cigars or use smokeless tobacco. Research has found that these treatment aids are more successful when combined with support from your healthcare provider, a cessation program or support group.

Over- the-Counter Nicotine Replacement Therapy (NRT) Products

These products are usually used in a step-down approach to ease withdrawal symptoms while removing tobacco products as a means of receiving nicotine. Nicotine is not the substance that causes cancer, heart disease, emphysema or other tobacco related illnesses. The 4,000 chemicals you receive from smoking tobacco or using smoke-less tobacco cause these health problems. NRT is an effective approach in becoming free of tobacco dependency.

1. Nicorette gum: This gum contains nicotine. The gum is chewed until a ‘peppery’ taste is detected, then parked between cheek and gum. You must not smoke while using the gum.
2. Nicotine patches: Patches come in different dosages/mg. of nicotine. You must not smoke while using nicotine patches. Smoking and wearing patches may cause serious health effects to your heart.

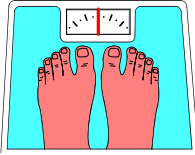
Prescription Products

These products are by prescription only. Your healthcare provider will prescribe the correct dosage and provide direction on use or combining with NRT.

1. Nicotine nasal spray: The spray delivers nicotine directly to the bloodstream through the nasal membranes.

2. Nicotine inhaler: Nicotine vapor is inhaled through the mouth.
3. Zyban: An anti-depressant (nicotine-free) pill which decreases the urge to smoke and reduces withdrawal symptoms.

WEIGHT GAIN



Many people who consider quitting are very concerned about gaining weight. Nicotine depresses the appetite, and chemically stresses the body, increasing metabolism.

In spite of this, at least 60% of people who quit smoking do not gain weight. With exercise and eating sensibly, the number is even higher. About 30% of ex-smokers gain an average of 5 lbs. temporarily.

You can prepare for this challenge by increasing fluids, especially water, eating low-calorie snacks such as fresh vegetables or fruits, chewing gum, and by increasing your physical activity. Both drinking water and exercising decrease the craving for nicotine.



COMMUNITY RESOURCES

Not everyone is able to quit tobacco on their own. If you need additional support, the following resources are available within the La Crosse area.

Gundersen Lutheran Medical Center
(608) 791-5442 / 800-362-9567 ext. 5442

Journey to Freedom Cessation Clinic – This comprehensive program combines two phases over a 24-week period. The first 12-week phase consists of utilizing Nicotine Replacement Therapy (NRT) and/or prescription medications along with extensive behavior modification education. The second 12-week phase consists of relapse prevention activities and support. The registration fee is \$99 per participant. A \$40 refund will be given attendance requirements are met. Costs do not include medications. Offered 3 times annually, January, April and September, noon and evening opportunities.

Journey to Freedom Support Group – Ongoing support for those thinking about quitting or who have already quit and need help staying quit. Offered Wednesday's noon and again at 5:30 pm – no charge. Located at the John and Nettie Mooney Health Resource Center.

Worksite programs are also available.

Franciscan Skemp Healthcare/Mayo Health System
(608)-785-0940

One-On-One Consultation/Assessment - Arranged through a primary care provider an appointment with a smoking cessation specialist. A stop plan is developed and nicotine replacement options are discussed. Phone follow-up continues for one year following appointment or as requested by patient. Appointments can be made by calling 785-0940, ext. 6393.

Smoking Cessation Research Programs – Located at Mayo Clinic, 791-4197

Self-help Materials are available upon request from providers or Nursing/Patient Education Department, 608/785-0940 ext. 2193.

WI Quit Line 1-877-270-STOP (7867)

Staffed by trained cessation specialists this service is available Mondays through

Saturdays. Referral to local programs is available as well as long term follow-up.

Innerchange Counseling (608) 783-2186

Hypnosis for Smoking Cessation- Requires telephone interview to determine appropriateness to individual. Three to five sessions in which person will learn self-hypnosis skills to use as needed. Tom Roberts CMFT, NBCDCH.

American Heart Association 1-800-AHA-USA1

Self-help materials available upon request.

American Lung Association 1-800-586-4872

Self-help materials available upon request as well as a free on-line program titled Freedom From Smoking Online. The web address is www.lungusa.org/ffs

American Cancer Society (608) 783-5000

Self-help materials available upon request.

La Crosse County Health Department (608) 785-9872

Self-help materials as well as library of videos, books, pamphlets and posters are available at no charge. Self-help cessation materials are available for smokers and spit tobacco users.

SMOKING CESSATION WEBSITES



- www.lungusa.org – Full of information concerning tobacco, asthma, air quality and many other issues affecting our lungs.
- www.lungusa.org/ffs - Direct link to the free on-line cessation program Freedom from Smoking provided by the American Lung Association

- www.committedquitters.com – *Is a wonderful resource center for smokers who are ready to quit.*
- www.smokefreekids.com – *Contains information about smoke free kids, smoke free workplaces, tips on how to quit smoking, and software available to help quit smoking.*
- www.quitsmoking.about.com – *A website with quit smoking methods and resources for people who are considering quitting.*
- www.cdc.gov/tobacco/how2quit.htm - *Offers guides on how to quit tobacco.*
- www.ctri.wisc.edu/ - *Click on cessation services to see resources and get advice on how to quit.*
- www.smokefree.gov – *Information and professional assistance to help people become non-smokers.*