

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 baby 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 During Pregnancy

You can be tobacco free!



USACHPPM

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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."

Pregnancy and Smoking

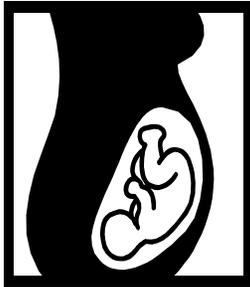
In addition to cancer, cardiovascular disease and lung disorders, smoking can cause many complications in pregnancy. Remember, a pregnant woman who smokes not only endangers herself but also her unborn child.

Some facts to consider before you have that next cigarette:

- smoking is associated with higher miscarriage rates
- the various by-products and additives in cigarettes can reduce the amount of oxygen available and inhibit the supply of nutrients to the fetus.
- nicotine slows fetal breathing and causes the arteries in the placenta and cord to contract, which in turn reduces the flow of oxygen; fetal heartbeat quickens to try to increase the oxygen supply

Possible complications:

- ectopic pregnancy
- miscarriage
- low birth weight
- vaginal bleeding
- preterm birth
- perinatal death (those that occur just before, during, or right after birth).
- placenta previa or abruption placentae



Possible birth defects:

- Cleft palate
- Cardiovascular or urogenital abnormalities

Complications in infants:

- Increased risk of Sudden Infant Death (SIDS)
- Increased risk of severe respiratory disorders

In general, babies of smokers are not as healthy as babies of non-smokers



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.

NICOTINE REPLACEMENT PRODUCTS SUCH AS PATCHES OR GUM ARE NOT RECOMMENDED FOR WOMEN WHO ARE PREGNANT OR BREASTFEEDING. SPEAK TO YOUR PROVIDER BEFORE PURCHASING/USING THESE PRODUCTS.

Other treatment options – There are non-nicotine products that also help curb the craving for tobacco. Bupropion (*Zyban*) is a medication approved as a stop-smoking aid available by prescription only.

READY TO QUIT?

Washington State Quitline (FREE)

1-800-QUIT NOW

Become an ex smoker:

www.becomeanex.org

Leaving FT Lewis? Call the national Quitline for cessation programs in your area:

1-800- QUIT- NOW

www.naquitline.org/map_us.php



For more information, please contact:

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