

## **TOBACCO CESSATION RESOURCES**

Arizona Smoker's Hotline (ASH)  
**1-800-556-6222** • [www.ashline.org](http://www.ashline.org)

Maricopa County Tobacco Use Prevention Program (MACTUPP)  
**602-372-7272** • [mactupp@mail.maricopa.gov](mailto:mactupp@mail.maricopa.gov)



SCOTTSDALE  
HEALTHCARE<sup>SM</sup>

[www.shc.org](http://www.shc.org)

70321 (3/03)



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TOBACCO CESSATION TOOLKIT



*It is never too late to quit... Within **8 hours** of quitting smoking, your body starts to heal itself. The carbon monoxide and oxygen levels in your blood drop to normal. Within **24 hours** your risk of heart attack is decreased. Within **72 hours** your lung capacity is increased and breathing becomes easier.*

Scottsdale Healthcare is here to help you quit smoking with its Tobacco Cessation Toolkit – a booklet of information, education and resources.

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### Tired of smoking? Tired of chewing? Want to quit for good?

Sign up for classes with the Maricopa County Tobacco Use Prevention Program!

- Learn techniques to help you quit.
- Get support to increase success.
- The program is free.
- Nicotine patch or gum is available.

Classes offer tobacco education, support and methods to change smoking behaviors. Classes are one hour each week for eight weeks. Nicotine Replacement Therapy is available at a reduced cost to class participants. Many convenient class locations are offered throughout Maricopa County starting every eight weeks.

For more information or to enroll, contact the county:  
**602-372-7272** or [mactupp@mail.maricopa.gov](mailto:mactupp@mail.maricopa.gov)



Maricopa County  
Department of Public Health  
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Tobacco Use Prevention Program

This booklet was compiled with information from the following sources:

*University of Arizona and the Arizona Tobacco Information Network through the Arizona Tobacco Education and Prevention Program, ADHS and funded by the Tobacco Tax and Health Care Act.*

*American Medical Association materials*

*American Lung Association's "Freedom From Smoking"*

*Arizona Department of Health Services, Arizona Tobacco Education and Prevention Program*

*Coconino County Department of Health Services "Tobacco Cessation Self-Help Kit" (Flagstaff AZ: Coconino County Department of Health Services, 1997)*

*Pierce, John P., Your New Life (San Diego, University of California)*

*National Institute of Health. Clearing the Air: How to Quit Smoking ... and Quit for Keeps. Online. The Quit Smoking Company. Internet 29 October 1997.*

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*Distributed by the Arizona Prevention Resource Center, 641 E Van Buren, Suite B-2, Phoenix AZ 85004. 480-727-2772 or 1-800-432-2772*



## Did You Know?



### **WITHIN 20 MINUTES**

Your blood pressure and pulse rate drop to the levels they were before you smoked.

### **WITHIN 8 HOURS**

Your blood levels of carbon monoxide and oxygen return to normal.

### **AFTER 72 HOURS**

Your lung capacity is already increasing.

### **WITHIN 3 TO 5 YEARS**

Your risk of heart attack drops to that of a nonsmoker.

### **WITHIN 10 YEARS**

Your risk of dying of lung cancer drops to the level of a nonsmoker.

*All these benefits will stop if you light another cigarette.*

When You Quit Smoking



## Did You Know?

**Acetone:** nail polish and paint stripper remover



**Butane:** cigarette lighter fluid, camping gas

**Carbon Tetrachloride:** dry cleaning fluid



**Hydrogen Cyanide:** gas chamber poison

**Methanol:** rocket fuel (*causes blindness*)



**Nitrobenzene:** gasoline additive

**Vinyl chloride:** used in making plastic

**Ammonium:** floor/toilet cleaner, antiperspirant spray



**DDT/Dieldrin insecticides:** bug spray poison

**Hydrogen sulfide:** stink bomb gas



**Nicotine:** insecticide, addictive drug

**Nitrous Oxide Phenols:** disinfectant



**Tar:** road surface, roofing, weatherproofing

**Arsenic:** ant/rat poison



**Carbon monoxide:** car exhaust fumes

**Formaldehyde:** embalming fluid, organ preservative



**Lead:** paint, batteries, gasoline fumes

**Polonium 210:** nuclear bomb material



**Toluene:** industrial solvent



# Quick Quit Smoking Tips

## Before you quit

- Select a date to quit and stick to it.
- Tell everyone you are going to quit.
- Postpone your first tobacco use of the day by one hour each day.
- Don't carry tobacco with you. Make it inconvenient to use.
- Create a survival pack. Possible contents: sugarless gum, hard candy, cinnamon sticks, toothpicks, straws, pretzels, fruit, sunflower seeds, vegetable sticks, aspirin for headaches, tissues for sweaty palms, list of reasons for quitting, a picture of those you love.

## On the day you quit ...

- Throw away all tobacco, ashtrays, lighters and spittoons.
- Keep very busy.
- Go places you can't smoke or chew (mall, movies, etc.).
- Surround yourself with non-tobacco using people.
- Clean your clothes to rid them of tobacco odor.

## Tips for staying successful ...

- Brush your teeth or use mouthwash after meals
- Avoid caffeine and alcohol
- Find ways to handle trigger times and places
- Don't think in terms of never using tobacco again, take it one day at a time
- Ask a friend or spouse to quit with you or get a buddy to support you
- Celebrate your success. Treat yourself to something nice with the money you would have spent on tobacco!



# After You Quit

## What to Expect

- Expect some friends, especially those who are smokers themselves, to end up trying to sabotage your efforts to cut down or quit.
- The changes you intend to make may disturb friends and family members who are smokers.
- Friends may feel that your efforts to control your smoking will put a strain on your friendship.
- It will be tempting to join others for routine “smoke breaks.”
- Once you pinpoint high-risk “trigger” situations, you can start to handle them rationally.

## Nicotine and Your Body and Mind

- You must analyze situations in which watching others smoke triggers a craving. Find out what it is about that situation that really makes you want to smoke
- Many studies have reported the euphoric, stimulating, and anti-anxiety effects of smoking. Smoking may actually make you feel happier, more alert, etc.
- These feelings may reinforce tobacco use and you also may have associated these feelings with being around other smokers. When you quit, you may feel saddened by the loss of these feelings; being around smokers may make you feel even more saddened. Don't be sad—think of what you've gained by quitting.

## Self Management

- Ask others not to smoke in your presence.
- Post a small “No Smoking” sign by your front door.
- If you are in a group and others light up, excuse yourself, and don't return until they have finished.
- Do not buy, carry, light, or hold cigarettes for others.
- Cut down with a buddy.
- Try not to get angry when family, friends or coworkers hassle you for quitting.





## What to Expect

- Your urges will be strongest in the first week. Generally you will have individual “cravings” that last 30 to 90 seconds.
- You may also experience “rapid fire” cravings where they follow each other in rapid succession. As the days pass, they will get farther and farther apart.

## Frequency

- Most cravings begin 6 to 12 hours after you stop, peak (stay high) for one to three days and may last three or four weeks.
- There is evidence that mild occasional urges may last for 6 months.

## Nicotine and Your Body and Mind

- As a smoker, you have an ideal nicotine dose level and you regulate that level by how much you smoke, how deeply you breathe, and by the kind of tobacco you use. When you quit, physiological cravings result from the body wanting more nicotine.
- When you are exposed to smoking triggers or even when you use a small amount of nicotine, your mood changes and cravings can go up as well as your heart rate and blood pressure. Cravings are NOT “just in your head.”
- The nicotine patch and gum have been found to reduce cravings.

## Self Management

- Remind yourself that the urges to smoke are situational and will last only last a couple minutes.
- Exercise or go for a walk.
- Keep your hands busy (puzzles, silly putty, write a letter).
- Call a friend or family member for support.
- Keep oral substitutes handy: carrots, celery, popcorn, pretzels, raisins, sugarless gum, toothpicks, etc. They all work to stop the psychological need.
- Remember the four Ds: Delay (two to three minutes), Drink Water, Deep Breathe, Do Something Else
- Avoid situations/activities that you normally associate with smoking (i.e. drinking alcohol).