



# Tobacco Cessation

A Resource Guide





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## **You've Decided to Quit**

So you've decided to quit using tobacco? Good for you!

Good for you that you can look forward to breathing more deeply, smelling more acutely, savoring the subtle flavors of your food, and enjoying an overall fit and healthy lifestyle. And that's just the "shortlist" of benefits!

Congratulations on your decision.

## **Tips to Help You Quit**

### ***Talk to your doctor.***

Nicotine – and withdrawal from it – may affect certain health conditions and create interactions with medications. Let your medical provider(s) know right from the start when you plan to stop smoking, dipping or chewing tobacco. Your doctor may have recommendations.

### ***Get support.***

Let your friends and relatives know that you are trying to quit. Ask them *not* to offer you tobacco or use it around you.

Join a support group, and identify a fellow quitter with whom you can form a buddy system: you call him/her when you have a craving and offer the same support in return. This kind of system can make both buddies stronger.

### ***Figure out your "triggers."***

When are your cravings strongest? When you're under stress? After a meal? When you first wake up, or at the end of the day when you're unwinding?

If you can pinpoint some times when you are most likely to reach for a cigarette, dip or chew, you can try behavior modification by avoiding/modifying such situations, or by using substitutes like carrot sticks or gum.

### ***Think "five minutes at a time."***

When you "need" a cigarette, dip or chew, try to wait five minutes. Many people who can do this often find that by the time the five minutes have passed, the urge is gone.

### ***Write down all the reasons why you want to quit.***

Keep copies of this list in the places where you usually keep your tobacco. Seeing the list when you reach for your cigarettes, dip or chew can help you stop and think before doing it.

### ***Stay busy.***

Try to become more active. Biking, walking, working out, going to a movie – these are all examples of ways to keep yourself busy and distracted. And remember – it's good reinforcement to socialize with others who are also trying to quit.

## **Getting Help to Quit**

There are many programs and products designed to help people quit. Among them are:

- **Nicotine patch** — The patch is a form of nicotine replacement therapy. Its purpose is to lessen your urge to use tobacco and cut down on your nicotine craving while you stop smoking. The patch is available "over the counter" at pharmacies.
- **Nicotine gum** – Like the patch, nicotine gum lessens your cravings while you withdraw from nicotine. It is also available over the counter.
- **Biofeedback** – This treatment by biofeedback professionals and non-invasive biofeedback machinery helps you learn your body's responses when you become stressed and "need" nicotine, and how to change or "re-channel" your feelings at those times. Biofeedback is also used for many other stress syndromes.
- **Hypnotherapy** – Some clinicians use hypnosis as a form of treatment during which the patient enters a "trance" and is then more receptive to suggestion. Suggestions can include eliminating smoking, phobias, stress, and obesity, among other maladies.
- **In-patient program** – There are some residential, in-patient treatment centers where a combination of support, medications, and behavioral therapy are all part of the treatment to help people stop smoking.
- **Support groups** – These groups offer people looking to quit an opportunity to receive and give support to others who are also trying to quit. Groups may also offer educational material on quitting.
- **Cognitive Therapy** – Cognitive therapy is relatively short-term and focuses not on your early childhood experiences, but on how you are thinking, functioning and communicating today. Cognitive therapy is action-oriented, helping the client learn self-help skills to gain freedom from real-life issues like tobacco use, alcohol abuse, marital conflict, panic and other problems.
- **Acupuncture** – Acupuncture works by intercepting messages sent by the brain to the body that demand more nicotine, thereby disrupting the addictive process. Acupuncture is said to be able to minimize nicotine cravings, calm the

nervous system and strengthen will power. Acupuncture can only work if the patient really wants to stop using tobacco.

- **Quit-Smoking Medications** – Check with your physician about FDA-approved drugs that have been shown to help people stop smoking. These drugs may provide nicotine effects to ease withdrawal symptoms and/or block the effects of nicotine if the individual continues to smoke.

## National Resources

### ***American Lung Association***

Telephone: 1-800-LUNG-USA (1-800-586-4872)

Website: [www.lungusa.org](http://www.lungusa.org)

Description: The American Lung Association offers a variety of smoking control and prevention programs targeted to specific groups, including *Teens Against Tobacco Use* (TATU), a peer-teaching tobacco control program aimed at deterring youngsters from taking up smoking; *Not On Tobacco* (N-O-T), a smoking cessation program for teens, and *Freedom From Smoking* for people who already smoke, considered the "gold standard" of group-setting, peer-support smoking cessation programs. Contact your local American Lung Information for help in your area.

### ***North American Quitline Consortium***

Telephone: 1-602-279-2719

Website: [www.naquitline.org](http://www.naquitline.org)

Description: The North American Quitline Consortium is made up of quitlines around the world that work together to increase access to information and resources to help people quit using tobacco products. On the website, you can link to an interactive map that will provide a detailed profile of Quitline information by geographic area.

### ***Smokefree.gov***

Telephone: 1-800-QUIT NOW (1-800-784-8669)

Website: [www.smokefree.gov](http://www.smokefree.gov)

Description: Smokefree.gov provides information and resources to help people quit smoking. On the site, you can get immediate assistance in the form of:

- An online step-by-step cessation guide.
- Local and state telephone quitlines.
- The National Cancer Institute's instant messaging service.
- Publications, which may be downloaded, printed, or ordered.

### ***The Foundation for a Smokefree America***

Website: [www.anti-smoking.org](http://www.anti-smoking.org)

Description: The mission of the Foundation for a Smokefree America is to motivate youth to stay smokefree and empower smokers to quit. The foundation uses web resources,



education-based programs, peer teaching programs, and proactive physician programs to fulfill that mission.

### ***Smoking Cessation***

Website: [www.smoking-cessation.org](http://www.smoking-cessation.org)

Description: Smoking Cessation is an online resource center providing links, articles and information on the latest methods for quitting smoking.

### ***Nicotine Anonymous***

World Services Telephone Number: 1-415-750-0328

Website: [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org)

Description: Nicotine Anonymous is a program offering group support and recovery using a 12-Step program adapted from Alcoholics Anonymous to help participants quit using tobacco. Information about meetings is available by phone or on the internet.

## **Resources from Horizon Health**

### ***Telephonic Services***

Don't forget that you can also contact Horizon Health EAP Services for additional counseling, research and referral services. Horizon can help with almost any everyday need – child care, adult/elder care, convenience services – to take some of the stress off of you.

**Call:**

### ***Online Services***

You may also choose to take advantage of Horizon Health's web resources, or may use the web in combination with telephonic consultation. To help provide maximum web-based assistance to members, *My Life Values* – Horizon's web platform, offers articles and videos regarding tobacco, tobacco cessation methods, and lung health. All of this material can be accessed through the *My Health* section of *My Life Values*.

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