

Good Start Packet

There are so many great reasons to stop smoking



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Benefits of Quitting

The health benefits of quitting smoking can help most of the major parts of your body: from your brain to your DNA.

Brain

Broken Addiction Cycle

Quitting smoking can re-wire your brain and help break the cycle of addiction. The large number of nicotine receptors in your brain will return to normal levels after about a month of being quit.

Head and Face

Sharp Hearing

Quitting smoking will keep your hearing sharp. Remember, even mild hearing loss can cause problems (like not hearing directions correctly and doing a task wrong).

Better Vision

Stopping smoking will improve your night vision and help preserve your overall vision by stopping the damage that smoking does to your eyes.

Clean Mouth

Nobody likes a dirty mouth. After a few days without cigarettes, your smile will be brighter. Not smoking now will keep your mouth healthy for years to come.

Clear Skin

Quitting smoking is better than anti-aging lotion. Quitting can help clear up blemishes and protect your skin from premature aging and wrinkling.

Heart

Decreased Heart Risks

Smoking is the leading cause of heart attacks and heart disease. But many of these heart risks can be reversed simply by quitting smoking. Quitting can lower your blood pressure and heart rate almost immediately. Your risk of a heart attack declines within 24 hours.

Thin Blood

Another effect of quitting smoking is that your blood will become thinner and less likely to form dangerous blood clots. Your heart will also have less work to do, because it will be able to move the blood around your body more easily.

Lower Cholesterol

Quitting smoking will not get rid of the fatty deposits that are already there. But it will lower the levels of cholesterol and fats circulating in your blood, which will help to slow the buildup of new fatty deposits in your arteries.

Lungs

Stop Lung Damage

Scarring of the lungs is not reversible. That is why it is important to quit smoking before you do permanent damage to your lungs. Within two weeks of quitting, you might notice it's easier to walk up the stairs because you may be less short of breath. Don't wait until later; quit today!

Prevent Emphysema

There is no cure for emphysema. But quitting when you are young, before you have done years of damage to the delicate air sacs in your lungs, will help protect you from developing emphysema later.

Return of Cilia

Cilia start to regrow and regain normal function very quickly after you quit smoking. They are one of the first things in your body to heal. People sometimes notice that they cough more than usual when they first quit smoking. This is a sign that the cilia are coming back to life. But you're more likely to fight off colds and infections when you're cilia are working properly.

DNA

Lower Cancer Risk

Quitting smoking will prevent new DNA damage from happening and can even help repair the damage that has already been done. Quitting smoking immediately is the best way to lower your risk of getting cancer.

Stomach and Hormones

Smaller Belly

Quitting smoking will reduce your belly fat and lower your risk of diabetes. If you already have diabetes, quitting can help you keep your blood sugar levels in check.

Normal Estrogen Levels

If you're a woman, your estrogen levels will gradually return to normal after you quit smoking. And if you hope to have children someday, quitting smoking right now will increase your chances of a healthy pregnancy in the future.

Erectile Dysfunction

Sexual Healing

If you quit smoking now, you can lower your chances of erectile dysfunction and improve your chances of having a healthy sexual life.

Blood and the Immune System

Normal White Blood Cell Count

When you quit smoking, your body will begin to heal from the injuries that smoking caused. Eventually, your white blood cell counts will return to normal and will no longer be on the defensive.

Proper Healing

Quitting smoking will improve blood flow to wounds, allowing important nutrients, minerals, and oxygen to reach the wound and help it heal properly.

Stronger Immune System

When you quit smoking, your immune system is no longer exposed to tar and nicotine. It will become stronger, and you will be less likely to get sick.

Muscles and Bones

Strong Muscles

Quitting smoking will help increase the availability of oxygen in your blood, and your muscles will become stronger and healthier.

Stronger Bones

Quitting smoking can reduce your risk of fractures, both now and later in life. Keep your bones strong and healthy by quitting now.

What to do...

Get support from family and friends

Reduce the number of cigarettes smoked

Call the quit line or text for quit smoking support

Set a quit date or a new quit date

Take longer breaks between cigarettes

Review reasons for quitting

The Six D's...

DELAY

Wait 5 minutes for the urge to go away

DISTRACT YOURSELF

Talk to a friend

Drink Water

Try for 8 ounces of water a day

DEEP BREATHING

Inhale and exhale

Do Something Different

Go for a walk

DON'T GIVE UP!!!

WHAT'S IN A CIGARETTE?



There are an estimated 7,000 chemicals in cigarettes. 70 of those chemicals cause cancer.

Nicotine – Highly addictive, as addictive as heroin or cocaine! And one of most abundant chemicals in a cigarette.

Tar – A mixture of solid bits breathed in from a lit cigarette, which become a sticky brown layer that stains teeth, fingers and lungs.

Hydrogen cyanide – A poisonous gas used as an industrial pesticide, which damages the heart and blood vessels.

Chromium – A toxic metal used to make paints, dyes and metal alloys. It causes lung cancer.

Formaldehyde – Used to preserve dead bodies, and kill bacteria. Known to cause cancer in airways and the back of the nose.

Polonium 210 – A radioactive element. It causes cancer and damages DNA.

Other chemicals in cigarettes are even more dangerous when mixed together. For example, Chromium allows other cancer-causing chemicals to stick more strongly to DNA and increases damage.

Other additives are there to improve the effects of nicotine. Some make the tobacco taste better.

Within 20 minutes after you smoke that last cigarette, your body begins a series of changes that continue for years.

- **20 Minutes** After Quitting
Your heart rate drops.
- **12 hours** After Quitting
Carbon monoxide level in your blood drops to normal.
- **2 Weeks to 3 Months** After Quitting
Your heart attack risk begins to drop.
Your lung function begins to improve.
- **1 to 9 Months** After Quitting
Your coughing and shortness of breath decrease.
- **1 Year** After Quitting
Your added risk of coronary heart disease is half that of a smoker's.
- **5 Years** After Quitting
Your stroke risk is reduced to that of a nonsmoker's 5-15 years after quitting.
- **10 Years** After Quitting
Your lung cancer death rate is about half that of a smoker's.
Your risk of cancers of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.
- **15 Years** After Quitting
Your risk of coronary heart disease is back to that of a nonsmoker's.

Michigan and National Quit Tobacco Resources (Updated 10/2020)

American Cancer Society offers quit tobacco resources. 1-800-227-2345. <https://www.cancer.org/healthy/stay-away-from-tobacco.html>

American Heart Association offers resources and the Financial Cost of Smoking Calculator 1-800-242-8721, https://www.heart.org/HEARTORG/HealthyLiving/HealthyLifestyle/LearningHealthyHabits/QuitSmoking/QuitSmoking_UCM_001085_SubHomePage.jsp

American Indian Commercial Tobacco Quitline offered in partnership with the Michigan Tobacco Quitline. American Indian coaches provide services that have been developed by and for American Indians. 1-855-372-0037, <http://keepitsacred.itcmi.org/quitline/>

American Legacy Foundation offers online assistance and referrals to community programs. www.becomeanex.org/

American Lung Association. Freedom from Smoking program, chat groups, guides, and Lung HelpLine, 1-800-586-4872 (1-800-LUNGUSA). <https://www.lung.org/quit-smoking>

Asian Smokers Quitline offer free telephone counseling, self-help materials, and online help in four Asian languages (Cantonese, Mandarin, Korean and Vietnamese). Chinese: 1-800-838-8917, Korean: 1-800-556-5564, Vietnamese: 1-800-778-8440, <https://www.asiansmokersquitline.org/>

Centers for Disease Control and Prevention has several free quit tobacco guides, booklets and fact sheets. www.cdc.gov/tobacco/quit_smoking/how_to_quit/index.htm offers a complete website dedicated to helping tobacco users quit.

Medline Plus offers stop smoking support programs and information from the National Institute of Health, U.S. Library of Medicine <https://medlineplus.gov/quittingsmoking.html>

Michigan Department of Community Health Tobacco Section website offers information on secondhand smoke, quitting and much more. www.michigan.gov/tobacco.

Michigan Tobacco Quitline offers free information, tobacco treatment referral, online program, text-messaging. 24 hours/day at 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJELO-YA (1-855-335-3569). Free counseling and NRT may be available to certain callers. Special programs for prenatal and youth tobacco users. Counseling is also offered in Arabic. <https://michigan.quitlogix.org/en-US/> (English) or <https://michigan.quitlogix.org/es-ES/> (Español)

My Life My Quit <https://mylifemyquit.com/> Free resources to help eligible teens quit smoking or using other tobacco products. Text "Start My Quit" to 855.891.9989 or call to talk with a coach.

National Cancer Institute offers telephone advice at 1-877-448-7848, M-F, 9 a.m. - 9 p.m. and a quit kit at www.cancer.gov/cancertopics/tobacco/smoking. Online counselors are available M-F, 9 a.m. - 9 p.m.




Nicotine Anonymous offers face-to-face, telephone and online meetings. You do not need to be tobacco free to attend. 1-877-879-6422, www.nicotine-anonymous.org

SmokeFree www.smokefree.gov Offers quit smoking tools, texts, tips, and apps <https://smokefree.gov/smokefreetxt>

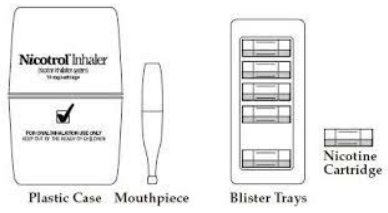



U.S. Department of Health and Human Services displays tobacco related “frequently asked questions,” how to cope with challenges when quitting, information on free text messaging and smokefree apps, and much more. <http://betobaccofree.hhs.gov/>

Smoking Cessation Options

Over the Counter Options

Medication	Pros & Cons	Proper Use	Dosing Recommendations
<p>Nicotine Patch</p> <p>24 hours transdermal patch: 21 mg , 14 mg, 7 mg</p> 	<p>Pros</p> <ul style="list-style-type: none"> • Easy to use • Patch only needs to be applied once a day (long acting) <p>Cons</p> <ul style="list-style-type: none"> • Slow delivery of nicotine • Mild skin rash and irritation can occur 	<ul style="list-style-type: none"> • Apply the sticky side to a clean dry, relatively hairless area of skin • Wear the patch for 24 hours (if vivid dreams occur remove the patch before bedtime) • Remove patch and fold sticky sides together to discard • Rotate patch sites and do not repeat sites within 1 week 	<p>> 10 cigarettes/ day</p> <ul style="list-style-type: none"> • Weeks 1-6: 21 mg • Weeks 7-8: 14 mg patch • Weeks 9-10: 7 mg patch <p>< 10 cigarettes/day</p> <ul style="list-style-type: none"> • Weeks 1-6: 14 mg patch • Weeks 7-8: 7 mg patch
<p>Nicotine Gum</p> <p>2mg, 4 mg</p> 	<p>Pros</p> <ul style="list-style-type: none"> • Flavored • Fast onset of nicotine • Can be combined with patch <p>Cons</p> <ul style="list-style-type: none"> • Can't eat or drink 15 minutes before use or during use • Frequent use during the day 	<ul style="list-style-type: none"> • Chew gum slowly until there is a tingle or flavored taste. Park the piece between your cheek and gum until the feeling or taste goes away. Then start chewing slowly again until it returns • Repeat this process for about 30 minutes or until the taste or tingle goes away completely • Use at least 1 piece every 1-2 hours (minimum of 9 pieces/ day) for the first 6 weeks 	<p>First cigarette < 30 minutes after awakening</p> <ul style="list-style-type: none"> • 4 mg dose <p>First cigarette > 30 minutes after awakening</p> <ul style="list-style-type: none"> • 2 mg dose
<p>Nicotine Lozenge</p> <p>2mg, 4 mg</p> 	<p>Pros</p> <ul style="list-style-type: none"> • Flavored • Fast onset of nicotine • Can be combined with patch <p>Cons</p> <ul style="list-style-type: none"> • Can't eat or drink 15 minutes before use or during use • Frequent use during the day 	<ul style="list-style-type: none"> • Place lozenge in your mouth and let it dissolve slowly. Move the lozenge from one side to the other until it has completely dissolved (20-30 minutes) • DO NOT CHEW OR SWALLOW • Use at least 1 lozenge every 1-2 hours (minimum of 9 lozenges/ day) for the first 6 weeks 	<p>First cigarette < 30 minutes after awakening</p> <ul style="list-style-type: none"> • 4 mg dose <p>First cigarette > 30 minutes after awakening</p> <ul style="list-style-type: none"> • 2 mg dose

Prescription Options

Medication	Pros & Cons	Proper use
<p style="text-align: center;">Nicotine Inhaler</p>  <p style="text-align: center;">Plastic Case Mouthpiece Blister Trays Nicotine Cartridge</p>	<p>Pros</p> <ul style="list-style-type: none"> Mimics the hand-to-mouth behavior of smoking Can be combined with patch <p>Cons</p> <ul style="list-style-type: none"> Frequent use during the day (6-16 cartridges daily) 	<ul style="list-style-type: none"> Puff on the inhaler in short, frequent breaths and inhale deeply into the back of the throat Each cartridge provides ~20 minutes of continuous puffing and is only good for 24 hours after opening
<p style="text-align: center;">Nicotine Nasal Spray</p> 	<p>Pros</p> <ul style="list-style-type: none"> Fastest delivery of nicotine of all nicotine replacement therapies (NRT) Can be combined with patch <p>Cons</p> <ul style="list-style-type: none"> Frequent use during the day (1 dose every 1 to 2 hours) Nose and eye irritation are common during the first week or two 	<ul style="list-style-type: none"> Blow your nose before use Tilt your head back slightly and insert the tip of the bottle into the nostril. Spray once in each nostril while breathing through the mouth
<p style="text-align: center;">Bupropion SR (Zyban)</p> <p style="text-align: center;"><i>Non-nicotine medication</i></p> 	<p>Pros</p> <ul style="list-style-type: none"> Can be used in combination with NRT Tablet formulation taken twice daily <p>Cons</p> <ul style="list-style-type: none"> Avoid in certain medical conditions and medications 	<ul style="list-style-type: none"> Start at least 1 week before your quit date Take the doses at least 8 hours apart
<p style="text-align: center;">Varenicline (Chantix)</p> <p style="text-align: center;"><i>Non-nicotine medication</i></p> 	<p>Pros</p> <ul style="list-style-type: none"> Generally well tolerated Tablet formulation taken twice daily <p>Cons</p> <ul style="list-style-type: none"> Nausea is common 	<ul style="list-style-type: none"> Start 1 week before your quit date If unable to quit abruptly on day 8, the goal is to decrease smoking by 50% every 4 weeks and achieve complete abstinence by week 12 Take with food to help decrease/ prevent nausea Take the doses at least 8 hours apart

References:

- Treating tobacco use and dependence. 2008 Update. Agency for Healthcare Research and Quality, Rockville, MD.
- Nicotrol Inhaler (nicotine inhalation system) package insert.
- Nicotrol NS (nicotine nasal spray) package insert.