



HEALTH FOR LIFE

A Quick Guide To Stop Smoking



Health Benefits Of Quitting

- Lower your risk of cancer
- Improve your chance for survival of cancer
- Lessen your risk of lung problems
- Lessen your risk of heart problems
- Respond better to treatments for various health problems
- More energy
- Sharper sense of taste and smell will return after quitting
- Get rid of and avoid getting smoker's cough.
- Whiter teeth, fresher breath
- Satisfaction of quitting
- Less ill time at work
- Less tension



Other Benefits for You: _____



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Why Do You Smoke?

Take this short test to understand some reasons why you smoke. Your answers to the test questions will help you choose the best way to quit.

Here are some statements made by people to describe what they get out of smoking cigarettes. **How often do you feel this way when smoking?**

Circle one number for each statement. Important: **Answer every question.**

	Always	Frequently	Occasionally	Seldom	Never
A. I smoke cigarettes to keep myself from slowing down.	5	4	3	2	1
B. Handling a cigarette is part of the enjoyment of smoking.	5	4	3	2	1
C. Smoking cigarettes is pleasant and relaxing.	5	4	3	2	1
D. I light up a cigarette when I feel angry.	5	4	3	2	1
E. When I run out of cigarettes, it is almost unbearable until I can get more.	5	4	3	2	1
F. I smoke cigarettes automatically without even being aware of it.	5	4	3	2	1
G. I smoke cigarettes to stimulate me, or perk myself up.	5	4	3	2	1
H. Part of the enjoyment of smoking a cigarette comes from the steps I take to light up a cigarette.	5	4	3	2	1
I. I find cigarettes pleasurable.	5	4	3	2	1
J. When I feel uncomfortable or upset about something, I light up a cigarette.	5	4	3	2	1
K. I am very much aware of when I am not smoking a cigarette.	5	4	3	2	1
L. I light up a cigarette while I still have one burning in the ashtray.	5	4	3	2	1
M. I smoke cigarettes to give me a lift.	5	4	3	2	1
N. When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale it.	5	4	3	2	1

	Always	Frequently	Occasionally	Seldom	Never
O. I want a cigarette most when I am comfortable and relaxed.	5	4	3	2	1
P. When I feel blue or want to forget my worries, I smoke cigarettes.	5	4	3	2	1
Q. I get gnawing hunger for a cigarette when I have not smoked for a while.	5	4	3	2	1
R. I have found a cigarette in my mouth and did not remember putting it there.	5	4	3	2	1

How To Score:

1. Enter the number you have circled for each question in the spaces below. Put the number you have circled to question A over line A, question B over line B, etc.
2. Add the three scores on each line to get your totals. For example, the sum of your scores over lines A, G, and M gives your score on Stimulation. The score of Handling is the sum of B, H, and N. Scores can vary from 3 to 15. Any score 11 and above is high; any score 7 and below is low.

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \quad \text{Stimulation}$$

A G M

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \quad \text{Handling}$$

B H N

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \quad \text{Pleasurable Relaxation}$$

C I O

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \quad \text{Crutch: Reducing Tension}$$

D J P

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \quad \text{Craving: Psychological Addiction}$$

E K Q

$$\underline{\quad} + \underline{\quad} + \underline{\quad} = \underline{\quad} \quad \text{Habit}$$

F L R

What Kind Of Smoker Are You?

This test provides you with a score on each of six factors that describe people's smoking behavior. Your smoking may be characteristic of only one of these factors, or by a combination of factors. The results will help you identify why you smoke and what kind of satisfaction you think you get from smoking.

The six factors measured by this test describe different ways of how you manage certain kinds of feelings that involve smoking. Three of these factors represent the positive feelings people get from smoking:

- A sense of increased energy or stimulation
- The satisfaction of handling or manipulating things
- Pleasurable feelings and a state of well-being

The fourth factor represents reducing a state of tension or feelings of anxiety, anger, shame, etc. The fifth factor represents psychological addiction to smoking or "craving" for a cigarette. The sixth factor is habit smoking, which represents purely automatic smoking.

Scoring

A score of 11 or above on any factor indicates that this factor is an important source of satisfaction for you. The higher you score (15 is the highest), the more important a particular factor is in your smoking. The discussion of that factor is the most useful in your efforts to quit.

Warning: when you give up smoking, you may have to learn to get along without the satisfaction that smoking gives you, or find a more acceptable way of getting this satisfaction. You need to know what you get out of smoking before you can decide whether to forego the satisfactions it gives you, or to find another way to get satisfaction.

1. Stimulation

If you score high on this factor, you are a smoker who is stimulated by the cigarette. You feel that it helps wake you up, organize your energies, and keeps you going. If you try to give up smoking, you may want a safe substitute to stimulate you. A brisk walk or moderate exercise, for example, may help you whenever you feel the urge to smoke.

2. **Handling**

Handling things can be satisfying, but there are many ways to keep your hands busy without lighting up or playing with a cigarette. Handle a pen or pencil, try doodling, play with a coin, a piece of jewelry, or some other harmless object.

There are plastic cigarettes to play with, or you might even use a real cigarette if you can trust yourself not to light it.

3. **Pleasurable Relaxation**

It is not easy to find out whether you use smoking to feel good (pleasure) or to keep from feeling bad (factor 4). About two-thirds of smokers score high using cigarettes for pleasurable feelings. About half of those also score as high or higher on using cigarettes to keep from feeling bad or to reduce tension.

Those who get real pleasure out of smoking, often find that a consideration of the harmful effects of their habit is enough to help them quit. Substitute eating, drinking, social activities, and physical activities to keep you from missing cigarettes. Of course, these substitutions should be done in moderation.

4. **Crutch / Reducing Tension:**

Many smokers use cigarettes as a crutch in moments of stress or discomfort. On occasion this may work. However, the person who tries to solve severe personal problems by smoking, will discover that cigarettes do not help one deal with problems effectively.

When quitting, this kind of smoker may find it easy to stop when everything is going well, but is tempted to start again in a time of crisis. Again, moderate physical exercise, eating, drinking, or social activity may serve as useful substitutes for cigarettes, even in times of tension. The choice of a substitute depends on what will reduce tension without having any appreciable risk.

5. **Craving: Psychological Addiction**

Quitting smoking is difficult for the person who scores high on this factor. Craving for the next cigarette begins to build up the moment one puts out a cigarette, so tapering off is not likely to work.

This person must often quit "cold turkey." It may be helpful to smoke more than usual for a day or two, so that the taste for cigarettes is spoiled. Then isolate yourself completely from cigarettes until the craving is gone. Giving up cigarettes may be so difficult and cause so much discomfort that once you do quit, you will find it easy to resist the temptation to go back to smoking. Otherwise, some day you will have to go through the same agony again.

6. Habit

This kind of smoker is no longer getting much satisfaction from cigarettes. Cigarettes are frequently lit without even realizing what is being done. You may find it easy to quit and stay off the cigarettes if you can break the habit patterns. Cutting down gradually may be effective if there is a change in the way cigarettes are smoked and the conditions under which they are smoked. The key to success is to become aware of each cigarette you smoke. This can be done by asking yourself, "Do I really want this cigarette?" You may be surprised at how many you do not want.

Summary

If you do not score high on any of the six factors, chances are that you do not smoke very much or have not been smoking for many years. If so, giving up smoking and staying off should be easy.

If you score high on several factors, you get several kinds of satisfaction from smoking and you will have to find several solutions. Certain combinations of scores may mean that giving up smoking will be difficult. If you score high on both factor 4 and 5, reducing tension and craving, you may have a hard time in stopping smoking and in staying off cigarettes. However, there are ways to do it. Many smokers who have this combination of factors have been able to quit.

Those who score high on factors 1 and 5 may find it useful to change patterns of smoking and cut down at the same time. Try to smoke fewer cigarettes, smoke them only half-way down, use low-tar and nicotine cigarettes, and inhale less often and less deeply. After several months of this temporary solution, you may find it easier to stop completely.



You must make two important decisions:

- 1) Whether to try to do without the satisfactions you get from smoking or find an appropriate, less hazardous substitute.
- 2) Whether to try to cut out cigarettes all at once or taper off. Your scores should guide you in making both of these decisions.

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- ▶ Upon request all patient education handouts are available in other formats for people with hearing, vision and language problems, call (614) 293-3191. Call 614-293-3707 for more information.

Approaches To Quitting: "Cold Turkey"

- Set a date to Quit Smoking.
- Choose someone you can call to help you not smoke.
- Completely quit smoking on the agreed upon date.
- Use the ways you have learned to help manage withdrawal symptoms.
- Quitting "Cold Turkey" is the most successful way to stop smoking!

My Quitting Date Is _____

Signature _____

Supporter _____

- The supporter is a friend or family member who will help you keep from smoking.
- It is important that you want to quit smoking more than you want to smoke.
- Remember to keep a list of your reasons for wanting to quit smoking nearby. Read and recite them often.

Approaches To Quitting: Gradually Stopping

- Set a date to quit smoking with someone you pick to help you.
- On your agreed Quit date, cut back the number of cigarettes you smoke.
- Start smoking later each day (begin at 9 AM, then 11 AM, and so on).
- Start using nicotine patches or gum if you have decided to use these products. If your doctor prescribes nicotine patches, do **not** smoke with them on. You will get very sick!
- **Congratulate** yourself for cutting down on the number of cigarettes smoked in a day or smoking later each day!



Withdrawal Symptoms

Withdrawal symptoms are the body's reactions to the absence of nicotine. They usually go away within 10 - 14 days. By learning some of the withdrawal symptoms, you have armed yourself and are ready to combat them!

Ways to Cope with Withdrawal Symptoms:

- **Craving a cigarette:** Do something to take your mind off smoking, such as breathing deeply. Usually cravings only last a few minutes.
- **Tension:** Use relaxation and guided imagery techniques to relieve tension.
- **Light-headedness, dizziness, tingling and / or numbness in your arms and feet:** These changes are from a better blood flow to those areas. They will go away over time.
- **Coughing:** Coughing will increase slightly because little hairs in the lungs are working to clean out all the waste left by cigarettes. Coughing will decrease over time.
- **Fatigue, moodiness, grumpiness:** Your attitude will get better as withdrawal symptoms go away. Tell your family and friends to bear with you during this time.
- To get rid of these immediate withdrawal symptoms as quickly as possible:
 - ☞ Carry something like a cigarette to act as a substitute (carrot, cinnamon stick)
 - ☞ Gradually increase your exercise, after checking with your doctor
 - ☞ Do deep breathing exercises to relax

Slow Rhythmic Breathing Quick and Easy Relief of Stress

- Breathe in slowly and deeply.
- While breathing out slowly, feel yourself beginning to relax and the tension leaving your body.
- Breathe in and out slowly and regularly, at a comfortable rate.
- To help focus on your breathing, silently count to yourself or say a relaxing word each time you breathe out.
- You might imagine doing this in a peaceful place.
- If you are planning to do this for more than a few minutes, find a comfortable position in a quiet environment.

Quit For Good!

- Now that you have quit and the immediate withdrawal symptoms are gone, you need to learn how to avoid situations that make you want to start smoking again.
- What is the most important reason you never want to smoke again? Remember that reason so when something upsetting happens, you will not start to smoke.
- Most physical problems with quitting disappear in the 10 -14 day period of withdrawal. You should begin to feel better than you have felt in a long time!
- Weight gain, if any, is usually temporary. You can **avoid weight gain** by planning ahead:
 - Drink plenty of water
 - Use non-food rewards for quitting
 - Exercise more and focus on adding low calorie foods to your diet
- If at first you do not succeed, try, try again!
 - Think about what happened that caused you to smoke again
 - Think about what you can do to keep the situation from happening again or how you will cope with it in the future.
- Keep at it! This is important enough to give it more than one attempt.

Your History

Please write a paragraph about your first experience with tobacco. Make sure to indicate what age you started to smoke, why and what reaction your body had to the chemicals in the cigarette?

Please complete the following formula:

____ number of cigarettes smoked a day x 365 (days per year) x ____ number of years you have smoked = _____

This number represents how many times you have **reinforced** your habit.

Congratulations!

You are a Non-Smoker

- You have made it! You have stopped smoking - now reward yourself!
 - Use your cigarette money for small (non fat) treats.
 - Visit your dentist and have your teeth cleaned.
 - Begin a new activity with all the extra energy and time you now have.
 - Seek new ways to deal with problems to avoid the old habit of smoking. Take a deep breath or go for a walk instead.
 - Read during your work breaks.
 - Plan a 6 - month celebration of your success!
- For additional support, use your community resources:
 - For more information about the Kick It! Tobacco Intervention program offered by The James Cancer Hospital, call The Jamesline at 614-293-5066.
 - American Cancer Society 1 - 800 - ACS - 2345
 - American Heart Association - Check the phone book for your local number
- **Put this page on your refrigerator as a reminder that you are a non-smoker.**

