



BREAKING THE HABIT

MANAGING TOBACCO DEPENDENCE

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Are you dependent on tobacco?

You may be dependent on tobacco if you experience 3 or more of these 7 criteria:

1. Tolerance: needing more and more to achieve the same effect
2. Withdrawal: physical and cognitive symptoms in the absence of nicotine
3. Overuse: using for a longer period or in larger amounts than intended
4. Persistent desire or unsuccessful efforts to cut down or quit
5. Too much time spent obtaining, using or recovering from nicotine use
6. Social, occupational or recreational changes to accommodate use
7. Continued use despite health consequences

Why is tobacco dangerous?

Smoking is the **NUMBER ONE** preventable
cause of death in the United States today



- Toxic and deadly substances are found in tobacco products.
- Tobacco contains nicotine which is addictive.
- The more you require nicotine, the more toxic substances you ingest.
- Toxins increase risks for heart disease, stroke and many forms of cancer.
- Using tobacco around others not only models unhealthy behaviors to children but exhaling tobacco smoke can cause cancers and other diseases in others.
- Breaking the nicotine addiction is challenging and repeated failures contribute to low self-esteem, frustration, depression and added dependency.
- Using tobacco products is often accompanied by use of other drugs as well as increased use of alcohol.

Notable Health Risks:

- Lung cancer and other lung diseases like emphysema, bronchitis, asthma
- Heart and circulatory problems (even 1 cigarette/day can double your risk)
- Cancer of mouth, larynx, esophagus, bladder, pancreas, kidney and cervix
- Premature aging, wrinkles, yellowing of teeth, fingers and fingernails



What YOU can do to break the habit

Treatment modalities:



1. Education and supportive classes
2. Recognizing your position in the stages of change: pre-contemplation, contemplation, preparation, action, maintenance, relapse
3. Pharmacotherapy, both prescription and over-the-counter drugs. For a smoker ready to quit, your success **DOUBLES** when you use nicotine replacement therapy or non-nicotine medications. Meds: Bupropion and Varenicline. OTC: Patch, gum, lozenge, inhaler, spray
4. Adjunct therapies like hypnosis and acupuncture
5. Behavior modification techniques—knowing what is triggering your desires. Remember to address the physical, psychological and social aspects of the addiction.
6. Emotional support—surround yourself with non-tobacco users and those who support your decision to quit

Benefits of breaking the habit

- 20 minutes after quitting: blood pressure and heart rates drop, body temp rises
- 8 hours after quitting: nicotine in your blood drops by 93.25%
- 12 hours after quitting: oxygen and carbon monoxide blood levels return to normal
- 72 hours after quitting: body is nicotine free, blood circulation improves, sense of smell and taste return to normal
- 14 days after quitting: lungs clearing, less coughing and phlegm, cravings improved
- 21 days after quitting: brain nicotine receptors are back to non-smoking state
- 2 months after quitting: lungs are oxygenating, energy increases
- 3 months after quitting: exercise is easier, reduced rate of infections
- 1 year after quitting: risk of heart disease and stroke are half that of a smoker

Resources & References

www.ATTUD.org

www.cancer.org

www.cdc.gov/tobacco

www.lungsusa.org

www.nicotine-anonymous.org

www.americanheart.org

www.quitnet.org

www.needymeds.org

www.surgeongeneral.gov/tobacco

www.treatobacco.net

www.tobaccofreekids.org



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