# My Most Recent Quit Attempt

What worked?
What kept you from smoking during that time?
How long did you go without smoking?
Did you feel any improvements?
What felt good about quitting? (check all that apply)    I felt healthier   Isavedmoney   Cigarettes didn't control me   Ididn't smell like smoke   I set a good example   I was proud of myself   Other people were proud of me   Ihelped those around me be healthier   Other good things:
If you had a slip/lapse (or if you smoked during your quit attempt)what situation, emotion, or excuse led you to smoke again?
Where was I?
What was I doing?
Who was I with?
How was I feeling?
If you came across this same situation again, how could you deal with it without smoking?

(from Kicking Butts, American Cancer Society)



# The Stages of Change

The Stages of Change represent one way of thinking about the process of quitting smoking.

Everyone goes through these stages as they are attempting to change a behavior. However, it is important to remember that people often cycle through the stages several times before they are able to make and maintain a change for good. This is natural and is just a part of the change process!

#### What stage are YOU in?



#### **Precontemplation**

- -Not thinking of quitting right now
- -Not sure smoking is a problem for me
- -Not sure I am able to quit



#### **Maintenance**

- -Living a smoke-free life
- -See myself as a non-smoker
- -Taking care of my health



#### Action



- -Putting quit plan into action
- -Have quit using cigarettes
- -Avoiding triggers to smoke

#### **Contemplation**



- -Seriously thinking of quitting
- -Wondering how my smoking impacts my health
- -Wondering how my smoking may impact others





- -Building a plan to quit
- -Becoming more committed to quitting smoking
- -May be "cutting down" on smoking

Adapted from Velasquez, M.M., Maurer, G.G., Crouch, C., & DiClemente, C.C. (2001). Group Treatment for Substance Abuse: A Stagesof-Change Therapy Manual. New York, NY: The Guilford Press.



# Ready to Change Your Smoking?

If so, start by filling out the change plan below. The smoking tracker cards you received can also be helpful as you cut down on your smoking or prepare to quit smoking.

#### **Change Plan**

Goal:					
☐ I want to stop smoking.					
I am not ready to quit completely, more thancigarette(s) on any	but would like to cut down. I want to smoke no day.				
Timing I will start on this date:					
<b>Reasons</b> My most important reasons to make the	nese changes are:				
Strategies I will use these strategies:					
<b>People</b> The people who can help me are (name	s and what they can do to help):				
Signs of Success I will know my plan is work	xing if:				
Possible roadblocks					
Some things that might interfere	and how I'll handle these:				

Adapted from National Institutes of Health U.S. Department of Health and Human Services (2010). Rethinking Drinking: Alcohol and Your Health. Accessed at Rethinking Drinking.niaaa.nih.gov.



#### WITHDRAWAL SYMPTOMS INFORMATION SHEET

Quitting tobacco use brings about a variety of physical and psychological withdrawal symptoms. For some people, coping with withdrawal symptoms is like riding a roller coaster—there may be sharp turns, slow climbs, and unexpected plunges. **Most symptoms manifest within the first 1 to 2 days, peak within the first week, and subside within 2 to 4 weeks.** Report new symptoms to your health-care provider, especially if severe. Consider the impact of recent medication changes and your caffeine intake.

SYMPTOM	CAUSE	DURATION	RELIEF
Chest tightness	Tightness is likely due to tension created by the body's need for nicotine or may be caused by sore muscles from coughing.	A few days	<ul><li>Use relaxation techniques</li><li>Try deep breathing</li><li>Use of NRT may help</li></ul>
Constipation, stomach pain, gas	Intestinal movement decreases for a brief period.	1–2 weeks	<ul><li>Drink plenty of fluids</li><li>Add fruits, vegetables, and whole-grain cereals to diet</li></ul>
Cough, dry throat, nasal drip	The body is getting rid of mucus, which has blocked airways and restricted breathing.	A few days	<ul> <li>Drink plenty of fluids</li> <li>Avoid additional stress during first few weeks</li> </ul>
Craving for a cigarette	Nicotine is a strongly addictive drug, and withdrawal causes cravings.	Frequent for 2–3 days; can happen for months or years	<ul> <li>Wait out the urge, which lasts only a few minutes</li> <li>Distract yourself</li> <li>Exercise (take walks)</li> <li>Use of a nicotine medication may help</li> </ul>
Depressed mood	It is normal to feel sad for a period of time after you first quit smoking. Many people have a strong urge to smoke when they feel depressed.	1–2 weeks	<ul> <li>Increase pleasurable activities</li> <li>Talk with your clinician about changes in your mood when quitting</li> <li>Get extra support from friends and family</li> </ul>
Difficulty concentrating	The body needs time to adjust to not having constant stimulation from nicotine.	A few weeks	<ul> <li>Plan workload accordingly</li> <li>Avoid additional stress during first few weeks</li> </ul>
Dizziness	The body is getting extra oxygen.	1–2 days	<ul><li>Use extra caution</li><li>Change positions slowly</li></ul>
Fatigue	Nicotine is a stimulant.	2–4 weeks	<ul><li>Take naps</li><li>Do not push yourself</li><li>Use of a nicotine medication may help</li></ul>
Hunger	Cravings for a cigarette can be confused with hunger pangs; sensation may result from oral cravings or the desire for something in the mouth.	Up to several weeks	<ul> <li>Drink water or low-calorie liquids</li> <li>Be prepared with low-calorie snacks</li> </ul>
Insomnia	Nicotine affects brain wave function and influences sleep patterns; coughing and dreams about smoking are common.	1 week	<ul> <li>Limit caffeine intake (and none after 12 noon), because its effects will increase with quitting smoking</li> <li>Use relaxation techniques</li> </ul>
Irritability	The body's craving for nicotine can produce irritability.	2–4 weeks	<ul><li>Take walks</li><li>Try hot baths</li><li>Use relaxation techniques</li></ul>

# Tips for Keeping the Weight Off When Quitting Smoking

Often times when people quit smoking they confuse nicotine cravings with a feeling of hunger, and then snack a lot. Plus, food can taste better after quitting. Don't let this get in the way. If concerned about weight gain when you quit smoking you can consult with your doctor, plus follow the tips below: EATING HEALTHY and EXERCISING can help you make sure that weight gain is minimal.

# Eating Healthy

- 1. Drink water to keep you feeling full.
- 2. Snack on **fruits and vegetables**, a variety and as much as you want.
- 3. If you want to **snack on something crunchy**, try baby carrots, an apple, low-fat popcorn, or whole-grain crackers. Or try some low-fat or fat-free dairy products.
- 4. Make the switch to **whole grain** breads or cereals.
- 5. Buy and focus on **nutritious**, **lower-calorie foods**, like fruits, vegetables, legumes (beans, lentils, peas), poultry, fish, and whole grains. These foods are bulky and will fill you up but are low on calories.
- 6. **Reduce your caffeine** intake after you quit smoking. After you quit the effects of caffeine may increase and this can result in making you feel nervous and cranky.
- 7. Chew sugar free gum to **keep your mouth busy**.
- 8. Squeeze a stress ball to **keep your hands busy** with something else besides food
- 9. **Avoid alcohol** because it can be a strong trigger to smoke and alcoholic drinks contain a lot of calories.
- 10. Finally, **reward yourself** every once in a while. This can be going to a movie or getting a pedicure. Or, have a lower calorie dessert or small portion of your favorite treat.





# Exercise

- 1. **Any form of exercise** is fine! You don't need to join a fancy fitness club. Even taking a 30-minute walk has been shown to reduce withdrawal symptoms.
- 2. **Make a routine** out of whatever activity you choose. You need to reshape your routine into one where cigarettes don't fit anymore.
- 3. Exercise can help relieve everyday stress.

#### Tips for the First Week

### YOU CAN QUIT SMOKING

Nicotine is a powerful addiction. If you have tried to quit, you know how hard it can be. People who are trying to quit smoking go through both physical and psychological withdrawal. Here are some tips for quitting.

#### **CRAVINGS:**

- ❖ Drink a lot of liquids, especially water. Try herbal teas or fruit juices. Limit coffee, soft drinks, or alcohol- they can increase your urge to smoke.
- ❖ Avoid sugar and fatty food. Try low-calorie foods for snacking- carrots and other vegetables, sugarless gum, air-popped popcorn, or low-fat cottage cheese. Don't skip meals.
- **Exercise regularly and moderately.** Regular exercise helps. Joining an exercise group provides a healthy activity and a new routine.
- ❖ Get more sleep. Try to go to sleep earlier and get more rest.
- ❖ Take deep breaths. Distract yourself. When cravings hit, do something else immediately, such as talking to someone, getting busy with a task, or taking deep breaths.
- ❖ Change your habits. Use a different route to work, eat breakfast in a different place, or get up from the table right away after eating.
- **Do something to reduce your stress.** Take a hot bath or shower, read a book, or exercise.

#### Psychological Needs:

- o Remind yourself every day why you are quitting
- o Avoid places you connect with smoking
- o Develop a plan for relieving stress
- o Listen to relaxing music
- o Watch a funny movie
- o Take your mind off a problem and come back to it later
- o Rely on your friends, family, and support group for help
- Avoid alcohol. It lowers your chances for success

# **Know Your Options**

Treatment	Product	Advantages	Disadvantages	Cost Per Day*
Nicotine Replacement Therapy				
Gum	Nicorette®, Thrive®, Generic Available OTC 2mg, 4mg	<ul> <li>Convenient</li> <li>Flexible Dosing</li> <li>Fast onset of delivery</li> <li>Available without prescription</li> </ul>	Cannot eat or drink while using the gum     Frequent use during the day required to obtain adequate nicotine levels     May be inappropriate for people with dental problems and TMJ	\$3.82-\$4.50 (9 pieces)
Lozenge	Nicorette® Lozenge, Nicorette® Mini Lozenge, Commit® Lozenge Generic Available OTC 2mg, 4mg	<ul><li>Convenient</li><li>Flexible Dosing</li><li>Available without prescription</li></ul>	Gastrointestinal side effects (nausea, hiccups, heartburn) might be bothersome     Frequent use during the day required to obtain adequate nicotine levels	\$4.55-\$5.37 (9 pieces)
Transdermal Patch	NicoDerm CQ®, Prostep®, Habitrol®, Generic Available OTC 7mg, 14mg, 21mg (24-hour release)	<ul> <li>Easy to Use</li> <li>Only needs to be applied once a day</li> <li>Available without prescription</li> <li>Few side effects</li> </ul>	<ul> <li>Less Flexible Dosing</li> <li>Slow onset of delivery</li> <li>Mild skin rashes and irritation</li> </ul>	\$2.71-\$3.57 (1 patch)
Nasal Spray	Nicotrol® NS Rx Required Metered Spray 0.5mg nicotine in 50 mcL	<ul> <li>Flexible Dosing</li> <li>Fastest delivery of nicotine of currently available products</li> <li>Reduces craving in minutes</li> </ul>	<ul> <li>Nose and eye irritation is common, but usually disappears within one week</li> <li>Frequent use during the day required to obtain adequate nicotine levels</li> </ul>	\$2.79 (With Average Daily Use)
Oral Inhaler	Nicotrol® Inhaler Rx Required 10mg Cartridge 4mg	<ul> <li>Flexible Dosing</li> <li>Mimics hand-to-mouth behavior of smoking</li> <li>Few side effects</li> <li>Fast onset of delivery</li> </ul>	<ul> <li>May cause mouth or throat irritation</li> <li>Frequent use during the day required to obtain adequate nicotine levels</li> </ul>	\$11.07 (6 cartridges)

OTC= Over the Counter (No prescription needed.); Rx= Prescription Needed; TMJ= Temporomandibular Joint Syndrome; Table adapted from Rx for Change, The Regents of the University of California (2011). Pharmacologic Product Guide: FDA-Approved Medications for Smoking Cessation. Cost Per Day Source: CVS Pharmacy, Baltimore, MD, February 2014. \*Cost per day represents estimated patient costs without insurance.



Treatment	Product	Advantages	Disadvantages	Cost Per Day*
Medications				
Bupropion-SR	Zyban™, Generic Rx Required 150mg sustained-release tablet	<ul> <li>Easy to Use</li> <li>Pill form</li> <li>Can be used in combination with NRT</li> <li>May delay weight gain</li> <li>May be beneficial to those with depression</li> </ul>	Should not be used by those with certain health conditions     Lack of flexibility of use	\$11.99 (2 tablets, Generic)
Varenicline	Chantix™ Rx Required 0.5mg, 1mg tablet	<ul> <li>Easy to Use</li> <li>Pill form</li> <li>Helps reduce cravings by blocking the pleasurable effects of nicotine in the brain</li> </ul>	<ul> <li>Should not be used by those with certain health conditions</li> <li>Lack of flexibility of use</li> <li>May induce nausea</li> </ul>	\$13.69 (2 tablets)
Maryland Quitline				
1-800-QUIT NOW (1-800-784-8669)	4 sessions of counseling via telephone with certified Quit Coach®	Free, individualized support from a trained, knowledgeable smoking cessation counselor     Convenient—no travel involved	Lacks some of the qualities that come with in-person or group counseling	FREE
In-Person Counseling (Individual or Group)				
Nicotine Anonymous(NicA)  Call 877-TRY-NICA (877-879-6422)  for local meeting schedule/locations	Group Counseling led entirely by NA members	Support from other current and/or former smokers     In-person, online, and phone-based options	Limited in-person meeting locations (only 3 active in Maryland)	FREE
Individual Counseling	One-on-one counseling with trained professional	<ul> <li>Individualized treatment/support</li> <li>Addresses behavioral parts of smoking</li> </ul>	If not free, individual counseling may not be covered by health insurance	VARIES

OTC= Over the Counter (No prescription needed.); Rx= Prescription Needed; TMJ= Temporomandibular Joint Syndrome; Table adapted from Rx for Change, The Regents of the University of California (2011). Pharmacologic Product Guide: FDA-Approved Medications for Smoking Cessation. Cost Per Day Source: CVS Pharmacy, Baltimore, MD, February 2014. \*Cost per day represents estimated patient costs without insurance.



#### **Nicotine Cessation Resources**

#### **Quitting Nicotine use/Smoking NOW is important for your health!**

I want you to quit. Here are some resources that can help you:

ΔΔ	MC	Tohac	rn Ces	sation	Classes
$\overline{}$		IUDat	LU LES	sauvi	Classes

443-481-5386

#### **AAMC Tobacco Cessation Individual Counseling**

443-481-5386

Maryland Quitline (Offers 4 Free Counseling sessions over the phone)

1-800-QUIT-NOW (1-800-784-8669)

Nicotine Anonymous (has local meetings in Arnold, Columbia, Baltimore, and DC)

1-877-879-6422

Maryland Department of Health (has great online resources including counseling, texting and APPs)

https://www.myquitkit.org/

https://www.learntolivehealthy.org/quit-roadmap.pdf

**Anne Arundel County Department of Health** 

410-222-7979

**Calvert County Department of Health** 

410-535-5400 x359

**Caroline County Department of Health** 

410-479-8080

**Prince George's County Department of Health** 

301-324-2989

**Queen Anne's County Department of Health** 

410-758-1306

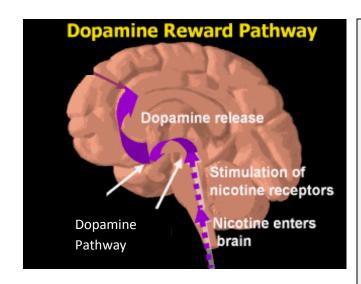
**Talbot County Department of Health** 

410-819-5641

Smoking Stops Here (Great online resources) http://smokingstopshere.com/

Pick A Quit Date:	

# How Does Nicotine Affect the Body?



#### After smoking a cigarette...

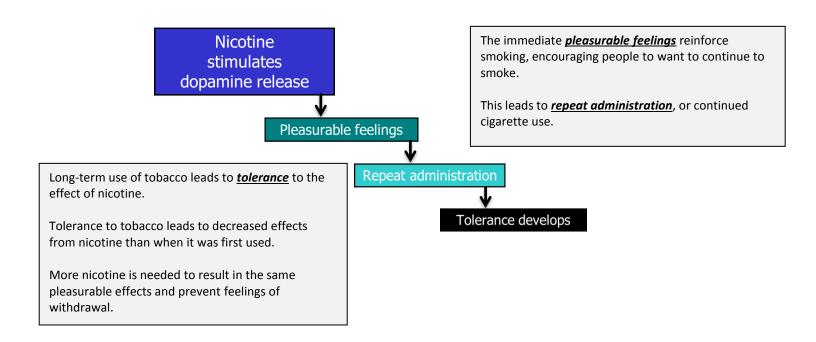
- Nicotine enters the body,
- then enters the bloodstream,
- then, crosses into the brain within 10-20 seconds after smoking

#### Once nicotine is in the brain...

- Nicotine activates the *dopamine reward pathway* by stimulating the nicotine receptors
- Activation of this pathway leads to a release of dopamine in the brain
- Dopamine in the brain is what makes smoking feel good

#### What is craving?

- Nicotine is removed quickly from the brain
- When the levels of dopamine in the brain are low then smokers experience <u>craving</u>



Why does the first cigarette of the day feel the best?



#### Because...

- During long periods of time when an individual is not smoking (e.g. while sleeping), the amount of nicotine in the brain decreases to a low level.
- Due to the low levels of nicotine in the brain, it is easier for an individual to experience the pleasant effects of nicotine after their first cigarette of the day.
- The amount of nicotine in the brain increases as a result of the cigarettes smoked throughout the day. This produces tolerance.
- This means that the amount of nicotine needed to experience the pleasant effects and prevent withdrawal increases throughout the day.
- The cigarettes smoked throughout the day will enable an individual to avoid withdrawal but will not result in the same pleasant effects as the first cigarette of the day.

# How do Nicotine Replacement Therapies work?

#### The basics of Nicotine Replacement Therapy (NRT):

#### Why use NRT?

- NRT reduces the severity of withdrawal symptoms when an individual is trying to quit.

#### What forms of NRT are there?

- There are various forms of NRT: patches, gum, nasal spray, inhaler, and lozenge.

Note: refer to "Know Your Options" handout for more information on each form of NRT

#### How does NRT work?

- NRT delivers nicotine to the brain without smoking tobacco.
- Each form of NRT produces different levels of nicotine in the brain at different rates.









#### Why are the effects of NRT different than smoking?

- Smoking results in more immediate, higher levels of nicotine to the brain while NRT delivers nicotine more slowly and steadily.
- Different forms of NRT deliver the nicotine to the brain at different rates, explaining why different types will feel differently.
   For example, the nasal spray produces immediate effects most similar to a cigarette while the patch will take the edge off the withdrawal.
- It is less likely that a person will become dependent on NRT because only 30-75% of nicotine levels that are achieved by a cigarette are reached by using NRT.

Understanding how NRT works and how it feels can help in deciding which NRT is the best to use for each person making a quit attempt. It may be possible to use more than one NRT, if advised by a medical professional.

#### The 3 A's: Avoid, Alter, Alternative!

There are three specific behavior changing strategies that form the foundation of self-management. You can use these when faced with triggers and cues to smoke: Avoiding triggers, Altering triggers, and using Alternatives to cigarettes. We call these the 3 A's.

1. <u>Avoid trigger situations</u>: If it is possible to avoid the trigger situation, do your best to do so. This means you will not have contact with those triggers and then the situation cannot exert any influence over your behavior.

<u>Example</u>: Going to a different spot for a break from work so as not to be reminded of smoking.

2. <u>Alter trigger situations:</u> If you cannot or are unwilling to avoid the trigger situation, you can also alter it in some way to loosen the association with smoking.

<u>Example</u>: Let's say you like to have a cigarette with a morning cup of coffee. Instead of drinking coffee in the morning, drink a glass of orange juice.

3. Use an <u>Alternative</u> or a substitute in place of a cigarette: This strategy is useful by itself or used with either avoiding or altering the trigger situation. You can use different types of alternatives as substitutes, too.

<u>Example</u>: A behavioral alternative would be using a relaxation technique or chewing gum instead of smoking a cigarette in a stressful situation. A thought alternative would be, "I'm doing just fine, I don't need a cigarette!"





