

PATIENT EDUCATION

You can become tobacco-free.

Nicotine Cessation Workbook
gundersenhealth.org/quit

GUNDERSEN
HEALTH SYSTEM®

Gundersen Lutheran Medical Center, Inc. | Gundersen Clinic, Ltd.
Gundersen Boscobel Area Hospital and Clinics | Gundersen Moundview Hospital and Clinics
Gundersen Palmer Lutheran Hospital and Clinics | Gundersen St. Joseph's Hospital and Clinics | Gundersen Tri-County Hospital and Clinics

The person who gave you this workbook would like to help you become tobacco-free.

He or she knows you struggle with a tobacco habit. When you opened this booklet, you took your first step toward being tobacco-free. Congratulations! Count this as your first success.

This journey can be a challenge. It always begins and ends with you. You are in charge of each choice you make. You can choose to change your habits.

This workbook provides ideas and suggestions for each stage of your journey. Its purpose is not to tell you to change. No one can force you to move faster than you are willing and able.

Know that there is no safe way to use tobacco. All forms – cigarettes, e-cigarettes (vape, juul), hookah, cigars, pipes and smokeless tobacco – damage your health.

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Resources

Gundersen Health System offers these ways to help you fight your addiction:

You Can Quit!

- 30-minute session
- Call to schedule a free session.

Gundersen Call It Quits

- Online community of support
- Facebook group
- No cost to join **Getting You Started to Stop: Tobacco Cessation Educational Series**
- 4-week program
- Individual 1-hour, weekly counseling sessions
- Cost: \$45.

To register or ask about the options described above
(608) 775-5442 or (800) 362-9567, ext. 55442

Gundersen Pulmonary

- Individual appointments
- Clinic visit for tobacco cessation counseling with respiratory therapist or nurse

You Can Quit!

- 30-minute session
- Call to schedule a free session.

Gundersen Call It Quits

- Online community of support
- Facebook group
- No cost to join

"You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face. You must do the thing that you think you cannot do." - Eleanor Roosevelt

Getting You Started to Stop: Tobacco Cessation Educational Series

- 4-week program
- Individual 1-hour, weekly counseling sessions
- Cost: \$45.

To register or ask about the options described above
(608) 775-5442 or (800) 362-9567, ext. 55442

Gundersen Pulmonary

- Individual appointments
- Clinic visit for tobacco cessation counseling with respiratory therapist or nurse
- Call (608) 775-2791 to schedule an appointment

Complimentary and Integrative Medicine

- Massage therapy, acupuncture, essential oils, etc.
- Call (608)775-8926 to schedule an appointment

Hypnosis-Behavioral Therapy

- Two, one-hour sessions
- Call (608) 775-2287 to schedule an appointment

ExpressCare Clinics

- Tobacco cessation consultation. (You will be charged for an ExpressCare visit.)
- La Crosse and Onalaska (608) 775-5858 or (800) 362-9567, ext. 55858

Tobacco quit lines by state

Call for free counseling and possible medicine discounts.

Wisconsin and Iowa: 1(800) QUIT NOW (784-8669)

Minnesota: 1(888) 354-PLAN (7526)

How ready are you to quit?

Use these scales to rate how you feel about quitting. Circle one number on each scale.

How **important** is it for you to quit?

0 1 2 3 4 5 6 7 8 9 10

Not at all important

Extremely important

How **confident** are you that you can quit?

0 1 2 3 4 5 6 7 8 9 10

Not at all confident

Extremely confident

How **ready** are you to quit?

0 1 2 3 4 5 6 7 8 9 10

Not at all ready

Very ready

Add the 3 numbers you circled. The total tells you where to begin.

3 to 10

Pages 7 to 18 are for tobacco users who might think about quitting someday.

11 to 20

Pages 18 to 20 are for tobacco users who are thinking about quitting soon.

21 to 30

Pages 21 to 47 are for tobacco users who are preparing to quit.

Might think about quitting someday

Right now, it is hard to see yourself living tobacco-free. Benefits of quitting do not outweigh the risks for you. You are not sure you want to make a change. You enjoy where you are at. There are not many reasons to take further steps. You are not really thinking about quitting at this time. These are common feelings before a major lifestyle change.

Reasons for using tobacco

For now, think about why you use tobacco. Knowing why you use tobacco will help you understand what need you are trying to meet. There are 3 groups of typical reasons. Check the reasons you relate to.

Physical dependence

- I smoke or use tobacco to avoid withdrawal symptoms.
- It relaxes me.
- Other _____.

Psychological dependence

- I cannot think straight without tobacco.
- I “need” it.
- It comforts me.
- Other _____.

Habit

- Each time I get in my car
- Each morning, to start my day
- After each meal
- When I drink alcohol
- When I am in certain social situations
- It is part of my routine.
- Other _____.

It might not be easy for you to pick your own reasons for using tobacco. This is normal for many people who struggle with any addiction.

| List your likes and dislikes of tobacco use and quitting. | |
|--|---|
| Good things about tobacco | Not so good things about tobacco |
| | |
| Not so good things about quitting | Good things about quitting |
| | |

Adapted from: Health Behavior Change: A Guide for Practitioners, S.Rollnick, P. Mason and C. Butler, 1999.

Tracking journal

Knowing when and why you do something are keys to success when changing behavior. A tobacco use journal can help you better understand your triggers and times you feel compelled to use tobacco. Keep this journal. You will learn more about your cravings and urges.

| Date | Time | Craving Level 0 - none, 1 - a little 2 - some, 3 - a lot | Activity | Feelings |
|-------------|-------------|---|-----------------------------------|----------------------|
| Example | 7 a.m. | 3 | Waking up, getting ready for work | Rushed, running late |
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Benefits of quitting smoking

Benefits of quitting tobacco use can be experienced as early as 20 minutes after your last use. Not every tobacco user experiences the same thing. Common benefits include:

Within 20 minutes of your last use of tobacco:

- Your heart rate drops.
- Your blood pressure drops.
- The temperature in your hands and feet increases.

After 12 hours:

- The carbon monoxide level in your blood returns to normal.
- The oxygen level in your blood increase.

After 24 to 48 hours:

- Your chance of having a heart attack decreases.
- Your sense of smell and taste improves.

After 2 weeks to 3 months:

- Your risk of a heart attack continues to drop.
- Your lung function and breathing begins to improve.
- Your blood circulation improves.
- Climbing stairs becomes easier.

After 1 to 9 months:

- Your coughing, sinus congestion, and shortness of breath decrease.
- Your overall energy increases.

After 1 year:

- Your risk of developing coronary heart disease is cut in half.

After 5 to 15 years:

- Your risk of a stroke is reduced to that of a non-smoker.
- Your risk of dying from lung cancer is cut in half.
- Your risk of developing cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decrease.
- Your risk of developing coronary heart disease falls to that of a non-smoker's.

Other benefits you can look forward to:

- No more tobacco breath.
- Color on your teeth and fingers will go away.
- Urges become less intense and less frequent as you use less tobacco. Most urges last 2 to 5 minutes.
- Your clothes, hair, furniture, and home will no longer smell like smoke.
- Smoky film will no longer build up on your walls, windows, and ceilings.
- Your sense of smell and taste will improve.
- You will have more energy.
- You will cough less after your lungs “clean up”.
- The health of loved ones will improve when their environment is free of side stream (secondhand) smoke.
- You will be proud of completing a very hard task. What a boost for your self-esteem!
- You can celebrate being clean, sober and free from tobacco!

If you quit using smokeless tobacco:

- Color on your teeth and fingers will go away.
- Reduced risk for health problems such as cancer and leukoplakia (white mouth sores that can lead to cancer). Chewing tobacco contains 28 cancer-causing chemicals.
- You will reduce your risk of heart disease and high blood pressure.
- You will save money.
- No more worry about spit waste.
- You will be proud of completing a very hard task. What a boost for your self-esteem!

Long-time tobacco users

You may think quitting after years of smoking will not matter. Your body has been damaged, but each tobacco-free day will help your body repair itself. Even after age 65, quitting tobacco can add years to your life. You can benefit from quitting at any point. The sooner you quit – the better.

Here are ways your life can improve:

- Better sleep
- Better circulation
- Breathe easier
- Walk farther without feeling out of breath
- Lower risk of heart and lung disease, stroke, and cancer
- Improve effectiveness of medicine you take

Money saved

Cost may be a reason to quit. Do you know how much you spend on your habit? Fill in the lines and do the math. See what you could save by being tobacco free!

| | Calculate your cost | Example |
|--|--------------------------------|--|
| Number of packs/tins/cigars/device used each day | _____ | 2 packs per day |
| Cost per pack/tin/cigars/device | \$ _____ | \$8.50 each |
| Multiply number used each day by cost per pack/tin/cigar/device for total cost per day. | _____ x \$ _____ = \$ _____ | 2 x \$8.50 = \$17 |
| Multiply total cost per day by 7 days for total cost per week | \$ _____ x 7 = \$ _____ | \$17 per day x 7 days = \$119 per week |
| Multiply total cost per week by 52 weeks to get total cost per year | \$ _____ x 52 = \$ _____ | \$119 per week x 52 = \$6,188 per year |

What could you do with all this money?

You could also spend less on cleaning and insurance premiums. Can you think of other hidden costs you could reduce or avoid?

Secondhand smoke

There is no safe amount of secondhand smoke. Breathing even small amounts can be dangerous. Secondhand smoke comes from:

- A burning cigarette, cigar, or pipe
- A person exhaling (breathing out) while smoking

Tobacco smoke contains more than 7,000 chemicals. Hundreds are toxic. About 70 cause cancer. Here are a few:

- Formaldehyde
- Carbon monoxide
- Ammonia
- Arsenic
- Lead

Disease and early death may occur in children and adults who do not smoke but are exposed to secondhand smoke. It can cause heart disease and lung cancer in adults even if they have never smoked.

Children exposed to secondhand smoke are more likely to have:

- Respiratory infections
- Asthma attacks
- Sudden infant death syndrome (SIDS)
- Ear infections

Source: Centers for Disease Control and Prevention

Poison Gases

- CARBON MONOXIDE**
Found in car exhaust
- HYDROGEN CYANIDE**
Used in chemical weapons
- AMMONIA**
Used in chemical weapons
- BUTANE**
Used in lighter fluid
- TOLUENE**
Found in paint thinners

Cancer-Causing Chemicals

- VINYL CHLORIDE**
Used to make pipes
- BENZENE**
Found in gasoline
- POLONIUM 210**
Radioactive and very toxic
- FORMALDEHYDE**
Used to embalm dead bodies

Toxic Metals

- ARSENIC**
Used in pesticides
- CHROMIUM**
Used to make steel
- LEAD**
Once used in paint
- CADMIUM**
Used in making batteries

Thirdhand smoke (THS)

Residues of nicotine and other chemicals left by burning tobacco are called third-hand smoke (THS). It collects on and can be absorbed by hair, skin, clothes, carpet, furniture, curtains and walls. Months after the last tobacco product has been stubbed out, THS persists in living and working spaces.

The odor of cigarette smoke means THS is present. It can enter the body by being inhaled, swallowed or touched. It sticks to surfaces or travels through the air as dust or other particles.

No matter what form it takes, THS is an environmental hazard. It can reach toxic levels over time. Airing out rooms or opening windows will not remove THS from surfaces or furniture. Hard surfaces, fabrics and upholstery need to be cleaned and/or laundered on a regular basis to help reduce residue build up.

Here are more facts:

- Living in spaces where people have smoked increases exposure to toxins and carcinogens. Concentrations are lower, but exposure is constant and persistent.
- Babies and children are more likely to be exposed to THS. They crawl, touch everything and do not wash their hands often.
- Fans and sprays merely mask odors. They do not protect humans from THS exposure. Home heating and cooling equipment may make odors worse.
- Smoking outside or away from home does not prevent THS contamination. Chemicals can cling to clothing, walls and furniture for months.
- Trying to limit smoking to certain rooms will not protect the rest of a dwelling or workspace.
- Homebuyers or renters should ask about prior smoking in places they may occupy.

Sources: Food and Drug Administration, Surgeon General Report: 2014 International Journal of Medicine: 2011. Current Environmental Health Reports, September 2015.
Proceedings of the National Academy of Science U S A. 2010; 107(15):6576. Epub 2010 Feb 8.
UpToDate.com (Literature review, Control of Secondhand Smoke Exposure)

Other tobacco products (OTP) smokeless tobacco

Cancer causing chemicals

Research shows smokeless tobacco contains at least 28 carcinogens (kahr-SIN-uh-jens):

- Nitrosamines (formed during growing, fermenting, aging process)
- Nicotine (an insecticide)
- Hydrocarbons (present in car exhaust)
- Cadmium (used in car batteries)
- Formaldehyde (embalming fluid)
- Polonium 210 (nuclear waste)
- And many more

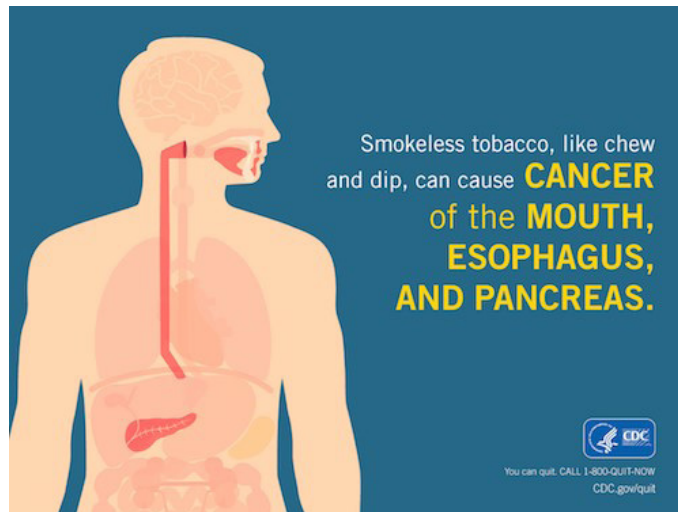
Health concerns

Smokeless does not mean harmless. **Higher levels of nicotine can make these products more addictive than cigarettes.** One dip or pinch of chew equals smoking 3 or 4 cigarettes. Tobacco products that dissolve may contain up to 3 times the nicotine found in 1 cigarette.

Unhealthy mouth conditions due to use of smokeless tobacco can cause:

- Bone loss
- Receding gums
- Bad breath
- Stained teeth
- Leukoplakia (loo-koh-PLAY-kee-ah) – A wound in soft mouth tissue that can become cancer
- Oral cancer (lip, tongue, cheek, roof and floor of the mouth)
- Cancer of the larynx, pharynx (throat or voice), pancreas and stomach
- Increased risk of heart disease and high blood pressure

Source: Centers for Disease Control and Prevention



Thinking about quitting soon

You may be nervous about quitting because you have heard about withdrawal symptoms. It is important to know what you will feel and why.

Withdrawal symptoms

Your body and brain have become used to the effects of nicotine. When you stop using tobacco, your body and brain must figure out how to function without nicotine. Symptoms occur as your body and brain adjust day by day to less nicotine. You may feel like someone addicted to caffeine who does not drink as much soda or coffee each day. You may or may not have all of these common symptoms:

- Cravings
- Feeling down or sad
- Feeling restless
- Having trouble sleeping
- Feeling irritable, on edge, or grouchy
- Being anxious
- Having trouble thinking clearly and concentrating
- Slower heart rate
- Feeling more hungry or gaining weight

The list might look scary. **Do not forget why you want to make this change.** Something made you decide it was time. You feel strongly enough that you are willing to eliminate tobacco from your life. What drove you to make this choice now?

List your main reasons for quitting tobacco:

1. _____
2. _____
3. _____
4. _____
5. _____

Breaking the habit

When making any lifestyle change, you need to be realistic. Knowing what to expect when quitting will help you be prepared for situations. Review your Tracking Journal. Remind yourself what makes you want to use tobacco. Plan how to handle these urges.

Triggers

Knowing your triggers will make it easier to change your routine and use tobacco less and less. Take some time to list your triggers. Think about all the people, places, situations, and routines that relate to you using tobacco. Put a mark by each of your triggers.

- _____ I need tobacco to calm my nerves.
- _____ I enjoy tobacco after meals.
- _____ I want something in my mouth.
- _____ Tobacco perks me up and gives me a boost.
- _____ I want to use tobacco when I wake up.
- _____ I like to use tobacco when I have a cup of coffee.
- _____ I like to use tobacco when I drink alcohol.
- _____ I enjoy handling cigarettes and tobacco products.

- _____ Tobacco takes my mind off my troubles.
- _____ I use tobacco without being aware of it.
- _____ I like to use tobacco while watching TV.
- _____ I like to use tobacco while talking on the phone.
- _____ I like to use tobacco while driving the car.
- _____ I like to use tobacco while reading the paper.
- _____ Using tobacco helps me wind down before I go to bed.
- _____ Using tobacco helps me socialize. I light up or take a pinch when I am around other tobacco users.
- _____ Using tobacco is part of “taking a break.”
- _____ I like the taste.
- _____ Tobacco is my friend. It keeps me company.
- _____ Other _____

Barriers to quitting

You have come a long way. You know more about why you want to quit. Are you stalled on your journey to being tobacco-free?

Addiction changes your brain. You cannot seem to function in a normal way without using what you are addicted to. For some people, this is caffeine. For others, it is alcohol. For you, it is tobacco (nicotine). To keep moving on your journey, identify and understand what is in your way. List the problems you have (or will) run into as you keep trying to quit:

1. _____
2. _____
3. _____
4. _____
5. _____

Preparing to quit

You know why you need to quit. You know you **want** to quit. You are ready to begin taking steps to quit. Tobacco use has become a burden in your life. You are ready to make a plan to quit. These 8 steps will help you achieve your goal.

Making a quit plan

Having a plan mapped out before your quit date will increase your chances of success. You will be better prepared for what is to come.

1. **Choose a quit date.** Set a date within the next 2 weeks. Focus on your end goal. Avoid times you may have high stress or will face many triggers. Some people choose a day that is easy to remember, such as an anniversary, birthday, holiday, or first of the month.

My quit date is: _____

2. **Talk to your provider about your plan.** Your provider will be able to offer you support. Your provider can discuss other resources. He or she may prescribe medicine to help you cope with triggers, urges and symptoms.
3. **Tell others you are quitting.** Tell your friends, family members, roommates, and coworkers how they can help you. Tell them what you will need from them. Be specific. Tailor your request to each person. Here are examples of what you could say to people based on whether they use tobacco:
 - Tobacco-using roommate: “I decided to quit. Could you keep your cigarettes and ash trays in your room? That way I won’t be tempted.”
 - Tobacco-using co-worker: “I wanted to let you know I won’t be coming out for smoke breaks / tobacco breaks with you guys anymore. I decided it’s time to quit.”

- Tobacco-using friend: “Hey, would you mind not using tobacco around me anymore? I’m going to quit on _____ and I really want to stick with it.”
 - Non-tobacco using family members: “I’m not going to use tobacco anymore. I’ve decided it’s time to be done. I would really appreciate it if you could help me out by [cooking some meals / going to the gym / taking walks / being patient] with me.”
4. **Remove reminders of tobacco.** Do not keep “just in case” packs or tins. Commit to this. Tobacco is not an option. This is the time to give away your lighters and throw away your matches. Get rid of all tobacco products.
 5. **List your reasons for quitting, triggers, and challenges you may face.** Getting prepared will help you succeed.
 6. **Know where to turn for immediate help.** Contact your support people. Call the tobacco quit line on the inside front cover of this booklet. Keep phone numbers of your support team handy.
 7. **Focus on quitting and getting healthy, rather than your weight gain.**
 - Your weight after quitting (including pounds you gained) often equals what it would have been had you never used tobacco.
 - After you quit using tobacco, your metabolism returns to a healthy rate.
 - Health benefits of quitting exceed any risks due to weight gain on average.
 8. **Reward yourself.** This is the start of a long journey. You can achieve a great deal when you commit to quit.

Quitting Tip

It takes an average of 6 to 8 attempts for smokers / tobacco users to quit for good. Each time you quit, you learn something about yourself and the process. Don’t get discouraged. Find ways to quit that work for you.

Weight gain in tobacco cessation

You may have heard that you will gain weight when you stop using tobacco products. Use positive coping skills and be mindful of your eating habits. This can help your body stay at or return to a body weight that is best for you. It is also important to do exercise or body movement that you enjoy.

Overcoming your fears about weight gain

Some people may be afraid of gaining weight when they stop using tobacco. Fear of weight gain may be a barrier to quitting. This is why weight gain may happen when you are quitting tobacco:

- The body may retain more water the first couple of weeks of the quitting process. You may have a temporary weight gain of 3 to 5 pounds.
- Start learning healthy lifestyle habits during your quitting process. Your body will typically end up at the weight it would have been if you never used tobacco.
- After you quit using tobacco, your metabolism returns to a normal rate for you. However, you can increase your metabolism with better eating habits and regular exercise.

Weight gain is not always unhealthy. Be mindful of your body's natural hunger cues during the quitting process. Avoid boredom eating or eating when you are not hungry to replace using tobacco. Contact Nutrition Therapy for more information and help at (608) 775-3447.

These tips can help improve your physical health as you go through the tobacco cessation process:

- Stay hydrated by drinking plenty of water
- Eat nourishing snacks: fresh vegetables, fresh fruit, low-fat dairy, etc.
 - Examples: celery sticks, carrot sticks, frozen fruit, applesauce
- Do any kind of movement you enjoy: walking, hiking, biking, etc.
- Eat when you are hungry, stop when you are full. Eat a balanced diet.
- Eat slower by taking smaller bites.
- Avoid or limit alcohol.

What will your plan be?

Are you stressed?

Stress can trigger tobacco use. Know what stresses you and learn to cope in healthy ways. Mark your stress signs and review ways to reduce stress on these lists.

My Signs of Stress

I know I'm under stress when I...

- Cry more than usual
- Cannot concentrate or focus
- Cannot sleep
- Sleep more than usual
- Eat more than usual
- Do not feel like eating
- Am irritable
- Am on the move all the time - fidgety
- Resort to use of alcohol/drugs
- Become very sensitive
- Have "physical complaints"
- Other _____

Stress Reducers

When I see these "symptoms" I will...

- Go for a walk.
- Read a good book.
- Go shopping at _____
- Exercise
- Listen to music on the _____
- Watch my favorite TV program(s)
- Use relaxation techniques.
- Take some time for myself.
- Do something I'm skilled at such as _____

"Change starts when someone sees the next step."

- William Drayton

- _____ Talk to my friend, therapist, doctor, or someone else.
- _____ Say “No” to _____
- _____ Confront the situation by _____
- _____ Limit behaviors such as _____
- _____ Prioritize my activities/duties
 - #1 _____
 - #2 _____
 - #3 _____
- _____ Other _____

The last day

Prepare for your quit day.

- Remove all tobacco in your living spaces (house, car, pockets, purses, etc.).
- Remove all ashtrays, lighters and other related items. (Making it inconvenient to use tobacco will make it easier to resist cravings!)
- If you have been chewing tobacco, have supplies of these on hand:
 - Sugar-free gum or mints
 - Carrots and other raw veggies
 - Sunflower seeds
 - Plastic straws
 - Any other item to keep your mouth busy
- Review your plans to avoid triggers.
- Review your plans to cope with withdrawal.
- Have your teeth cleaned by a dentist to remove stains (if possible). Give yourself a “feel good” polish.
- Keep medicine prescribed for cessation nearby and ready to go.
- Get a good night’s sleep to ensure you won’t wake up in a rush.

You are ready for this, and you can do it!!!

Quitting or cutting back

You have made a plan. You have informed your loved ones you are going to reduce your tobacco use over the next few weeks. Now it is time to begin your tobacco-free life. You know the next few months may not be easy, but you are ready to be done with tobacco. You talked with your provider about your plan of action. You removed all tobacco from your living space. You set a quit date. What is next?

The big day: Your quit date

Today is the day! You have planned and prepared. Now the day is here. So what do you do? Here are some ideas for how to stay busy during times you would usually use tobacco:

- Write down your plans for the day and who to call for support if needed.
- Write down your reasons for quitting. Put them in a place you will see them each day.
- Find a family member or friend to join you for a tobacco-free outing to one of your favorite restaurants.
- Pamper yourself. Take a short nap when you would not normally snooze. Rent one of your favorite movies. Read a good book for a little longer than normal. Take a walk during your lunch break. You deserve it!
- Schedule a dental appointment if you have not already. Get rid of those stains once and for all.

Quitting fact

Most smokers want to quit. 70 percent report they want to quit. 44 percent report they try to quit each year. You are not alone in your efforts! Quitting is a process.

"If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning."

– Mahatma Gandhi

Fighting the urge: How to stay quit

Knowing what you will do when an urge arrives is the key to staying tobacco free. Take the time to review your triggers. What can you do to break up your routine and remain tobacco free? Here are some triggers and ways to beat them. Ask yourself:

What do I do when I have the urge to use tobacco?

What need am I trying fill through my tobacco use?

How can I fill this need in a healthier way?

Common “urge” situations

Certain times in the day can trigger tobacco use. Take time to think about these. Are they a problem? They do not have to be.

The big one: The first puff or dip of the day - Change up what you do in the morning. Jump in the shower. Go outside for fresh air or read the paper. Say to yourself: “I am in charge of not using tobacco. This urge will go away.” Focus on the day ahead. Your plan:

With alcohol - Use of one substance can trigger use of the other. Avoid or limit alcohol use. Do not go where smoking and tobacco are allowed. Reduce time spent around other smokers and tobacco users if this is one of your triggers. Tell friends you have made the choice to quit. Remind yourself you are a non-tobacco user. Your plan:

After meals - Brush your teeth. A clean mouth and fresh breath will keep you from using tobacco. Get up from the table and wash the dishes. It may help to go out and walk. Start a new hobby. Keep busy. Your plan:

Drinking coffee - Have coffee in a different place or eat a healthy snack. Have tea instead of coffee. Tell friends you have made the choice to quit. Remind yourself of the choice you have made to be tobacco free. Your plan:

In the car - Try taking a new route or changing your mode of transportation. Take a train or bus. Carpool, bicycle or walk if you can. If you are stuck in traffic, try turning your radio to a new style of music. Listen to audio books on long trips. Your plan:

Dealing with stress - Know your stress signs. You may feel tense, have a fast heartbeat or a nervous stomach. Say: "I need to take care of myself." Try taking deep breaths or get up and walk around. If you have time, take a hot bath or meditate. Ask for support from your partner, friend or provider. Your plan:

When you are bored - Get busy! Work on a hobby. Chew gum or snack on healthy food. Make a list of things you can do when you are bored. Remind yourself of all the good you are doing by being tobacco free. Your plan:

Dealing with other tobacco users and social situations - Tell friends or family members what they should do while you are quitting. “Do not smoke around me.” “Do not leave your cigarettes around the house.” “Do not offer me a cigarette or pinch.” “My house and car are tobacco-free.” You may need to limit time spent with other tobacco users until you feel more confident or comfortable. Call or talk to a friend who will support you. Your plan:

Talking on the phone - Keep hands busy by playing with a paper clip or straw. Chew on a straw, toothpick or gum. File or clip your nails. Say to yourself: “I do not need to use tobacco while I am on the phone. Your plan:

After sex - Let your partner know this is a trigger for you. Talk to your partner and agree to be tobacco free. Have a glass of ice water or soda by the bedside to enjoy. Your plan:

Reward or taking a break - Reward yourself with something you enjoy doing. Try something new, like a crossword puzzle or other game. Your break can be taking a walk to get fresh air.

Other - Any other situations that could make you want to use tobacco.

Use 4 "D's" to deal with urges

- 1. Delay** - It sounds crazy, but it is true. An urge lasts about 2 to 5 minutes. Put off using tobacco and let it pass.
- 2. Deep breathing** - Enjoy some relaxing breaths. Breathe in for the count of 3. Hold your breath (1...2...3...) Then slowly breathe out (1...2...3...). Or, try these:
 - **Belly breathing** - Place your hand on the upper part of your belly. Slowly breathe in through your nose. Let your upper belly balloon out as you breathe in. Slowly breathe out through your mouth with pursed (slightly parted) lips. Repeat this 5 times
 - **Triangular breathing** - Take a deep breath in to the count of 4 (1, 2, 3, 4). Hold your breath to the count of 4 (1, 2, 3, 4). Breathe out slowly and fully to the count of 8 (1, 2, 3, 4, 5, 6, 7, 8). Breathe in normally. Breathe out normally. Repeat this pattern 5 times.
- 3. Drink water** - Your body needs fresh water. It has zero calories. It flushes out impurities and helps you feel better.
- 4. Do something different.** - Change your routine. Break up boredom. Take a break. There is always something better to do than use tobacco.

"You have the power to change."

- Les Brown

Medicines that help reduce your desire for tobacco

| Medicine | Cautions / Warnings | Side Effects | Dosage | Use | Availability |
|---|--|--|--|--|--|
| Combination Nicotine Replacement Therapy (NRT) 1.Patch + lozenge 2.Patch + gum | Follow instructions for individual medications | See individual medications below | See below | See below | See below |
| Varenicline (Package Insert) | Use with caution in patients: <ul style="list-style-type: none"> • With significant renal impairment • With serious psychiatric illness • Undergoing dialysis | <ul style="list-style-type: none"> • Nausea • Insomnia • Abnormal, strange dreams | <ul style="list-style-type: none"> • Days 1-3: 0.5 mg every morning • Days 4-7: 0.5 mg twice daily • Days 8-end: 1 mg twice daily | <ul style="list-style-type: none"> • Start 1 week before quit date and use for 3-6 months • Typically quit on day 8 • Optional: quit between days 8-35 | Prescription only: <ul style="list-style-type: none"> • Chantix® |
| Nicotine Patch <ul style="list-style-type: none"> • 7 mg • 14 mg • 21 mg | Do not use if you have severe eczema or psoriasis | <ul style="list-style-type: none"> • Local skin reaction • Insomnia | One patch per day <ul style="list-style-type: none"> • If ≥ 10 cigarettes/day: 21 mg 4 wks 14 mg 2-4 wks, 7 mg 2-4 wks • If < 10 cigarettes/day 14 mg 8 wks | <ul style="list-style-type: none"> • Post-quit: 12 weeks • Optional: pre-quit: up to 6 months prior to quit date with smoking reduction | <ul style="list-style-type: none"> • OTC or prescription: • Generic • Nicoderm CQ® • Nicotrol® |
| Nicotine Lozenge <ul style="list-style-type: none"> • 2 mg • 4 mg | <ul style="list-style-type: none"> • Do not eat or drink 15 minutes before or during use • One lozenge at a time • Limit 20 in 24 hours | <ul style="list-style-type: none"> • Hiccups • Cough • Heartburn | <ul style="list-style-type: none"> • If smoke > 30 minutes after waking: 2 mg • If smoke ≤ 30 minutes after waking: 4 mg • Weeks 1-6: 1 every 1-2 hours • Weeks 7-9: 1 every 2-4 hours • Wks 10-12: 1 every 4-8 hours | <ul style="list-style-type: none"> • 3-6 months • Optional: Pre-quit: Up to 6 months before quit date with smoking reduction • Recommend mini-lozenge due to more rapid nicotine blood level and ease of use | OTC only: <ul style="list-style-type: none"> • Generic • Commit® |

Medicines that help reduce your desire for tobacco *continued...*

| Medicine | Cautions / Warnings | Side Effects | Dosage | Use | Availability |
|---------------------------------------|--|--|--|--|--|
| Nicotine Gum • 2 mg • 4 mg | <ul style="list-style-type: none"> • Caution with dentures • Do not eat or drink 15 minutes before or during use | <ul style="list-style-type: none"> • Mouth soreness • Stomach ache | <ul style="list-style-type: none"> • 1 piece every 1 to 2 hours • 6-15 pieces per day • If smoke > 30 minutes after waking: 2 mg • If smoke ≤ 30 minutes after waking: 4 mg | <ul style="list-style-type: none"> • Post-quit: up to 12 weeks • Optional: pre-quit: Up to 6 months before quit date with smoking reduction | OTC only: <ul style="list-style-type: none"> • Generic • Nicorette® |
| Nicotine Inhaler (Package Insert) | May irritate mouth/throat at first (improves with use) | <ul style="list-style-type: none"> • Local irritation of mouth and throat | <ul style="list-style-type: none"> • 6-16 cartridges/day • Inhale 80 times/cartridge • May save partially-used cartridge for next day | <ul style="list-style-type: none"> • Post-quit: Up to 6 months; taper at end • Optional: pre-quit: up to 6 months before quit date with smoking reduction | Prescription only: <ul style="list-style-type: none"> • Nicotrol inhaler® |
| Nicotine Nasal Spray (Package Insert) | <ul style="list-style-type: none"> • Not for patients with asthma • May irritate nose (improves over time) • May cause dependence | <ul style="list-style-type: none"> • Nasal irritation | <ul style="list-style-type: none"> • 1 “dose” = 1 squirt nostril • 1 to 2 doses/hour; 8 to 40 doses per day • Do not inhale | 3-6 months; taper at end | Prescription only: <ul style="list-style-type: none"> • Nicotrol NS® |
| Bupropion SR 150 (Package Insert) | Not for use if you: <ul style="list-style-type: none"> • Use monoamine oxidase (MAO) inhibitor • Use bupropion in any form • Have a history of seizures • Have a history of eating disorders | <ul style="list-style-type: none"> • Insomnia • Dry mouth | <ul style="list-style-type: none"> • Days 1-3: SR 150 mg each morning • Days 4-end: SR 150 mg twice daily | Start 1-2 weeks before quit date; use 2 to 6 months | Prescription Only: <ul style="list-style-type: none"> • Generic • Zyban® • Wellbutrin SR® |

How to cope with withdrawal symptoms

You may have symptoms for the first couple of weeks after you stop using tobacco. Here are some tips to help you cope.

| Symptoms | What you can do: |
|---|---|
| Feeling irritable, frustrated or angry | <ul style="list-style-type: none">• Do something to relax.• Take a walk.• Remind yourself this is temporary. |
| Cravings and urges | <ul style="list-style-type: none">• Brush your teeth.• Drink a glass of water.• Take a walk or exercise. |
| Headaches or dizziness | <ul style="list-style-type: none">• Sit or lie down and close your eyes.• Do something to relax. |
| Dry mouth or sore throat | <ul style="list-style-type: none">• Drink a glass of water.• Suck on ice cubes. |
| Insomnia (cannot sleep, trouble sleeping) | <ul style="list-style-type: none">• Avoid caffeine in the afternoon and evening.• Use relaxation techniques. |
| Upset stomach and / or constipation | <ul style="list-style-type: none">• Try to drink 6 to 8 glasses of water a day.• Eat more fruits, vegetables, and whole grain breads and cereals |
| Coughing | <ul style="list-style-type: none">• Drink water, juice, or warm herbal or decaffeinated tea. |
| Feeling tired or sleepy | <ul style="list-style-type: none">• Take a walk.• Use relaxation techniques.• Take a 20-minute nap. |

| Symptoms | What you can do: |
|--------------------------|---|
| Difficulty concentrating | <ul style="list-style-type: none"> • Reduce stress. • Manage your time. • Take frequent short breaks. |
| Increased appetite | <ul style="list-style-type: none"> • Drink water. • Eat low-calorie snacks. • Exercise. |
| Feeling restless | <ul style="list-style-type: none"> • Go for a walk. • Exercise. • Consider a hobby. |
| Feeling depressed | <ul style="list-style-type: none"> • Call a friend. • Identify specific feelings and address needs. • Make a list and write down solutions. • Seek professional help. |

Reward yourself

You deserve it! Each time you avoid using tobacco is a big success. Treat yourself with special rewards each day and week as you approach your goal of “staying quit.” Write down what works for you and use this list the next time you feel an urge. Build on your success. Feel good about what you are doing. Treat yourself to one of these or other rewards each time you get past an urge:

- Go on a night out.
- Get a massage.
- Take time to read a book.
- Save money you used to spend on tobacco for something special.
- Enjoy a hot bath.
- Take up a new hobby.
- Other: _____

Keep busy

You may feel restless. Try activities on this starter list when you are looking for something to do. Many can help reduce weight gain. Some ideas are free. Others are cheap. Rent a DVD about beginning yoga, tai chi, or aerobics or borrow one from the library. Exercise at home or make up your own activities. Being active gets easier over time. Notice how your breathing improves, day by day.

Physical activity/sports

- Walk or jog
- Skate
- Swim
- Dance
- Perform martial arts
- Play team sports, e.g., soccer, volleyball, softball, basketball
- Ride a bike
- Hike
- Exercise
- Bowl
- Yoga

Working around your home

- Garden or do yard work
- Cook, grill or bake
- Organize/clean out the basement, garage, closet, or attic
- Organize a yard sale
- Paint or redecorate rooms
- Wash and wax the car
- Vacuum and dust
- Walk your dog or a friend's

Going out

- Fish, hunt, or camp
- Shop
- Go to a library or bookstore
- Go to a museum
- Have a picnic
- Get a manicure or pedicure
- Go to a garage sale or yard sale
- Go to a movie

Hobbies and crafts

- Play (or learn) a musical instrument
- Start a collection (stamps, coins, or shells, for example)
- Do puzzles (crossword or jigsaw)
- Play board games with family or friends
- Start a journal or scrapbook
- Organize photos
- Do woodwork or whittle
- Knit, crochet, sew, or do needlework
- Write (journal, letters to the editor, poems, articles, or books)

Relaxation

- Read
- Take a nap
- Listen to music
- Meditate
- Listen to a relaxation CD
- Catch up on emails

Being with others

- Call an old friend
- Have someone over for dinner or to watch movies
- Go out to eat
- Join a group or club
- Have a family get-together

Live one day at a time

People recovering from illness or injury often focus on one day at a time. This mindset can also help tobacco users who are trying to quit. When we live in the present, we worry less about the future and things we cannot control. Living one day at a time can:

- Help keep your goals in sight.
- Give you hope and courage.
- Bring you many days of being tobacco free.

"Life begins at the end of your comfort zone."

- Neale Donald Walsch

Myths about tobacco

Using tobacco is just a choice. Brain chemical balance changes quickly when nicotine is used. It may seem like a choice or habit, but most tobacco users are addicted. Breaking addiction can be harder for some people. Quitting can take several tries. Do not give up!

An occasional cigarette or dip/pinch is not a big deal. Any amount can damage lungs, blood vessels and cells throughout your body. Quitting all tobacco is best for your health.

Filtered, light and low-tar cigarettes are safer. There is no safe cigarette. Filters do not protect you. Smoke chemicals are absorbed into your body.

Secondhand smoke might bother people, but it is not dangerous. It is not healthy to breathe any amount of tobacco smoke. Tens of thousands of nonsmokers die every year from breathing secondhand smoke. Rolling down your car window does not protect passengers.

Medicine for quitting tobacco does not work. Using one of the 7 FDA-approved smoking cessation products can double your chances of quitting. Being counseled while you quit could triple your chances of success.

Smoking is relaxing. It improves my mood. Chemicals in the brain that produce feelings of pleasure and reward are released by nicotine. Nicotine is highly addictive.

Cigar smoking and chewing tobacco are safe because you don't inhale. Cigar smokers are 4 to 10 times more likely to die of cancers of the mouth, throat, lips, larynx and esophagus. People who chew are more likely to develop cancers of the tongue, lips, cheeks and gums.

Hookah smoke is safe because it is filtered through water. Harmful chemicals are removed. Water does not filter out chemicals. Hookah smoke contains cancer-causing chemicals. It can damage your lungs and heart. A 60-minute hookah session exposes you to 100 to 200 times the volume of smoke inhaled from a single cigarette.

E-cigarettes help you stop smoking. Electronic cigarettes are not FDA-approved for smoking cessation.

Addressing misconceptions about new tobacco products

| Misconceptions | Facts |
|---|---|
| E-cigarettes | |
| “E-cigarettes can help you quit smoking.” | E-cigarettes are not an FDA approved cessation device. There is insufficient evidence to support their use for cessation. |
| “It’s just water vapor.” | E-cigarette vapor contains nicotine, heavy metals, formaldehyde and other cancer-causing chemicals. Many ingredients in e-liquid are dangerous to inhale. |
| “E-cigarettes aren’t tobacco.” | The nicotine found in e-liquid is extracted from tobacco plants. |
| “There’s no nicotine in my e-liquid.” | Under current regulations, there is no way to know how much nicotine is actually in your e-liquid. E-liquid nicotine levels are often mislabeled and tests have shown that some “nicotine-free” e-liquids contain nicotine. |
| “I just vape, I’d never smoke.” | Most e-cigarettes contain nicotine, which is a highly addictive drug that adolescents are especially vulnerable to. It is possible to become addicted to nicotine even after just a few uses. Studies show that youth who use e-cigarettes also use conventional cigarettes and other tobacco products. |

| Misconceptions | Facts |
|---|---|
| Hookah | |
| “The water in hookah filters out the toxins.” | The water used in hookah does not filter out or remove toxic ingredients in the smoke. Hookah smoke contains large amounts of toxic ingredients including tar, carbon monoxide, and cancer-causing chemicals. |
| “Hookah is safer than cigarettes.” | Hookah smoking has many of the same health risks as cigarette smoking. A one hour hookah session exposes users to as much smoke as 100-200 cigarettes. The burning charcoal used with hookah also increases the health risks. |
| Menthol Cigarettes | |
| “Menthols aren’t as bad for you as regular cigarettes.” | Menthol cigarettes have all of the same health risks as non-menthol cigarettes. They also increase addiction and make it harder to quit smoking. |
| Cigars | |
| “Cigars aren’t as addictive as cigarettes.” | The tobacco in cigars contains nicotine just like the tobacco in cigarettes. Nicotine is a highly addictive drug, and adolescents may become addicted after just a few uses. |
| “Cigars are safer than cigarettes.” | Cigars are not safer than cigarettes. Cigars contain the same addictive, toxic and cancer-causing ingredients found in cigarettes. |
| Flavored Tobacco Products | |
| “Flavored tobacco products are safer than non-flavored tobacco products.” | Flavored tobacco products have all of the same health risks as non- flavored products. They also make it easier to start smoking. |

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Sticking to it

You made the decision to quit. You took all the steps to become tobacco-free. You have not used any tobacco since your quit date. Sometimes you find yourself struggling. Some days the cravings are too much to bear. You are not sure what to do. This section has tips to help you stay quit. It also reminds you to expect slip-ups. The most important thing to do is to get back on track. Keep working toward being a healthier you. **You can do it!**

Slip-ups and relapses

A **slip-up** means you used tobacco after your quit date. You have not gone back to using tobacco full time. Get back on track right away.

- Go back through this workbook.
- Review your reasons for quitting.
- Review plans for triggers and urges.
- Remind yourself who to call for support.
- Think about what led to the slip-up and how to cope with it next time.
- Consult a friend, family member, or your provider if you feel stuck.

A **relapse** means you returned to using tobacco after trying to quit. The effects of nicotine addiction are very strong. Relapses are common. **Do not give up.**

- Go back through your workbook.
- Make a new quit plan.
- Keep trying until you quit for good.

Each day you do not use tobacco you help your body!

"When the world says 'Give up,' Hope whispers, 'Try it one more time.'"
- Unknown

Ways to stay tobacco free

The first few weeks after you quit can be hard. Staying away from tobacco may be extra tough during certain times of the year. Holidays and festive events may inspire urges you can control on normal days. Special efforts can help you celebrate without being tempted to use tobacco. These ideas can help throughout the year. **Celebrate being an ex-tobacco user.** Try these tips to keep your mind off tobacco:

Keep your guard up - Certain people, places, things or situations can trigger urges even when you have not used tobacco for years. Tell yourself: “Never take another puff /chew/plug/dip.” Be prepared. Use the skills you have learned to fight your cravings. Remember your other choices when a trigger pops up.

Stay upbeat - Keep a positive attitude. Take it one day at a time. Remember the benefits of quitting.

Fight the urge - The longer you go without tobacco, the more the urges will fade. Remind yourself these feelings are temporary. Distract yourself with something else.

Reward yourself - Quitting is hard. Staying tobacco free is an accomplishment. Remember to reward yourself. Use the extra money you have to treat yourself. Some rewards do not cost a single penny. Take a hike to connect with and enjoy nature. Watch a movie. Invite a friend.

Recruit support - Turn to someone that supports you. Talking can help identify your struggles and figure out ways to cope.

Ask a friend to be your sponsor. This may be your most important choice. Help and support from a trusted friend will increase your chances of success. A friend can:

- Provide support when the challenge of this big change wears you down.
- Rejoice with you each time you achieve a small step.
- Be there when you feel you cannot go on.

When you find someone willing to be your sponsor, give him or her a copy of the next 2 pages.

How to help a friend stop using tobacco

Ask your friend how you can help.

- Show concern.
- Show you really want to help.

Tell your friend: “I think you can make it this time” even if he or she struggled in the past.

- It often takes 6 to 8 “practice” attempts before someone quits for good.
- Remember: It is not your fault if your friend does not stay tobacco-free.

Be ready to help. Focus on the first 7 to 10 days.

- Your friend may want to talk about experiences.
- Your friend may need extra help during “tough” times (morning, coffee, after a meal, driving or riding in a car, at a party, after work, before bedtime.)

Offer to call or check on your friend throughout the day.

- During work or at home
- Ask how your friend is feeling instead of “Did you use tobacco?”
- In your own words, say: “I am here if you need me. I am thinking about you.”

Keep in mind your friend is giving up a “friend” and source of pleasure.

- This can be very hard.
- Your friend may be depressed even if he or she succeeds and quits.

Do not nag, scold or preach. Instead:

- Let your friend know how much you admire him or her for trying.
- Even if your friend struggles, say how proud you are.
- Give verbal praise right away. (“You are doing great!”)
- Offer prompt rewards for getting through each day or week without tobacco.

- Send flowers or a card. Treat your friend to lunch. Do a favor.

Offer to walk or exercise with your friend.

- The buddy system is a great way to start and keep up an activity
- Do things that are fun (swimming, biking, hiking, tennis, etc.)

Eat healthy foods with your friend.

- Weight gain is a concern.
- Do not eat sweets or other unhealthy food around your friend.
- Do not offer sweets or unhealthy food as rewards.

"Change your thoughts and change your world."

- Norman Vincent Peale

Tobacco Free Contract

I, _____, have decided to quit using tobacco.

I accept this challenge.

I understand I am responsible for taking care of myself and becoming healthy.

I am aware that becoming tobacco free is a positive step in my own wellness.

Signature

Date

Witness

Date

Gundersen Health System is committed to high quality patient care. We know all forms of tobacco can harm patients, staff, and visitors. To protect their health and yours we do not allow tobacco use on any Gundersen property.

We are especially committed to helping people become tobacco free to enhance their health. **We know quitting is not easy. But we know you can do it – and we are willing to help.** This booklet will provide you with tips and exercises to become tobacco free and stay that way.

If you would like more information about tobacco cessation, or have questions about counseling services:

- Contact your doctor.
- Call Community and Preventive Care Services at (608) 775-5442 or (800) 362-9567, ext. 55442.
- Email wellness@gundersenhealth.org.
- Visit our website www.gundersenhealth.org/quit

"The start is what stops most people."

- Don Shula

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This information is meant to inform and educate our patients. It supports the care you receive from your health care team. It does not replace medical evaluation, advice, diagnosis or treatment. Talk to your doctor or health care team before starting any new treatment.

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