

HEALTHY STEPS TO QUITTING TOBACCO

THE TRUTH ABOUT TOBACCO AND YOU

UNDERSTANDING TOBACCO DEPENDENCE

Tobacco dependence is an addiction to tobacco products caused by the drug nicotine. Essentially, it means you cannot stop using the substance, even though it is causing you harm. While it is the nicotine that causes tobacco dependence, the toxic effects come mainly from other substances found within tobacco. Tobacco smoke contains over 7,000 chemical compounds and 60 of them are known to cause cancer. These chemicals are what cause smokers to have much higher rates of heart disease, stroke, and cancer, compared to nonsmokers.

FACTORS RELATED TOBACCO USE

Understanding the triggers that cause you to use tobacco can help you create a personalized quit plan. By knowing your triggers, you can prepare yourself to avoid those situations and choose alternate activities.

Determine what might tempt you to start using. Place a check next to the triggers below that apply to you. Some people find that all of these triggers make them want to smoke, while others may only check a few. The point is to recognize all the situations that trigger your craving for tobacco.

- Waking in the morning
- Watching TV
- Being or feeling less tolerant
- After eating
- Feeling lonely or depressed
- Driving my car
- After completing a task
- Smelling a cigarette
- Seeing someone smoke
- Passenger in a car

WHY IS QUITTING SUCH A CHALLENGE?

Tobacco use and nicotine addiction cause changes in your body and the way you act. Subtle changes in your behavior and daily routines are developed over time. These changes have become your smoking habit. Just think about it:

- You may light up when you drink coffee or alcohol.
- You may enjoy smoking when you talk on the phone, drive, or are with other smokers.
- You may smoke when you are stressed, bored, or angry.

Quitting is not easy. On average, it takes seven attempts before a person actually succeeds in breaking the habit. Do not be discouraged by this statistic. You will learn something new and valuable from each quit attempt; increasing your knowledge, your strength, and your resolve to beat your addiction to nicotine.

Remember that millions of people have quit using tobacco for good, and you can be one of them!

DEALING WITH WITHDRAWAL

Nicotine in any form is addictive. As a tobacco user, your body becomes accustomed to a certain level of nicotine. After you stop using tobacco, you may experience some physical changes as well as changes in mood.

These symptoms usually start within a few hours and peak after **two to three** days when most of the nicotine and its by-products are out of the body. Withdrawal symptoms can last for a few days or for several weeks and may include some of the symptoms listed in the chart below.

Symptom	Action
Headache	<ul style="list-style-type: none">• Take a headache reliever• Take a warm bath
Dizziness	<ul style="list-style-type: none">• Close your eyes and breathe slowly• Get some fresh air
Cough, dry mouth	<ul style="list-style-type: none">• Use a throat lozenge• Drink plenty of fluids
Sleeplessness	<ul style="list-style-type: none">• Cut down on caffeine• Read a book at bedtime
Constipation	<ul style="list-style-type: none">• Eat more fruit and fiber• Exercise
Irritability or nervousness	<ul style="list-style-type: none">• Take walks• Cut down on caffeine
Cannot focus	<ul style="list-style-type: none">• Make a "to do" list; look at it often• Change activities and try to relax

STEP A Way From Tobacco

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



Are you interested in learning more about your tobacco use?

What kind of smoker are you?

What does it do for you?

What do you get out of smoking?

Review the Addiction Triangle below and talk with your Wellness Coach about other tools that are available, such as the **Why Do I Use Tobacco Questionnaire**, to help you better understand your habit and how to make a successful attempt at quitting.

THE ADDICTION TRIANGLE

The Addiction Triangle allows you to see the areas in which you will experience the greatest problem in tobacco cessation. You will need to deal with all three sides of the triangle in order to be successful at quitting.

Behavioral Addiction

Example: Tobacco users form a habitual dependence as using tobacco has become a routine in their lives.

Cause of Addiction
Habits
Handling

What to do
Change routines
Break use patterns
Find substitutions

Physical Addiction

Example: Tobacco users experience physical addiction because of the nicotine acting on their brains.

Cause of Addiction
Stimulation
Stress Reduction

What to do
Exercise
Change Routine
Nicotine Replacement Therapy

Psychological Addiction

Example: Tobacco users suffer from psychological or emotional dependence where they perceive that cigarettes make them feel better.

Cause of Addiction
Craving
Stress Reduction
Pleasureable Relaxation

What to do
Exercise
Relaxation
Thought Stopping
Stress Management

Resources: www.mayoclinic.com
www.cancer.org
www.helpstartshere.org
www.cancer.gov