

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.
- Take a long hot bath. Have a massage.
- Lie in a hammock.

If you crave nicotine ...

- Try nicotine replacement therapy.
- Join a tobacco cessation group.
- Avoid favorite smoking areas.
- Think of yourself 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 to regenerate
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 can be tobacco free!



MADIGAN HEALTHCARE SYSTEM
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[Images courtesy of Florida State University, College of Medicine and Commonwealth Dept. of Health and Family Services, Australia](#)

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."

In addition to the diseases normally attributed to tobacco use, such as, heart disease, emphysema, lung and oral cancer, did you know your tobacco addiction can also cause:

Neck Cancer. Use of tobacco products produces changes in all of the cells exposed.



When not actively smoking or chewing, the toxic residue in the mouth gets mixed with food or fluid, swallowed, and enters the digestive tract. This can cause heartburn, ulcers, urinary tract infections, cancers of the head, neck, esophagus, larynx, bladder, kidney, colon, etc

Gastric Ulcer. Nicotine increases the risk of ulcer by causing the stomach to increase acid production and decrease the protective mucosal blood flow, resulting in and delaying the healing of gastric and duodenal ulcers.



High cholesterol. Tobacco use can increase total cholesterol and triglycerides, but significantly decrease the “good” or HDL cholesterol. This,



together with the toxic effects of tobacco products, leads to damage of the blood vessels in the heart and legs. Tobacco

users who have a heart attack are more likely to die and die suddenly (within an hour) than are non-tobacco users.



Compression fracture of the vertebral column.

Tobacco users are four times more likely to require surgery to fuse the spine. Tobacco use leads to bone weakening and a decrease in production of new, healthy bone cells.

Tobacco use slows wound healing and increases the risk of infection and scarring.

Nicotine constricts blood vessels. That means it reduces the amount of blood which flows through the small arterioles and capillaries throughout the body. The healing of any wound is dependent on receiving an adequate supply of nutrients and oxygen to repair the damage.



WANT TO QUIT?

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 instead of a coffee break, 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.

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:

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