

# Self-Help Smoking Cessation Program

John C. Grable M.D. URMIC, March 2013

Funded by Strong Memorial Hospital Dept. of Medicine



## My Story

At fifteen I started smoking for all the wrong reasons. I watched family members smoke, I wanted to be like my high school friends and to feel older. As an adult I said, “*smoking won't hurt me*” and “*I can stop whenever I want to*”. My turning point came when I found **I was addicted to cigarettes** and that I could not control smoking. I quit before smoking damaged my health. Now, my health and life is much better. Can you stop before it is too late? ***What will it take for you to stop?***

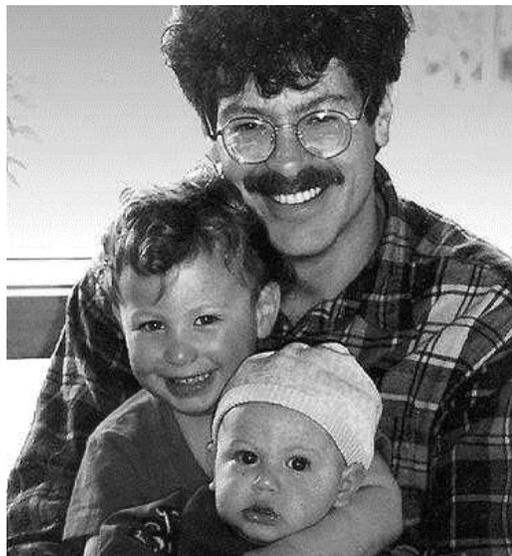
## Using this Program

There is no magic cure to stop smoking, it takes time and effort. Reading the manual, doing the exercises and talking to your doctor will improve your chances of quitting. If you have a spouse or friend who smokes it would be best for you to quit together. Work on the exercises with a family member or a friend. Read Part I for a week. Then if you can't decide to stop, talk to your doctor about smoking on future visits. When you are ready to stop, continue on to Part II for several weeks, then on to Part III.

***Your health is priceless !!***

## TABLE OF CONTENTS

	Page
<u>Part I: Getting Ready</u>	
A. Good Reasons for You to Stop Smoking	1
B. Why Do You Smoke?	1
C. Are You Ready to Stop Smoking?	2
<u>Part II: Making Your Plan</u>	
A. How to Quit Smoking	3
B. Breaking the Connections	3
C. Medications	4
D. Before My Quit Day	4
E. Call Your Doctor	5
<u>Part III: Quitting</u>	
A. The Quit Day	5
B. The First Week	5
C. Beyond the First Week	5
D. If You Slip	6
E. Other Programs	6
Appendix I, II, III	7, 8



## PART I: GETTING READY

### A. Good Reasons for You to Stop Smoking

Most people who smoke say that they want to stop. The truth is, there is no good reason for you to continue smoking. It is never too late to stop; even after 40 or 50 years of smoking your body can heal some of the damage.

**Your Health:** The frequency of *lung cancers* and many *lung diseases* is much higher in smokers. Smoking is a major cause of *heart attack, stroke and vascular disease*. Smoking can also cause *cancers of the mouth, throat and bladder*. One third of smokers who start at a young age will die of smoking related disease.

**Your Family:** Your second-hand smoke also *harms the rest of your family*. For children it can cause more breathing problems and earaches. Young people who see you smoke often become smokers themselves.

**Cost:** The *cost* of one pack of cigarettes is over *\$12.50 in New York State!* The cost will get more expensive with additional taxes. Your sick days off and medical expenses will decrease if you quit.

**Your Quality of Life:** Your ability to work and enjoy life will improve after quitting. You can *break this addiction* and feel better about yourself. You may live longer to enjoy your retirement, family and friends.

**Tobacco Companies:** These companies hide the sickness and death that smoking causes. They lie to *make money from your habit*. The billboards and ads are attempts to get your children to start smoking.

### B. Why do You Smoke?

In order to quit it is important to understand why you smoke. For many, smoking is linked to another behavior (a trigger) without the person even realizing it. Many smokers light up automatically :

"with my morning coffee"

"when I talk to my friends on the phone"

"relaxing after dinner watching TV"

"driving to work in the morning"

"when I hang around my friends who smoke"

Many people smoke because of their feelings:

"I need a cigarette when I get stressed at work"

"I smoke when I feel down about things"

"It keeps me occupied when I am alone"

To many smokers, cigarettes are comforting, like a friend. The truth is cigarettes make everything worse; they ***do not*** help you relax or keep you company. Cigarettes ***do*** fill your lungs with nicotine and chemicals that can cause cancer. Nicotine is the addictive drug in cigarettes that makes stopping very difficult for many. When nicotine is removed, a smoker often has withdrawal symptoms such as poor concentration or restlessness. Fortunately this nicotine addiction can be treated as you will learn in Part II.

You can start the program by finding *your smoking triggers*. Work on Exercise 1 and be as specific as you can.

Exercise 1: Situations or Activities when I Smoke

HOME

- 1.
- 2.
- 3.
- 4.
- 5.

OTHERS

WORK

- 1.
- 2.
- 3.
- 4.
- 5.

**C. Are You Ready to Stop Smoking?**

People often stop smoking for their own personal reasons. It may be fear of severe health problems, lack of money to support this habit or wanting to be a good role model. Your reasons to stop may have changed with time. *Your reasons* to quit are more important than a doctor's reasons or others' opinions. It is time to think about and list the reasons why *you* want to quit.

Exercise 2. Reasons I Want to Stop Smoking Now

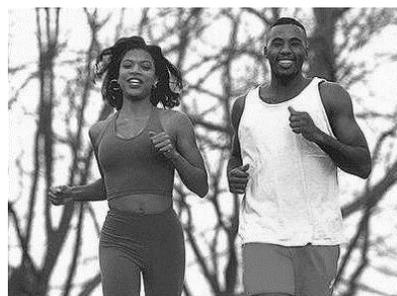
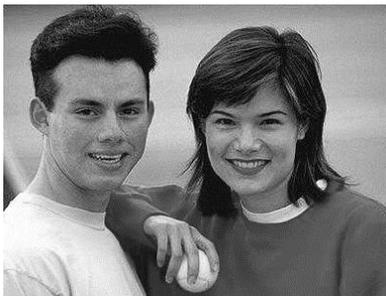
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

OTHERS

It is time to decide.....

**Yes, I am ready to QUIT in the next 4 weeks. Continue to Part II.**

I need more time to decide. Stop here and think about your smoking and why you should stop. Talk to your doctor or nurse about smoking on every visit to the clinic. Do not proceed to part II.



## PART II: MAKING YOUR PLAN

Congratulations on taking this most important step for your health. Stopping smoking is the best health decision for you and your family.

### A. How To Quit Smoking

The best type of quit plan is to use:

1. Behavior changes to ***break the connection*** between smoking and certain acts and feelings.
2. ***Medications*** that help reduce the cravings for nicotine until they are gone.

### B. Breaking the Connections

Above, you listed those triggers that caused you to light up a cigarette. You can learn to substitute a coping behavior in place of that cigarette. After some time, the automatic connection to lighting up a cigarette will break, thus the habit is broken. For example:

Smoking Trigger	Coping Behavior
talking on the phone	chew gum or carrot stick
after dinner in favorite chair	move the chair, go for a walk
stress at work	deep breathing and relaxation techniques
bored, sad	call a non smoking friend
spouse smoking	ask spouse to smoke outside

Some of these changes may seem difficult .... just try them. You must be willing to ***change your behavior*** instead of reaching for that cigarette. It may not take long to forget about that cigarette because you can unlearn smoking !! Now think about some coping behaviors you could use instead of cigarettes. Be as specific as you can.

#### Exercise 3. Smoking Triggers

#### My Coping Behavior

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

#### OTHERS

In Appendix I, a deep breathing and a short relaxation exercise are described. Learn to do both of these and practice them as your quit day approaches. They can help when you have a sudden craving to smoke. For most people these cravings pass quickly in 1-2 minutes. Use these exercises at work or home instead of smoking.

### C. Medications

Using a medication can double your chances of quitting for good. Start a medication after planning your coping behaviors in Part II. Several effective medications are available to help you with cravings during the quitting period:

1. **Nicotine patch**, gum, spray, inhaler or lozenge. One of these products may be useful but they must be used multiple times in a day to replace the nicotine your body craves. The patch is very easy to use (apply daily) and is effective. Many insurance plans **do not** cover the cost of the patch because it is sold over the counter.
2. **Wellbutrin SR** (Zyban). This pill (also an antidepressant) has been shown to work alone or with the nicotine patch. Medicaid insurance **does** cover the cost. Review the Wellbutrin SR safety scale in Appendix II to see if the pill is safe for you.
3. **Varenicline** (Chantix). This new pill works at a nicotine receptor of the brain. It is as effective as the other products while decreasing the urges to smoke. It is generally well tolerated and **is covered** by Medicaid.

Decide on the best medication for you after speaking with your doctor. The nicotine addiction scale (Appendix II) will measure your cravings. For the patch, apply it in the morning of your quit date. Many can reduce the patch dose every 2 weeks. Do not smoke and try to wear the patch. If you choose Zyban, start 10 days before your quit date. Take one tablet per day for 3 days, then twice per day after that. You can still smoke while taking the pill, however many smokers find that cigarettes taste worse. Chantix blocks a brain nicotine receptor while giving the partial feeling of nicotine. The Chantix dose starts at 0.5 mg per day for 3 days, then 0.5 mg twice per day for 4 days, then 1 mg twice per day. A common side effect of Chantix is nausea. For either pill, if you notice your mood changing or have thoughts about harming yourself, stop the pill and call your doctor right away. There have been rare reports of these symptoms with Wellbutrin and Chantix.

### D. Before My Quit Day

It is very important to select a **QUIT DATE**. Many people choose a special day for them, such as a birthday or a holiday. On this date and afterward **all smoking stops**, not even an occasional puff. Find family or friends who could help support you during this time. Ask your family not to smoke around you or in your house. Tell your smoking friends not to offer you cigarettes or to invite you where smokers will be present. You may have to choose activities with your non-smoking friends for a period. Give yourself several weeks to prepare to be a nonsmoker.

**My quit date will be:** \_\_\_\_\_

**Some tips to help you prepare:**

- Switch to a brand that you don't enjoy so that you will cut down.
- Reduce the cigarettes you smoke by cutting out the ones you enjoy most.
- Practice the breathing and relaxation exercises.
- Throw away all cigarettes, ashtrays and lighters before your stop date
- If your spouse can't quit with you ask him/her to smoke outside of the house.
- Let your family and friends know of your plan to stop.
- Write down your quitting reasons and coping behaviors on a card to carry with you.
- Have a supply of oral substitutes handy: gum, carrots, celery, raisins, juices.

**E. Call Your Doctor**

Do not move forward without talking to your doctor. Review Exercise 1, 2 and 3 together. Review your stop date. You should decide with your doctor which medication you will use with your quit attempt. Review the safety scales in Appendix II. Your pharmacist can help you with the pills or the nicotine replacement products if you have questions.

**PART III: QUITTING****A. The Quit Day**

Congratulations on reaching this most important day -- your first day as a nonsmoker!! You have a solid plan and you are well prepared. Be determined. **All Smoking Stops.** Keep yourself busy, take it an hour at a time if necessary but **do not light up.** Break up your routine, go to a place where you can't smoke (movies, library). Avoid those dangerous situations such as bars or smoking friends. Use your breathing, relaxation techniques or an oral substitute when a craving hits. Remember that **cravings will pass without a cigarette.** Call your family, friends or clinic nurse for help.

*You will survive today without a cigarette.*

**B. The First Week**

The first few days without cigarettes can be tough, but you may notice your cravings starting to weaken. You will see that you can survive the day without rushing for a cigarette !! **Take it one day at a time.** Review your plan for coping with smoking triggers and the nicotine cravings when they occur. Be determined not to give in.

**C. Beyond the First Week**

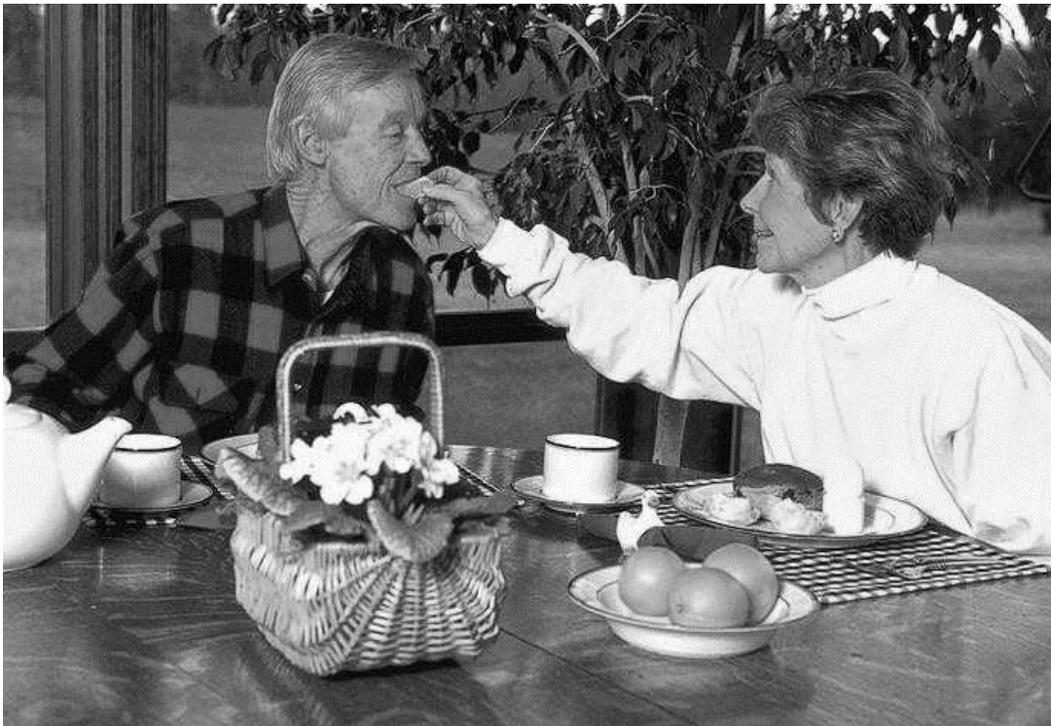
Stay on track with your program. You may notice that the smoking triggers no longer cause you to think of cigarettes. **The cravings are weakening.** Do not feel that you can experiment and try to smoke again. Be careful, even a puff can lead you back to smoking. If you are using a nicotine patch you may be ready to use the lower dose patch after 2 weeks. Call your doctor and nurse in the clinic to tell them how you are doing !! Let your non smoking friends know your good news. **Be very proud of yourself.** Enjoy your 'new life' as a non-smoker day by day. Your health is already improving !!

**D. If You Slip**

If you smoke a cigarette or two, do not panic. It does not mean you have failed. You should **stop immediately and get right back on your program**. Renew your decision to quit and continue your plan. Learn from what happened and avoid making the same mistake. If you resume your usual smoking, stop your program temporarily. If you are wearing the nicotine patch remove it. Do not feel like a failure because it is common for people to need several attempts before they can quit for good. Try to understand what went wrong and learn from it. Think about this attempt and then talk to your doctor about setting a new quit date. Review your program and make another plan based on what happened. Do not be discouraged because it is likely you will stop on your next attempt !

**E. Other Programs**

Some people prefer to quit with other smokers in a group or 1:1 setting. They can share experiences and feelings about smoking over the course of weeks. If you find that it is difficult making or keeping your quit plan you may benefit from group or 1:1 counseling. These are listed in Appendix III.



## APPENDIX I

**A. Deep Breathing Exercises.** This can be done while sitting, standing or lying down. Do this when you have the sudden urge to smoke. The urge will pass in 1-2 minutes.

1. With mouth closed, shoulders relaxed inhale deeply pushing your stomach out.
2. Hold that breath to the count of 4.
3. Exhale slowly feeling your stomach return to normal.
4. Repeat the deep breath 5 times.

**B. Muscle Relaxation Techniques.** Do this exercise when you are stressed and feeling the need to smoke. Sit or stand, with your shoes off, close your eyes. Grab the floor with your feet tightly for 15-20 seconds . Now run the tension up behind your legs and hold for the same time. Then tense up your thighs for the same time period. Next, tense up your abdomen, then up to your chest for the same 15-20 seconds. Next tense up your back, then down through the arms to your hands, close your fists. Next up to your face around your mouth, then your eyes. Then relax all over for another 15 seconds and open your eyes.

**C. Stress Management Techniques.** Stress can't be eliminated from our lives but we can change our response to stress. Find what is relaxing for you. Some people enjoy walking, listening to music, taking a shower. Plan to use a similar activity when you feel the need to smoke.

## APPENDIX II

**A. Nicotine Addiction Scale.** Circle one answer for each question.

- |   |     |    |
|---|-----|----|
| 1. I smoke my first cigarette within 30 minutes of waking up.             | Yes | No |
| 2. I find that it is hard not to smoke in places where it is not allowed. | Yes | No |
| 3. I smoke 10 or more cigarettes per day.                                 | Yes | No |
| 4. I smoke 25 or more cigarettes per day.                                 | Yes | No |
| 5. Do you smoke more during the morning than during the rest of the day?  | Yes | No |
| 6. Do you smoke even when you are ill in bed most of the day?             | Yes | No |
| 7. Is your usual brand medium or high nicotine content ?                  | Yes | No |

If you said yes to 5 or more questions you are probably highly addicted to nicotine. I have smoked \_\_\_\_\_ packs per day for \_\_\_\_\_ years. My weight is \_\_\_\_\_ . My score on the Nicotine scale is \_\_\_\_\_.

If you smoke greater than 10 cigarettes/day, weigh more than 100 lbs. and have a score of 5 or higher, you can start on the highest (21mg) patch on your quit day. Otherwise, start on the 14mg or 7mg patch.

**B. Cost of Patches and Gum.** The recent cost of the nicotine patches and gum (from www.drugstore.com) are listed below:

<u>Patch</u>	<u>Gum</u>
21, 14 or 7mg (2 wk supply) \$30.00	4 mg (170 pieces) \$50.00
	2 mg (170 pieces) \$50.00

A heavy smoker could reduce the dose of the nicotine patch at two week intervals. This will vary based on the cravings of each smoker. Talk with your doctor or pharmacist if you need help with the patch. You can call your pharmacy to see if a product is covered by your insurance plan.

**C. Wellbutrin SR Safety Scale.** Wellbutrin SR does increase the risk of a seizure, very slightly. You should **not** use the pill if you:

- have known seizure disorder
- have bulimia or anorexia
- use alcohol heavily
- use cocaine
- take Prozac, an MAO inhibitor or Norvir (Ritonavir)

The most common complaints are dry mouth and insomnia. Less frequent side effects are headache, constipation and tremors. The insomnia can generally be handled by taking the pill earlier in the evening or decreasing the dose. If you have any feelings about wanting to harm yourself, stop the pill and call your doctor. There are rare reports of these side effects with Wellbutrin.

**D. Chantix Safety Information.** Chantix is often well tolerated; nausea is the main side effect. If you have kidney impairment, the dose of Chantix should be lowered. If you (or others) notice any behavior changes such as drowsiness, aggressive or erratic behavior, stop the pill and call your doctor. If you have any feelings about wanting to harm yourself, stop the pill and call your doctor. There are rare reports of these side effects with Chantix.

**Appendix III.** Other area smoke cessation programs:

1. NYS Quitline Rochester Site. Provides telephone counseling, 2 week free NRT starter kits for all eligible smokers in NYS. Medicaid and uninsured callers are offered 2 proactive calls and unlimited callback. Call 1-866-NYQUITS for information.
2. Healthy Living Center. 46 Prince St., Rochester, NY. Call 585-530-2050. Four sessions in person or by phone and 2 visits with staff.
3. I Wanna Quit Butt. 500 Helendale Rd. Rochester, NY 585-704-0376.
4. Living Smoke Free. 16 North Goodman St., Rochester, NY 14607.