

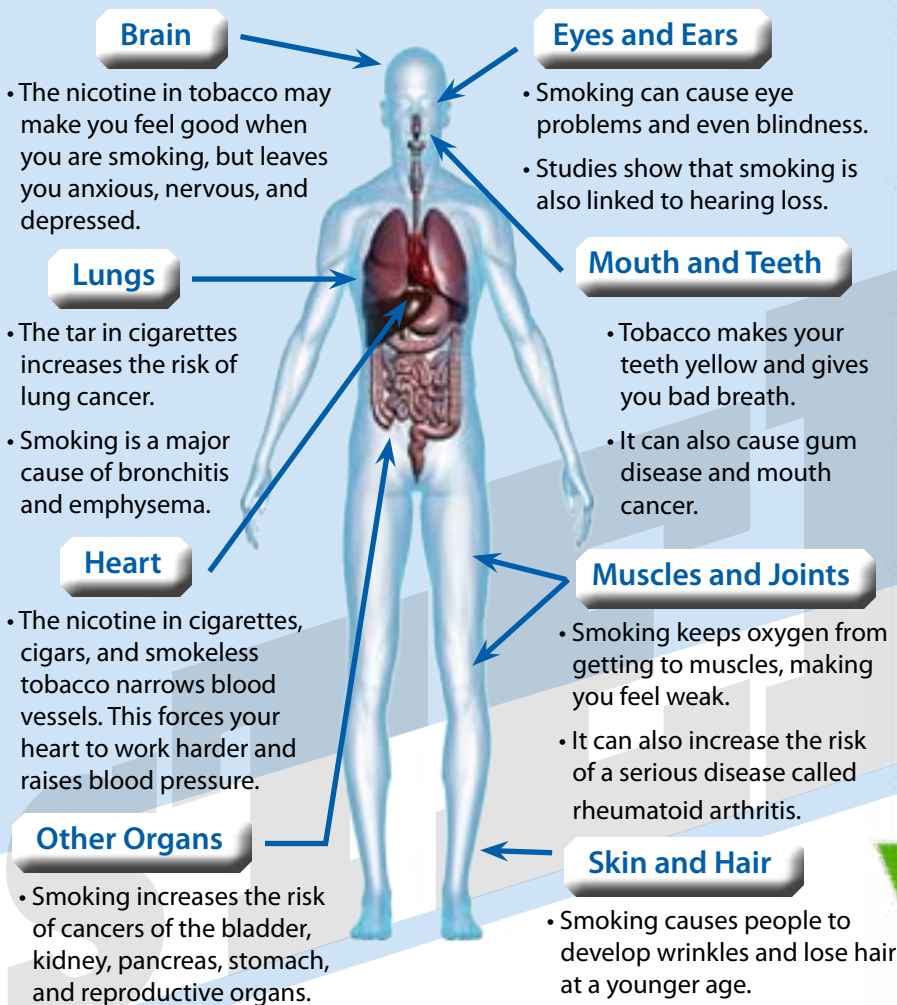
HEALTHY STEPS TO QUITTING TOBACCO

TOBACCO AND YOU

WHAT YOU NEED TO KNOW

Tobacco use is the leading preventable cause of disease, disability, and death in the United States. Cigarette smoking accounts for approximately one-third of all cancers, including 90 percent of lung cancer cases. Smokeless tobacco, such as chewing tobacco and snuff, also increases the risk of cancer, especially oral cancers. In addition to cancer, smoking causes lung diseases such as chronic bronchitis and emphysema. It also increases the risk of heart disease, stroke, heart attack, peripheral artery disease (PAD), and aneurysm. Smoking has also been linked to leukemia, cataracts, and pneumonia.

When you smoke, it is not just your lungs that suffer. Tobacco can damage almost every part of your body.



Want some good news?

Your body starts to repair the damage caused by tobacco use very quickly.

BENEFITS OF QUITTING

Less than half an hour after quitting

- Lower blood pressure
- Lower pulse rate
- Higher body temperature in hands and feet

After eight hours

- Normal levels of carbon monoxide in the blood stream
- Normal levels of oxygen in the blood

After two days

- Reduced risk of heart attack
- Increased sense of smell and taste

Between two weeks to three months

- Improved circulation
- Increased lung function and capacity to walk

Between one to nine months

- Reduction in shortness of breath, coughing, fatigue, and sinus congestion

After one year

- The increased risk of coronary heart disease is reduced to half that of a smoker

After five years

- Stroke risk is reduced to that of people who have never smoked

After ten years

- Reduced risk of lung cancer to half that of a smoker
- Reduced risk of cancer of the mouth, throat, bladder, kidney, and pancreas

After fifteen years

- Risk of coronary heart disease and death is similar to that of a non-smoker

STEP Away From Tobacco

Stimulate Knowledge • The Truth About Tobacco and You • Education and Awareness • Preparation • Success!

This chart describes each type of nicotine replacement therapy, as well as Zyban and Chantix.

All have been shown to help tobacco users quit.

Type	Rx Required?	How Used	Pros	Cons	Length of Use
Nicotine Gum	No	Chew briefly, then “park” in mouth. After about 1 minute, chew again. Repeat for 20 to 30 minutes	Convenient and flexible; delivers nicotine more quickly than patch	Bad taste, throat irritation; if you have dental or jaw problems, talk with your dentist	1 to 3 months Note: Do not use longer than 6 months
Nicotine patch	No	Apply to skin each day per package directions; the patch releases a steady dose of nicotine through the skin	Very easy to use; few side effects	Releases nicotine slower than other systems; can cause skin irritation, sleep problems, headache, racing heartbeat, and vivid dreams	3 to 5 months
Nicotine Lozenges	No	Use 1 lozenge until fully dissolved – do not bite or chew; use 1 every 1 to 2 hours for 6 weeks, then every 2 to 4 hours for 7 to 9 weeks, then every 4 to 8 hours for weeks 10 to 12	Convenient; delivers nicotine quickly through the tissues of the mouth	Cannot eat or drink for 15 minutes before using; may cause nausea, gas, hiccups, heartburn, headache, and trouble sleeping	12 Weeks Note: Do not use longer than 12 weeks
Nicotine Nasal Spray	Yes	When the urge hits, take a deep breath, spray once into each nostril, and exhale through mouth	Delivers nicotine quickly; good at reducing sudden cravings	Nose and sinus irritation common at first but usually goes away; those with allergies or asthma should not use	3 months Note: Do not use longer than 6 months
Nicotine Inhaler	Yes	Inhale nicotine by bringing the inhaler to your mouth when the urge hits	Delivers nicotine as quickly as gum; addresses “comfort” of hand-to-mouth; few side effects	May cause coughing or mouth or throat irritation; not for people with asthma or chronic lung disease	At least 3 months Note: Do not use longer than 6 months
Zyban	Yes	For the first 3 days, take 1 pill a day; then may increase to 1 pill in the morning and 1 in the late afternoon	Easy to use with few side effects; may be more helpful when used with nicotine replacement therapy	Do not use if you have seizures or an eating disorder, are taking Wellbutrin or MAO inhibitors, or are pregnant or breast-feeding	7 to 14 weeks
Chantix*	Yes	Start taking 7 days before your quit date	Lessens pleasure from smoking; reduces symptoms of withdrawal	Can cause nausea, gas, headache, trouble sleeping, unusual dreams, taste changes, and behavior changes	Up to 13 weeks

* Several agencies, such as the Federal Aviation Administration and Department of Transportation, have banned or warned against the use of the anti-smoking drug Chantix.

Whether you choose a smoking cessation method that requires a prescription, it is recommended that you speak with your doctor about the current rules and regulations, and to ensure these medicines are right for you.

Resources: www.cancer.org
www.clevelandclinic.org
www.cdc.gov
www.NIH.gov



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