

Why do you use tobacco?

People use tobacco for many different reasons. Understanding why you use may help you quit.

If you use tobacco for energy....

- Get enough rest.
- Exercise regularly.
- Take a brisk walk.
- Drink lots of cold water.
- Avoid getting bored.

If you like handling cigarettes...

- Doodle.
- Play with a coin, ring, etc.
- Take up a hobby to keep your hands busy.

If you use tobacco for pleasure...

- Enjoy the pleasures of being tobacco free.
- Savor the taste of food.
- Spend cigarette money on other pleasures.

If you use tobacco to relax...

- Use relaxation techniques such as deep breathing and imagery.
- Avoid stressful situations when practical.
- Get enough rest.
- Have a massage.

If you crave nicotine ...

- Join a tobacco cessation group.
- Avoid favorite smoking areas.
- Think of you and your pet as tobacco free and healthy!

Adapted from National Institutes of Health's *Why do you smoke?*

When you quit tobacco products the body begins a series of changes:

20 minutes after quitting

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

8 hours after quitting:

- Carbon monoxide level in blood decreases
- Oxygen level in blood increases

24 hours after quitting:

- Chance of a heart attack decreases

48 hours after quitting:

- Nerve endings start regrowing
- Ability to smell and taste enhanced

The first year after quitting:

At 2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases

1 to 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases

1 year:

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

Long-term benefits of quitting:

At 5 years:

- From 5 to 15 years, stroke risk is reduced to that of people who have never used tobacco

Targeting Tobacco

You and your pet can be tobacco free!



Public Health Command

U.S. Army Center for Health Promotion and Preventive Medicine
Directorate of Health Promotion and Wellness

Madigan Healthcare System

Department of Preventive Medicine
Tobacco Cessation Program Coordinator
(253) 968-4387

ATTENTION SMOKERS! In addition to the ill health effects of smoking tobacco products, a June 2006 report released by the US Surgeon General states that "there is NO risk-free level of exposure to second hand smoke."

Pets and Second Hand Smoke (SHS) or Environmental Tobacco Smoke (ETS)

SHS is a mixture of the smoke given off by the burning end of a cigarette, cigar, or pipe and the smoke exhaled by a smoker. We know that each year SHS kills 53,000 people in the US. But did you know that SHS can harm or kill your pets? Did you know that measurable levels of carcinogens can be found in your pet's fur and urine for months after SHS exposure.

Tufts School of Veterinary Medicine reports an increased risk of mouth and throat cancer in cats living with smokers. Cats groom themselves and can lick up carcinogens that have been deposited in their fur. Daily grooming can expose the delicate skin in the mouth to hazardous amounts of carcinogens. University of Massachusetts in Amherst reports an elevated risk of cancer of the lymph nodes. Since lymph nodes filter the blood, inhaled or ingested carcinogens can build up in these structures.

Colorado State University reports that dogs with long noses (collies, etc) have a greater surface area on which carcinogens may be deposited before reaching the lungs and have a 60% increased risk of nasal cancers. Short nosed dogs (pugs, etc) have a greater incidence of lung cancer because their shorter nasal passages are less effective at filtering carcinogens out of inhaled air before reaching the lungs.

Birds have especially sensitive respiratory systems and are especially susceptible to smoke of any kind. SHS can cause lung irritations that can result in pneumonia or lung cancer. SHS can leave birds susceptible to heart disease, infertility and eye problems. A bird coming into contact with smoke residue on objects, such as its perch or its owner's clothes, has an increased risk of contact dermatitis.

Pets can also experience allergic reactions to SHS to include scratching, biting and chewing their skin. They may not have fleas or be allergic to food, they may be miserable due to your smoking!!

Tips for quitting

Prepare yourself mentally – Think of the positive aspects of quitting, such as improved health, better smelling breath, and more money in your pocket. Remember – a positive attitude is the key to success. Quitting requires effort but is not impossible. You can join the millions who have quit.

Learn from past attempts – Do not be discouraged if this is not the first time you have tried to quit. Sometimes it takes 2 or 3 times to finally quit. Keeping a “tobacco use” log for several days can help identify triggers that increase your desire to use and help you plan ways to beat the urge. Your chances for success increase with every attempt.

Set a target date for quitting – Make a promise to that date and tell others. Do not let anything change it. Celebrate your quit day as the start of your tobacco-free life.

Know what to expect – Prepare yourself for the tobacco urge to hit and have a plan to handle it. Stock up on hard candies, gum, mouthwash, and mints. Be sure to drink plenty of fluids, especially water, to wash the nicotine out of your body. Remember withdrawal symptoms are temporary and are signs that the body is starting a healing process.

Involve someone else – Ask a friend or spouse to quit with you or to support you in your effort. Consider joining a support group or attending a tobacco cessation program.

Recognize and avoid tempting situations—Don't be caught unaware! Find new habits that make using tobacco difficult. Brush your teeth after each meal instead of using tobacco. Take a walk but avoid smoking areas. Use the four D's to fight a craving: **Delay, Deep breathing, Drink water, Do something**. Remember, these feelings will only last a short while and will be less frequent as time goes on. Hang in there!

Avoid the weight gain trap—Weight gain is a major concern for many individuals who quit using tobacco. However, studies show the average weight gain for those who quit is only five to ten pounds and weight gain can be prevented with a sensible diet and proper exercise.



If you have indoor pets, please go outside to smoke. Hang a smoking jacket and hat by the door to wear when you're outside smoking and to remove when you come inside.

American Lung Association: 1-877-695-7848

ON-LINE RESOURCES:

www.ucanquit2.org

www.becomeanex.org

MAMC Tobacco Cessation Clinics:

Okubo Family Medicine Clinic patients call 966-7547

Family Medicine patients call 968-2637/6512 or 1-800-404-4506

Winder Family Medicine Clinic patients can sign-up inside at the “Specialty Clinic”

All other patients call TRICARE at 1-800-404-4506

Unit/FRG training available by calling 968-4387

For more information, please contact:

**MADIGAN HEALTHCARE SYSTEM
Dept of Preventive Medicine
Tobacco Cessation Program Coordinator
(253) 968-4387**

