Living Independent From Tobacco

A GUIDE TO HELP PEOPLE WITH DISABILITIES LIVE A TOBACCO-FREE LIFESTYLE
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SESSION 1
Orientation
ORIENTATION

Session Goals:

- Get to know each other
- Review ground rules for the sessions
- Learn the benefits of different nicotine replacement therapies
- Discuss your readiness to change
- Assess the level of carbon monoxide in your body
- Discuss the Quit Date
- Develop your Quit Plan
GROUP RULES

• Group sessions are CONFIDENTIAL. Group leaders will not discuss sensitive information with people outside the group. You should not either.

• Mutual respect is essential to maintaining the safety of the group. It is okay to disagree with others, but it is not okay to be disrespectful.

• Members are asked to commit to attending all the sessions.

• If you are going to miss a session, please let the group facilitator know.

• Since it is difficult to begin a session without all members present, please be on time.

Any Additional Rules????????
SYMPTOMS OF WITHDRAWAL

Tobacco smoke contains more than 7,000 chemicals. One of these chemicals, nicotine, is the primary reason tobacco is addictive. When you quit tobacco, your body no longer gets the nicotine it is used to having; therefore, you may feel withdrawal symptoms such as feeling irritable or having trouble concentrating. These symptoms may begin within a few hours after the last cigarette and peak within the first few days of quitting tobacco. Usually, these symptoms go away within a few weeks but for some people, symptoms may last longer. Although withdrawal are related to the effects of nicotine, other things can also affect withdrawal symptoms. For some people, the feel, smell, and sight of a cigarette and the habit of obtaining, handling, lighting, and smoking the cigarette are all linked with pleasurable effects of smoking which can increase withdrawal or cravings. Listed below are examples of some things you might feel when you try to quit. Keep in mind that not all people experience any or all of these symptoms.

You May.....

• Experience Insomnia or Other Sleep Disturbances

• Have Difficulty Concentrating

• Have an Increased Appetite or Gain Weight

• Experience a Decreased Heart Rate

• Feel Nervous, Restless, or Impatient

• Feel Down or Sad

• Feel Irritable, Frustrated, or Angry
QUIT – SMOKING MEDICATIONS

As mentioned earlier, quitting smoking can be hard because of nicotine withdrawal symptoms and cravings to smoke. However, some medications can make quitting easier. These medications reduce or lessen withdrawal symptoms and cravings. Seven medications have been approved by the Food and Drug Administration (FDA) of the US government. We strongly recommend that you use one of these medications when you quit smoking.

There are three medications that you can buy at a drug store without a prescription from your doctor. These are “nicotine replacement” medications. They work by giving your body a small amount of nicotine to lessen the shock of suddenly quitting.

- **Nicotine Chewing Gum** – The gum, which comes in several flavors, slowly releases nicotine as you chew it.

- **Nicotine Skin Patch** – The patch allows nicotine to be absorbed through your skin, which gives you a steady amount all day long. As time goes on, you change to smaller patches.

- **Nicotine Lozenge** – Nicotine is released as you suck on the lozenge drop.
There are also some medications that require you to see your doctor and get a prescription. The first two of these are forms of nicotine replacement.

- **Nicotine Nasal Spray** – This sprays nicotine into your nose, where it is absorbed.

- **Nicotine Inhaler** – You inhale nicotine into your mouth and throat, where it is absorbed.

And now there are two newer medications that do not have nicotine. These are pills that work to reduce withdrawal and cravings to smoke.

- **Bupropion SR pills** – This drug is sold under the name “Zyban”. It is a pill that you take twice a day.

- **Varenicline pills** – This drug is sold under the name “Chantix”. It too is a pill that you take twice a day.

All of these seven medications work equally well – doubling your chances of quitting smoking. But each one has a different set of benefits, warnings, and side effects. It is important that you talk with your doctor or pharmacist about which ones would be best for you. Also, be sure to read the directions and use the medication correctly. Remember that these medications are simply aids to help you quit smoking by reducing withdrawal symptoms and cravings. They are not magic. They cannot make you quit smoking. But certainly can help, so we suggest them.
UNDERSTANDING WHERE YOU STAND

READINESS RULER
On a scale from 1-10, where 1 is definitely not ready to quit and 10 is definitely ready to quit, indicate how READY you are right now to make a change with your tobacco use.

CONFIDENCE RULER
On a scale from 1-10, where 1 is ‘definitely not confident’ and 10 is ‘definitely confident’, indicate how CONFIDENT you are right now that you could stop using tobacco.
**CARBON MONOXIDE IN YOUR BODY**

Carbon monoxide (CO) is a colorless, odorless, tasteless gas that is part of the air we breathe. There are many sources of CO such as incinerators, car exhaust fumes, and gas furnaces. Smoking tobacco increases the amount of CO in your blood. When the level of CO in your body increases, the ability of your blood to carry oxygen decreases. The normal level of CO for a non-smoker depends on background levels of CO in the air, but usually is between 0 and 6 parts per million (ppm). In addition, the air we exhale after smoking a cigarette is, known as “secondhand smoke,” also contains CO. So nonsmokers who breathe in secondhand smoke have increased levels of CO in their blood.

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**Carbon Monoxide Levels**

- **CO Level** (Parts Per Million)
  - 0
  - 10
  - 20
  - 30
  - 40
  - 50
  - 60

- **Smoker** ➔ **Heavy Smoker**

---

**TRACK YOUR CARBON MONOXIDE SCORES**

<table>
<thead>
<tr>
<th>Session 1</th>
<th>Session 2</th>
<th>Session 3</th>
<th>Session 4</th>
<th>Session 5</th>
<th>Session 6</th>
<th>Session 7</th>
<th>Session 8</th>
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<tr>
<td><strong>Date</strong></td>
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<tr>
<td><strong>CO Lev.</strong></td>
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</table>
QUIT DATE

Mark Twain, American author and humorist once said, “Quitting smoking is easy. I should know, I’ve done it a thousand times.”

Is that how you feel too? Because nicotine is highly addictive, willpower and knowledge about the health hazards of using tobacco are not enough to help most people quit. Your cessation group can support you in your quit attempt. You will all quit together!

All members of the group are expected to quit using tobacco by Session 3 of the program.

Write the group’s quit date on the line below.

I will NOT use tobacco on this day or any day after that!

Write Down 3 Reasons For Living a Life Without Tobacco
**MY QUIT PLAN**

Success requires more than willpower and motivation. It requires a plan.

<table>
<thead>
<tr>
<th>What are my smoking triggers?</th>
<th>What can I do when I have an urge to smoke?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Drinking alcohol</td>
<td>□ Drink water</td>
</tr>
<tr>
<td>□ After meals</td>
<td>□ Have a healthy snack</td>
</tr>
<tr>
<td>□ After work</td>
<td>□ Call a friend or relative</td>
</tr>
<tr>
<td>□ Driving/Riding in a car</td>
<td>□ Listen to music</td>
</tr>
<tr>
<td>□ After sex</td>
<td>□ Read a book, magazine, newspaper, etc.</td>
</tr>
<tr>
<td>□ Feeling bored or lonely</td>
<td>□ Chew gum</td>
</tr>
<tr>
<td>□ Other: ____________________</td>
<td>□ Distract myself with:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Who will I enlist to support me when I get the urge to smoke?</th>
<th>When will I make my doctor’s appointment to discuss my quit plan and treatment options with him or her?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Friends</td>
<td>□ Tomorrow</td>
</tr>
<tr>
<td>□ Family members</td>
<td>□ Next week</td>
</tr>
<tr>
<td>□ Spouse/Partner</td>
<td>□ Another specific date: ____________</td>
</tr>
<tr>
<td>□ Other:</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What smoking cessation products will I ask my doctor about?</th>
<th>How will I “clean house” when I quit smoking?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Quit-Smoking Prescription Medications</td>
<td>□ Discard all cigarettes</td>
</tr>
<tr>
<td>□ Nicotine Patches/Gum/Lozenges/Sprays/Inhalers</td>
<td>□ Air out and/or deodorize my house and/or car</td>
</tr>
<tr>
<td></td>
<td>□ Remove smoking-related items, such as an ashpary and lighter from home and/or car</td>
</tr>
<tr>
<td></td>
<td>□ Other:</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>What new activities/hobbies can I take up in my new tobacco-free life?</th>
<th>What will be in my smoking “emergency kit”?</th>
</tr>
</thead>
<tbody>
<tr>
<td>□ Gardening</td>
<td>□ Mints, chewing gum</td>
</tr>
<tr>
<td>□ Bird watching</td>
<td>□ Quit-smoking meds, patches, gum</td>
</tr>
<tr>
<td>□ Reading</td>
<td>□ Water</td>
</tr>
<tr>
<td>□ Drawing or other art projects</td>
<td>□ Healthy snacks</td>
</tr>
<tr>
<td>□ Music</td>
<td>□ A paperback book</td>
</tr>
<tr>
<td>□ Writing</td>
<td>□ Portable radio or MP3 player</td>
</tr>
<tr>
<td>□ Knitting, Crochet, Sewing</td>
<td>□ Other:</td>
</tr>
</tbody>
</table>

*(Keep this Quit Plan handy for emergencies!)*
SESSION 2
Tobacco: Why It Is Harmful to Me
IN SESSION 2

Tobacco: Why It is Harmful to Me

Session Goals:

• Decide what medications you want to use to help you quit tobacco
• Learn and discuss the harms of tobacco
• Discuss how tobacco specifically affects disability
• Learn some of the health benefits of quitting tobacco
WHICH METHOD DO YOU CHOOSE?

Check ✅ all the methods that you will adopt.

NICOTINE REPLACEMENT THERAPY (NRT) (Over-the-Counter)

- **Nicotine Patches** deliver steady amounts of nicotine to the body through the skin. Available OTC in three strengths: 21 mg, 14 mg and 7 mg.

- **Nicotine Gum** delivers nicotine to the brain more quickly than the patch. Available OTC in 2 mg and 4 mg doses.

- **Nicotine Lozenge** releases nicotine as it dissolves in the mouth. Each lozenge lasts about 20-30 minutes. Available OTC in 2 mg and 4 mg doses.

NICOTINE REPLACEMENT THERAPY (NRT) (Requires Prescription)

- **Nicotine Nasal Spray** is a pump bottle that contains nicotine. You squirt it in your nose when you have an urge to smoke. This is the fastest way to deliver nicotine to the bloodstream. Available by prescription only.

- **Nicotine Inhaler** (also known as “puffer”) delivers a vaporized form of nicotine in your mouth through a mouthpiece attached to a plastic cartridge. Available by prescription only.

NON-NICOTINE PHARMACOTHERAPY (NNP)

- **Bupropion (Zyban)** is a medication that helps reduce nicotine withdrawal symptoms and the urge to smoke. Treatment begins while you are still smoking, about one week prior to quit date. Available by prescription only.

- **Varenicline (Chantix)** goes directly to the brain and blocks the effects of nicotine. You start Varenicline while you are still smoking. Available by prescription only.
DID YOU KNOW THAT...

• Tobacco use is the leading preventable cause of death, disease, and disability in the US.

• Each year, around 443,000 people die from smoking or exposure to secondhand smoke, and another 8.6 million suffer from a serious illness from smoking.

• It is estimated that about half of all smokers eventually die from smoking-related diseases.

• Smoking increases the risk of heart disease, heart attacks, high blood pressure, brittle bones, gum disease, poor wound healing, a lowered ability to fight infection, arthritis, and certain eye problems (cataracts, macular degeneration).
ALL TOBACCO IS TOXIC!

There are more than 7,000 chemicals in cigarette smoke. Most of these chemicals are toxic and many of them cause cancer. In 2004, the U.S. Surgeon General reported the link between cigarette smoking and the development of various cancers including lung, head and neck, stomach, kidney, colon, cervix, bladder, and leukemia. In addition, cigarette use has also been associated with a variety of chronic diseases including stroke, heart attack, chronic obstructive pulmonary disorder, chronic lung disease and asthma, hardening of the arteries, and pneumonia.
**WOMEN AND CIGARETTES**

More women die from lung cancer each year than any other cancer, including breast cancer. Female smokers have higher rates of cervical cancer, heart disease, diabetes, and stroke than women who do not smoke.

Cigarette smoking can lower a women’s ability to become pregnant. Children born to smokers have an increased risk of behavioral problems, cognitive problems, breathing problems, and are more likely to experience Sudden Infant Death Syndrome (SIDS).

**MEN AND CIGARETTES**

Lung cancer is the leading cause of cancer death among men. Male smokers are estimated to lose an average of 13.2 years of life because of smoking.

Smoking affects your ability to have an erection and may affect your ability to have children.
Decreasing Your Risk: Smoking and Diabetes

• Smoking can aggravate many problems that people with diabetes already face, such as heart and blood vessel disease.

• Smoking increases your cholesterol levels and the levels of some other fats in your blood, raising your risk of a heart attack.

• Smoking damages and constricts the blood vessels. This damage can worsen foot ulcers and lead to blood vessel disease and leg and foot infections.

• Smokers with diabetes are more likely to get nerve damage and kidney disease.

• People with diabetes who smoke are three times as likely to die of cardiovascular disease than other people with diabetes who do not smoke.

• Smoking increases your blood pressure.

• Smoking raises your blood sugar level, making it harder to control your diabetes.

Ohio Diabetes Resources:

Opportunities for Ohioans with Disabilities
http://www.ood.ohio.gov/_Ohio_Diabetes
Resources
Columbus Area Diabetes Support Group
http://diabetesohio.org/Home.aspx
Columbus Diabetes Management Programs
https://www.ohiohealth.com/services/diabetes/our-programs/
http://www.ymcacolumbus.org/diabetes-education
Decreasing Your Risk: Smoking and Lung Disease

• Cigarette smoking is the most common cause of lung disease.

• It affects all aspects of health, and in particular the upper respiratory and the lungs, which are the first parts of the body to feel the direct effects of smoking.

• With prolonged exposure to smoking, disease occurs leading to chronic air flow obstruction and a further and rapid deterioration in the ability to breathe.

• Smoking decreases the elasticity of the tiny air sacs in your lungs. In order to get enough oxygen, a chronic smoker has to take more breaths than the non-smoker.

• Cigarette smoking is associated with an increased incidence of respiratory infections and deaths from pneumonia and influenza.

Ohio Lung Disease Resources:

Ohio Lung Disease Resource
https://wexnermedical.osu.edu/lung-pulmonary
Call 614-293-4925 to schedule an appointment

Cleveland Clinic—Lung Disease Resources
https://my.clevelandclinic.org/departments/respiratory/depts/chronic-obstructive-pulmonary-disease#health-information-tab
Call 216-444-3386 to schedule for an appointment

Pulmonary Medicine Services—UC Health
http://uchealth.com/services/pulmonary-critical-care/
Decreasing Your Risk: Smoking and Spinal Cord Injury

• Smoking can reduce lung capacity, which is already reduced after a SCI especially if the diaphragm is paralyzed.

• Smoking also increases mucus production, which can be difficult for a person with a SCI to expel.

• Smoking causes pressure ulcers to appear more quickly, and also increases the healing time.

• Smoking increases an already elevated risk for bladder cancer.

Tobacco use not only affects an individual’s physical level during rehabilitation but also their level of community participation and mobility. Several limiting factors during the rehabilitation phase for an individual with SCI who uses tobacco are:

• Limited access into public buildings due to nonsmoking regulations.

• Limited access to certain modes of transportation.

• Decreased lung capacity for leisure and fitness participation.

• Increased risk for children.

• At risk for secondary illnesses related to tobacco

Ohio Spinal Cord Injury Resources:

Spinal Cord Injury Rehabilitation Program
https://wexnermedical.osu.edu/physical-therapy-rehabilitation/spinal-cord-injury-rehabilitation-program

Resource Directory, Brainandspinalcord.org
http://www.brainandspinalcord.org/rehab-directory/ohio/

Cleveland FES Center—Resources Spinal Cord Injury
http://fescenter.org/patient-resources/current-clinical-trials/spinal-cord-injury-programs/

Louis Stokes Cleveland VA Medical Center—Brain and Spinal Cord Injury

Ohio Support Groups for Spinal Cord Injury
http://www.brainandspinalcord.org/support-groups-spinal-cord-injury-ohio/
Decreasing Your Risk: Smoking and Cerebral Palsy (CP)

• Individuals can age more rapidly because of the extra stress and strain the disease puts on the body internally and externally, affecting pulmonary and cardiovascular systems the most.

• Smoking worsens asthma, and other respiratory issues associated with CP worsening the inflammation of the airways.

• Smoking can exacerbate cardiovascular issues associated with CP, such as raising blood pressure; therefore, increasing the risk of heart attack and stroke.

• Heavy smokers are twice as likely to get macular degeneration, resulting in the gradual loss of eyesight. Smokers also run an increased risk of cataracts.

• Smoking can increase the loss of sensation associated with CP by causing constriction of blood vessels.

• Individuals with CP are commonly more susceptible to dental deterioration that can be worsened by smoking.

• Smoking stains your teeth and gums, and increases your risk of periodontal disease, which causes swollen gums, bad breath and loss of teeth.

• Tobacco can increase behavioral problems and intensify irritability.

Ohio Cerebral Palsy Resources:
- Stepping Stones & United Cerebral Palsy of Greater Cincinnati
  [https://steppingstonesohio.org/ucp/](https://steppingstonesohio.org/ucp/)
  513-831-4660
- United Cerebral Palsy of Greater Cleveland
  [https://www.ucpohio.org/](https://www.ucpohio.org/)

National Cerebral Palsy Resources:
Decreasing Your Risk: Smoking and Sensory Loss

“Smoking Affects My Hearing Loss?”

• Smokers can lose hearing up to 16 years sooner... and are more susceptible to hearing loss caused by ear infections.
• Smokers are 70% more likely than non-smokers to suffer hearing loss.
• Once damage is done, it cannot be repaired.
• Hearing loss begins when you’ve smoked regularly for more than a year.
• Smoking affects the structure of the developing brain affecting ability to focus and identify sound.
• Aging with tinnitus can worsen with smoking.
• The risk of becoming hearing impaired often increases with the number of cigarettes smoked, as well as with the intensity and the duration of exposure to smoke.

“Smoking Affects My Vision Loss Too?”

• Smoking has been linked to decreased near and far sighted vision.
• Smoking is also linked to cataracts and age related macular degeneration.
• Smoking may cause blindness!
• This is a big deal for those relying on their vision! You may lose it!
• Evidence shows that there is a relationship between cigarette smoking and increased diagnosis of glaucoma and Graves’ ophthalmopathy.

Ohio Hearing & Vision Loss Services:

Bureau of Services for Visually Impaired
http://www.ood.ohio.gov/Core-Services/BSVI

Hearing Loss Association of America – Ohio Chapter
http://www.hearingloss.org/support_resources/find-local-hlaa-chapter#ohio

Hearing, Speech, and Deaf Center of Greater Cincinnati
http://hearingspeechdeaf.org/
Decreasing Your Risk: Smoking and Stroke

Had a stroke? Quit Smoking...

• Stroke is essentially a preventable disease and smoking greatly increases your risk.

• Therapy can help you regain functioning, but quitting smoking will substantially improve the outcome!

• Smoking doubles one's risk of a stroke, but after being smoke free for a period of time, the risk declines to that of a nonsmoker!!

• Did you know that the chemicals in cigarettes can interfere with some medications!

Know the signs

Ohio Stroke Resources:
Heart Disease and Stroke Prevention Program
http://www.odh.ohio.gov/health/hdsp/hdsp.aspx

Finance Tips and Guide for After Stroke

National Stroke Resources:
American Stroke Association:
www.strokeassociation.org

National Stroke Association:
www.stroke.org
Decreasing Your Risk: Smoking and Heart Disease

- Smoking leads to complications such as a heart attack, stroke and hardening of the arteries.

- Cigarette smoking increases the risk of coronary heart disease by itself. When it acts with other factors, it greatly increases risk.

- Smoking increases blood pressure, decreases exercise tolerance and increases the tendency for blood to clot.

- Smoking also increases the risk of recurrent coronary heart disease after bypass surgery.

- Smoking decreases HDL (good) cholesterol. Cigarette smoking combined with a family history of heart disease also seems to greatly increase the risk.

- Cigarette smoking is the most important risk factor for a heart attack in young men and women.

Ohio Heart Disease Resources:

Heart Disease and Stroke Prevention Program
http://www.odh.ohio.gov/health/hdsp/hdsp.aspx
Heart Disease Fact Sheet for Men
https://www.cdc.gov/dhsp/data_statistics/fact_sheets/fs_men_heart.htm
Heart Disease Fact Sheet for Women
https://www.cdc.gov/dhsp/data_statistics/fact_sheets/fs_women_heart.htm
National Heart Disease Resources:
American Heart Association:
www.heart.org/HEARTORG/
Cardiovascular Disease Foundation:
http://www.cvdf.org/
Decreasing Your Risk: 
Aging with Disability

**Natural Age-Related Decline is Exacerbated by Smoking**
Age and tobacco related decline can be seen in decreased functioning in:

- **Respiratory system** - impacts the ability of your lungs to take in oxygen.
- **Smell/Taste** - reduces your sense of smell and decreases the number of taste buds in your mouth.
- **Cardiovascular system** - build-up of fatty deposits inside your arteries, poor circulation, high blood pressure, and a higher heart rate.
- **Gastrointestinal system** - affects your body’s ability to produce digestive enzymes and saliva as well as increases your risk of ulcers.
- **Musculoskeletal system** - causes bone and muscle loss.

**Effects on Medications**
- Reduce the effectiveness of medications.
- Make drug therapy unpredictable.
- Increase the risk of possible side effects.
- Make the recommended dosage invalid.

Be cautious if taking Beta blockers, anxiety medication, Heparin, Warfarin, Theophylline, Insulin, Lidocaine, Pentazocine.

**Ohio Aging Resources:**
- Ohio Department of Aging [https://aging.ohio.gov/resources/aginganddisabilityresourcenetwork/](https://aging.ohio.gov/resources/aginganddisabilityresourcenetwork/)
- Council on Aging (Southwestern Ohio) [http://www.help4seniors.org/](http://www.help4seniors.org/)
- Aging and Disability Resource Center-Cleveland [http://www.city.cleveland.oh.us/CityofCleveland/Home/Government/CityAgencies/Aging/AgingAndDisabilityResourceCenter](http://www.city.cleveland.oh.us/CityofCleveland/Home/Government/CityAgencies/Aging/AgingAndDisabilityResourceCenter)

**National Aging Resources:**
## Health Benefits of Quitting Tobacco

<table>
<thead>
<tr>
<th>Time Period</th>
<th>Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Within 20 Minutes</strong></td>
<td>- Your body begins a series of changes that continue for years.</td>
</tr>
<tr>
<td></td>
<td>- Your heart rate slows.</td>
</tr>
<tr>
<td><strong>12 Hours</strong></td>
<td>- The carbon monoxide level in your blood drops to a non-smokers level.</td>
</tr>
<tr>
<td><strong>2-12 Weeks</strong></td>
<td>- Your heart attack risk begins to reduce.</td>
</tr>
<tr>
<td></td>
<td>- Blood flow improves.</td>
</tr>
<tr>
<td></td>
<td>- Lungs improve.</td>
</tr>
<tr>
<td><strong>1-9 Months</strong></td>
<td>- Coughing and shortness of breath decrease.</td>
</tr>
<tr>
<td><strong>1 Year</strong></td>
<td>- Your risk of heart attack is halved compared to a continuing smoker.</td>
</tr>
<tr>
<td><strong>5 Years</strong></td>
<td>- Your risk of heart attack and stroke is dramatically reduced.</td>
</tr>
<tr>
<td><strong>10 Years</strong></td>
<td>- Your risk of lung cancer falls to about half that of a smoker and your risk of other cancers also decreases.</td>
</tr>
<tr>
<td><strong>15 Years</strong></td>
<td>- Your risk of coronary heart disease and risk fall to about the same as someone who has never smoked.</td>
</tr>
</tbody>
</table>
SESSION 3

Continuing Your Commitment to Change
CONTINUING YOUR COMMITMENT TO CHANGE

Session Goals:

• Discuss any potential withdrawal symptoms you may be experiencing

• Discuss some quick strategies to help if you experience any withdrawal symptoms

•  Examine some of your barriers to quitting tobacco as well as exploring why you want to quit using tobacco

• Explore what life will be like in the future when you quit using tobacco
THE 4 D’s: COPING WITH WITHDRAWAL

The 4 D’s listed below can be a good starting place to help you deal with cravings. You can:

<table>
<thead>
<tr>
<th>Method</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep Breaths</td>
<td>Deep breathing will help you relax and make the craving go away.</td>
</tr>
<tr>
<td>Drink Cold Water</td>
<td>Drinking cold water helps cravings go away and helps keep your hands and mouth busy.</td>
</tr>
<tr>
<td>Distract</td>
<td>Distracting yourself with an activity; call a friend, read a chapter in a book, complete a crossword or Sudoku puzzle, or go outside.</td>
</tr>
<tr>
<td>Delay</td>
<td>No matter how strong the craving is, convince yourself that you can wait 10 minutes.</td>
</tr>
</tbody>
</table>

TWO THINGS TO KEEP IN MIND:

- The longer you go without tobacco, you will have less intense and less frequent cravings.

- Withdrawal symptoms typically peak at 2-3 days and then begin to go away. All symptoms are normal and temporary. If any of these conditions last beyond a few weeks, or become very bothersome, please consult your doctor.
BARRIERS TO QUITTING

Almost ALL smokers have barriers to quitting. These are back doors they leave open that keep them from quitting. Here are some of the road blocks that keep people from quitting:

• I'll gain too much weight – only about one in three people gain weight when they quit tobacco, and the average gain is only about 5-7 pounds. Smoking and eating are both ways to meet certain needs (stimulation, relaxation, pampering, time out, comfort, or socialization), so when you quit tobacco, you may eat more. Eat foods with high fiber and protein to stay fuller longer.

• I've cut way down - smoking in any amount harms every part of your body. Plus, many smokers will make up for smoking fewer cigarettes by puffing harder and inhaling deeper on the ones they DO smoke. You need to stop using any tobacco.

• My partner will make it hard for me to quit – tell your spouse that quitting smoking is very important to you. Ask him/her not to smoke around you or offer you cigarettes. Make him/her smoke outside and do not allow smoking in the car. Maybe you both can quit together.

• My friend will offer me cigarettes – ask your friend not to smoke around you or offer you cigarettes. If they do not comply, avoid them for a while.

• There is too much stress in my life to quit now – there is no perfect time to quit. Smoking a cigarette is not going to change the situation or the outcome of the situation.

• I don’t have the willpower to quit – It’s not about willpower. It’s about wanting to quit and using all available tools to help you quit.

• I will get irritable when I quit – irritability is a temporary withdrawal symptom. If you don’t smoke it will go away. Try deep breathing, meditation, soothing music, and relaxation.

What are your main barriers to quitting?
Circle those above and list any others below:
Matt had been a fire fighter for 23 years. One day he had an accident on his job, and lost both of his legs. He could not keep doing his work, and he depended on others for nearly everything. He no longer cared if he got cancer or heart disease, and he started smoking again. Six months later, once the shock of his accident slowly faded, he was sorry he started smoking. Matt went through extensive rehabilitation and was able to perform many activities independently. Matt said “I am regaining control of my life and I want to live but I am now dependent on cigarettes.” He signed up for smoking classes and was able to quit again.

Mike, a gentleman who is blind, quit smoking three months ago. He used to spend $10.00 per day on cigarettes ($300 per month). Mike has been unable to afford technology which helps blind people work on computers. In three months, Mike saved $900 was able to buy the JAWS software which has allowed him to start his own business.
REASONS TO QUIT

• Avoid tobacco-related illnesses such as cancer or heart disease
• Expose your loved ones to clean air
• Save money
• Feel better
• Live a healthier life
• Eliminate the smell of cigarettes on body, clothes, car, and home
• Enjoy the taste of food more
• Improve your sense of smell and taste
• Improve circulation

• Decrease the following:
  • Coughing
  • Rough, deep voice
  • Shortness of breath
  • Periodontal disease
  • Bad breath
  • Stained teeth
  • Impotence
  • Infertility
  • Stained fingers
  • Wrinkling/aging of skin
• Feel better about oneself
• Stop worrying about quitting
• Be in control, finally, not the cigarette
• Set a good example for children
• Inspire other smokers to quit
What are your top reasons for quitting?

What are some things you can do to celebrate small steps (for example, quitting smoking in the car)?
LOOKING FORWARD

I want you to imagine what life will be like 5 years and 10 years from now if you CONTINUE to smoke and/or use tobacco. Describe what life will be like.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Now I want you to imagine what life will be like 5 years and 10 years from now if you STOP smoking and/or using tobacco. Describe what life will be like.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

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________________________________________________________________________
SESSION 4
Managing Addiction
MANAGING ADDICTION

Session Goals:

• Examine different scenarios when people are likely to use tobacco products

• Explore what you can do in these situations to stop yourself from using tobacco

• Practice refusing tobacco when someone offers you a cigarette
WHAT TO DO INSTEAD OF SMOKING

1. Manage Anxiety... Without Smoking:
Most people who quit feel increased anxiety when quitting. If anxiety occurs, it usually begins within the first day of quitting, peaks in the first couple of weeks, and disappears within a month.

What to do:
• Venture out in your community.
• Take a hot bath.
• Take a few minutes out of your day to do deep breathing exercises or stretching exercises.
• Set aside some quiet time every morning and evening when you can be alone in a quiet environment.
2. Handle Stress . . . Without Smoking
Smokers may smoke to handle stress. This is why it sometimes feels good when you smoke. Everyday worries, responsibilities, and hassles can all contribute to stress. As you go longer without smoking, you will get better at handling stress, especially if you learn relaxation techniques.

What to do:
• Know what causes stress in your life (for example your job, children, money, spouse).
• Identify the stress signals (headaches, nervousness, trouble sleeping).
• Create peaceful times in your everyday schedule.
• Try new relaxation methods and stick with the best one for you.
• Rehearse and visualize your stress reduction plan.

3. Manage Cravings . . . Without Smoking:
Smokers are used to having a certain level of nicotine in their body. You get cravings when your body wants more nicotine. Cravings are NOT just in your head. Cravings usually begin within an hour or two after you stop smoking. They may be worse the first week after quitting, and you might still have cravings several months from now. The urge to smoke will come and go. It is important to remember that each craving lasts only a few minutes.

What to do:
• Remind yourself that cravings pass.
• As a substitute for smoking, try chewing on carrots, pickles, sunflower seeds, apples or celery, sugarless gum or hard candy – keeping your mouth busy may help stop the psychological need to smoke.
• Take a deep breath through your nose and blow out slowly through your mouth – repeat 10 times.
• Wait 10 minutes.
4. Be Around Other Smokers... Without Smoking:

Being around the people you used to smoke with may trigger your urge to smoke.

What to do:
• Ask others to help you in your quit attempt.
• Post a “No Smoking” sign on your front door.
• If you are in a group and others light up, excuse yourself and do not return until they finish.
• Do not buy, carry, light or hold cigarettes for others.
• Try not to get angry if family, friends, or co-workers hassle you about quitting.

Caregivers and/or Personal Care Attendants (PCA)

Do you rely on a personal care attendant or other caregiver who uses tobacco products? This can make it especially difficult to quit using tobacco if those around you still use tobacco. It can be even more difficult if you rely on this person for assistance and do not want to upset them by asking them to quit. Talk to them about your decision to quit and ask for the things you need from them so they can assist you. Ask them not to smoke around you, especially in your home or personal vehicle so you can reduce the smell of tobacco. Ask them not to smoke when they are with you.
5. **Become Less Irritable and Frustrated . . . Without Smoking**

Quitting will temporarily change your brain chemistry. When your body does not get nicotine, you may feel irritable, angry, and frustrated. These feelings may begin on the first day, peak over the first couple of weeks, and disappear within one month.

**What to do:**
- Go outside.
- Exercise.
- Reduce caffeine intake.
- Use stress reduction tips like breathing in deeply through your nose and out through your mouth.

6. **Manage Depression . . . Without Smoking**

It is common to feel sad for a period of time after you first quit tobacco. When you are depressed, you may have a strong urge to smoke. If you give in to your craving for a cigarette, you may feel sad that you could not stick with your decision to quit. If mild depression occurs, it will usually begin within the first day, continue for the first couple of weeks and go away within a month.
**What to do:**
- Identify your specific feelings at the time that you seem depressed; you may actually be feeling hungry, angry, lonely or tired (HALT) – focus on and address these specific needs.
- Call a friend and plan to have lunch or go to a movie.
- Make a list of things that are upsetting you and write down solutions for them.
- Increase physical activity – this will help improve your mood.
- Focus on your strengths.
- Establish a list of your short and long term personal goals.
- Think of how healthy you will be when all smoking effects are gone from your body and you can call yourself smoke-free.

**7. Face the Morning... Without Smoking:**

For many smokers, lighting up is the first event of the day. The morning can set the tone for the rest of the day. After 6-8 hours of sleep, your nicotine level drops and your body develops a need for a quick boost of nicotine when you wake up.

**What to do:**
- Plan a different wake-up routine.
- Take your attention off smoking right away.
- Be sure no cigarettes are available.
- Begin each day with deep breathing and a glass of water.
- Make a list of early morning triggers and avoid them.

Marie was diagnosed with polio when she was a child and uses a power wheelchair. She has recently quit smoking, and noted that she often craves a cigarette when she is waiting on transportation. Because public transportation (paratransit) is often late, Marie finds herself waiting for at least an hour per day. It is during these times that Marie really “craves a cigarette.” To fight the craving, Marie decided to put on her head phones and listen to music while she waits. After a couple days, Marie no longer craved a cigarette.
8. **Drive or Ride in a Car . . . Without Smoking:**
Many smokers enjoy using tobacco in the car, especially on long trips.

**What to do:**
- Remove the ashtray, lighter, and cigarettes from your car.
- Turn your radio on or put in your favorite CD and sing along.
- Clean your car and make sure to use deodorizers to reduce the tobacco smell.
- Keep healthy snacks in your car.
- If you are not driving, find something to do with your hands.
- Ask friends and passengers not to smoke in your car.
- Take an alternate route to work.
- Try carpooling with non-smokers.
- Plan stops for water or fruit juice.
- Do some deep breathing exercises.

If you rely on others for transportation, let them know you are trying to quit. Ask them if they would consider not using tobacco when you’re in the vehicle.

9. **Face Boredom . . . Without Smoking**
Many smokers say they sometimes smoke when they are bored. For smokers, boredom often brings the urge to smoke. When you quit tobacco, you may miss the excitement and good feeling that nicotine gave you.

**What to do:**
- Plan more activities than you have time for.
- For those empty minutes, make a list of things you like to do.
- Move – do not stay in the same place too long.
- Carry a book, magazine, crossword or Sudoku puzzle for waiting times.
- Carry something to keep your hands busy (stress ball).
- Listen to a favorite song.
10. Enjoy Coffee and Tea . . . Without Smoking:
Many smokers smoke during or after eating or drinking coffee/tea. You do not have to give up coffee or tea to quit tobacco.

What to do:
• Tell people you have quit so they will not offer you a cigarette
• Consider switching from coffee to tea or vice versa

• Between sips of coffee or tea, take deep breaths to inhale the aroma
• Try switching to decaffeinated coffee or reduce the amount of coffee that you drink because the effects of caffeine are stronger once you quit smoking
• When you drink coffee, get out a scratch pad and doodle or make plans for the day
• If the urge to smoke is very strong, drink your coffee or tea faster than usual and then change activities or rooms
• Breathe deeply and slowly while counting to five, breathe out slowly, count again to five

11. Enjoy Meals . . . Without Smoking:
Many smokers enjoy cigarettes after meals at home, work, or a restaurant. Your desire to smoke after meals may depend on whether you are alone, with other smokers, or with nonsmokers. Remember that food will taste and smell better after you quit tobacco.

What to do:
• If you have coffee or fruit drinks concentrate on the taste
• Brush your teeth or use mouthwash right after meals
• Wash the dishes by hand after eating – you cannot smoke with wet hands
• Know what kinds of food increase your urge to smoke and stay away from them
What tips are most useful to you?


Do you have any other ideas to handle triggers/cravings?
Refusing Tobacco

At some point, you will most likely be approached by a friend or co-worker to smoke a cigarette or use tobacco. Given your desire to stop using tobacco products, it is helpful to know what you want to say to these people when they offer you a cigarette.

Resist the urge to use tobacco

Escape

Firm statement

Use humor

Suggest other options

Ally (find support)

List reasons to quit

Role Play: Team up with a group member. One member tries to convince the other to go outside to smoke a cigarette, while the other tries to refuse the offer.

What challenges did you have trying to refuse the cigarette?
SESSION 5
Preventing Relapse
PREVENTING RELAPSE

Session Goals:

• Understand the bad result of a “slip”

• Explore different ways to handle stress

• Examine some of the emotions that can trigger a slip
PREVENTING RELAPSE

Millions of people quit for a while but return to smoking/tobacco use. Each quit attempt provides valuable information about the process of quitting. The next time you may be successful. More than 3 million Americans stop smoking every year. Keep trying and you can join them!

“CAN’T I HAVE JUST ONE CIGARETTE?”

The answer is NO. Nine out of 10 people who have a cigarette after quitting return to smoking. Remember if you do smoke, the odds are against you so the information below is to prepare you to beat these odds if you do slip. Being prepared for a SLIP is not the same thing as telling yourself it is okay to smoke.

If you have a “slip” and smoke a cigarette/use tobacco briefly, ask yourself:
• What happened?
• Why did I light up again?
• How can I prevent it from happening again?

And, MOVE FORWARD, returning to your goal to quit. . . .
If you have a “relapse” and smoke/use tobacco for a longer period, ask yourself if one of these situations caused you to return to smoking/tobacco use:

• Someone gave me a cigarette and I took it before I realized what I was doing.
• Before I knew it, I was back to a pack a day.
• I was doing all right, when suddenly there was a major crisis in my personal life. My first reaction was to reach for a cigarette.
• I had two drinks, and next thing I knew I was smoking without even thinking about it.
• I thought for sure I was over it. I was feeling great. Then one day I went to a party and thought I could treat myself to just one cigarette.

After a slip or relapse, think about the situation that caused you to smoke so you can overcome the urge to smoke next time you are in that situation. Do not get down on yourself and get rid of any cigarettes you have and recommit to quitting. Think through the process and choose to get back on track as soon as possible before you go back to your old smoking/tobacco routine.

Elisa, who has been diagnosed with bi-polar disorder, quit using tobacco 2 weeks ago. After a very stressful day, she smoked a cigarette to relieve some of her depression. After the cigarette, Elisa got down on herself because she had smoked. She thought that she would never be able to quit but then remembered that over the previous 2 weeks she resisted the urge to smoke lots of times. She reminded herself that her success rate was actually really good over the past 2 weeks. With a better perspective, Elisa decided to work on a plan for the next time she got really stressed.
PLAN AHEAD

To avoid slips and relapses, it is helpful to PLAN AHEAD. Think of fire escape plans – schools, hotels, workplaces, theaters, your home – all have them, so people know what to do in an emergency. No one wants a fire, but we plan for one just in case. In Florida, they have hurricane preparedness plans. Think of these comparisons when quitting tobacco. No one wants you to have a slip, but you must plan for emergencies!

MANAGING STRESS

Stress is the leading cause of relapse for smokers. Life’s stressors are hard to avoid, but you can choose responses that will put you in charge of the stressful situations. Try different ways to deal with stress until you find what works for you. Here are some examples to try:

•Meditation calms your thoughts by focusing on only one thing. You may think about a sound, a picture, or a word. Relax your muscles and breathe slowly, but naturally.

•Exercise releases soothing chemicals in your body. Endorphins are natural elements that improve your mood. They also improve your ability to cope with stress.

•Deep Breathing is the relaxed breathing we enjoy during sleep. It is the goal of most breathing exercises. Abdominal breathing involves contracting and expanding the diaphragm to allow air deep into the lungs.

•A Healthy Diet can help offset the effects of stress. Stress may rob the body of nutrients such as protein, calcium, vitamin C, zinc, and magnesium. Eat a variety of healthy foods every day and try not to skip meals. Discuss taking daily vitamins with your doctor.
• Stretching can be relaxing. Regular stretch breaks throughout the day can keep stress from building up.

• Massage Therapy releases muscle tension, promotes relaxation, and helps relieve pain.

• Music soothes the soul. Keep CDs and downloads of favorite relaxation music available during stressful times or in places where you once smoked, such as your car. Play an instrument you played in the past, or learn to play a new instrument!

• Deal directly with the cause of the stress.
STRESS MANAGEMENT ACTIVITIES

My current “stress-busting activities” are:

________________________
________________________
________________________
________________________
________________________

Some new activities I can try to lower my stress level:

________________________
________________________
________________________
________________________
________________________

When I crave tobacco, I will:

________________________
________________________
________________________
________________________
________________________
Feeling angry, lonely, tired, or other feelings may be triggers to using tobacco. Be aware of these feelings and work to redirect your attention to a positive activity.

Many people return to smoking when they have any of the feelings listed above. When you feel upset or angry, try to use stress management to avoid the desire to use tobacco.

What can you do when these feelings occur?

---

BE AWARE OF THESE TRIGGERS!
SESSION 6
Lifestyle Changes
LIFESTYLE CHANGES

Session Goals:

• Find or develop an alternative activity/goal
• Develop one new personal nutrition/healthy eating goal
• Develop one new personal exercise/physical activity goal
• List three ways to reward yourself
ALTERNATIVE ACTIVITY

Tobacco users often take “smoke breaks” throughout the day. This often means that individuals are going outside to smoke a cigarette and getting out of the office. As one begins to perform everyday activities without tobacco, a healthy alternative activity should be developed to replace the “smoking break.”

Taking time out for a cigarette can often take 5-10 minutes. Think about how often you take time out of your day to smoke a cigarette. For example, 10 cigarette breaks a day, that’s about an hour to an hour and a half you are dedicating to smoking each day.

Think of some activities you can do in place of taking a smoking break.

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Now, we’d like you to create a sign that you can post on your office door indicating that you are on a smoke-free break!
Make Your Own “Smoke-Free Break” Sign
NUTRITION AND EXERCISE

WHY DO PEOPLE GAIN WEIGHT AFTER THEY QUIT SMOKING?

Your metabolism temporarily slows down after quitting, burning fewer calories.

Hunger is a temporary nicotine withdrawal symptom.

Food now tastes and smells better.

When bored, you may eat now instead of smoking.
#1 - WEIGHT GAIN

Some smokers gain weight after they quit smoking. About 8 out of 10 people who quit smoking, gain weight at first, and most lose weight over time with no special action. One reason for this weight gain is because people who quit using tobacco can taste and smell food better within one week of quitting. And, you may want to eat more because you have an increase in appetite.

Tips to keep you from gaining weight:

- Check your weight regularly to see how quitting affects you.
- Eat smaller portions and meals.
- Eat more frequently.
- Stay busy.
- Keep up or increase your physical activity level to increase the number of calories your body uses.

Ever since Kristy quit smoking, she’s been enjoying the taste of steak and tea. She likes the smell and taste of these foods in ways she had not for the 25 years she smoked. Kristy is blind and has a K9 companion. Kristy soon realized her new eating and drinking habits were related to her recent 3 pound weight gain. Although Kristy is concerned about her weight gain, she realized that she would prefer to live a healthier lifestyle, smell and taste food, and does not get as tired from walking with her K9 companion.
#2 - PHYSICAL ACTIVITY

Being physically active is a healthy way to control your weight and take your mind off tobacco.

Exercise increases your energy and does the following:

- Promotes self-confidence
- Improves your health
- Helps relieve stress
- Cuts down your urges for cigarettes
- Makes you want to eat less

A reasonable goal includes at least 30 minutes of physical activity a day on most days of the week. This can be done continuously or, in several shorter spurts – 10 minutes here, 20 minutes there – as long as it adds up to 30 minutes a day.

Simple ways to become more physically active include:

- Strength training
- Wheelchair sports (basketball, tennis, bowling)
- Gardening/landscaping
- Taking a walk or stroll
- Playing actively with the kids
- Water aerobics or swimming
- Dance activity and exercise programs
- Yoga, tai chi, and similar exercise

If your mobility is impaired, talk to your doctor or physical therapist about ways to increase your activity.
The figure above shows how metabolism is affected by nicotine and exercise. Quitting smoking will lower your metabolism which can often cause you to gain weight. Exercise, however, raises your metabolism which can help you lose weight.
**FREQUENTLYAsked QUESTIONS**

| **How can exercise help me quit smoking?** | • Many ex-smokers are successful at quitting by getting involved in some kind of regular physical activity. Physical activity makes your brain release chemicals that make you feel good and reduce cravings. It also serves as a distraction from smoking. |
| **How will I benefit from exercise?** | • Smoking raises your blood pressure, but exercise helps bring your blood pressure back down. Smoking can clog your arteries, but exercise slows that process down. Exercise helps your body heal once you quit smoking/tobacco use. |
| **How often should I exercise?** | • You should exercise most days of the week. Many new ex-smokers prefer to exercise daily to help relieve stress, keep busy, and build the exercise habit. |
| **Will quitting smoking and beginning to exercise make me more stressed out?** | • No. Exercise can be a great stress reliever as long as you choose an activity you can handle and will not cause injury or unusually sore muscles. Most people feel better physically and emotionally when they develop and maintain the “exercise habit.” |
| **How can I find the energy to work out, especially at the end of the day?** | • You will be surprised to find that exercising gives you new energy. For some people, getting to the gym is hard when you feel exhausted; but once you are there, you will be glad you went.  

*You may find that quitting smoking leads you to an activity or sport that becomes a lifetime hobby!*
#3 - NUTRITION AND HEALTHY EATING

10 TIPS FOR HEALTHY EATING

1. Eating plenty of grain products, vegetables, and fruits.

2. Choose low-fat dairy products, lean meats, fish, poultry and dry beans to get the nutrients you need without extra calories and fat.

3. Choose fewer foods high in fat and sugars.

4. Take a multivitamin.

5. Drink lots of water.

6. Plan meals, snacks, and lunches ahead of time.

7. When you eat foods that you enjoy in appropriate amounts, you are more likely to make lasting changes in your daily eating habits.

8. Be prepared for hunger with healthy meals that are easy to prepare.


10. Do not deny yourself favorite foods – make them a part of your meal planning.

Remember, you must motivate yourself to quit tobacco. You must also be committed to a lifestyle that includes more activity and healthy eating.

Steve sustained a traumatic brain injury 5 years ago. He has gained 8 pounds since quitting smoking. He knows that if he increases his exercise, it will be easier for him to not gain any more weight. With the money he is saving from not buying cigarettes, Steve is putting that money toward a gym membership.
LIFESTYLE REVIEW

I will improve the quality of my life every day by making better choices every day!

NUTRITION/EATING

1. 

2. 

3. 

EXERCISE/ACTIVITY

1. 

2. 

3. 

HEALTHY LIVING/LIFESTYLE SUPPORT RESOURCES

1. 

2. 

3. 

How will you reward yourself? List 3 things.

1. 

2. 

3.
SESSION 7
Your New Life Without Tobacco
YOUR NEW LIFE WITHOUT TOBACCO

Session Goals:

• Discuss how you have been successful on your journey

• List new activities performed in place of smoking

• List the rewards you have acquired since becoming tobacco-free
**How Much Money Will You Have Saved After You Quit Smoking?**

This chart shows how much money a one-pack-per-day smoker can save in a year. Each day, take the amount of money you spend on cigarettes and put it away. As you can see, you will have lots of money at the end of the year. Reward yourself for your hard work.

**How Much Did You Spend on Tobacco?**

$_____ Cost per pack

$_____ Cost per cigarette (cost per pack ÷ 20 cigarettes per pack)

$_____ Cost per day (cost per cigarette x number smoked daily)

$_____ Cost per week (cost per day x 7 days per week)

$_____ Cost per year (cost per week x 52 weeks per year)
How Will You Spend the Money You Save?

List 3 ways you will spend the money saved over 1 year.

1

2

3
SESSION 8
Continue On
CONTINUE ON

Session Goals:

• Discuss and celebrate what has been accomplished
• Discuss one or more successful techniques used in this quit attempt
• Visualize yourself as remaining tobacco free
• Review the process of quitting tobacco—how it was done
• Review program follow-up procedures
CONGRATULATIONS!
Look What You’ve Done So Far!!!!!!

Today is your last session. You have survived! Most importantly, you have worked hard to quit tobacco. Be proud of yourself. It takes a great deal of motivation and hard work to quit tobacco!

If you have not quite reached your goal, keep working hard – you are worth it! Think about what has worked so far and build upon that.

TIPS FOR CONTINUED SUCCESS:

YOU

As long as you don’t smoke, cravings will continue to fade.

Appreciate how healthy you are.

Remember to find something else to do when the cravings come.

CAN

Be good to yourself; you deserve it.

Take time to rest.

Do not forget to reward yourself daily for a job well done.

DO IT

Do not give up – you are much stronger than you think you are.

Tell people how they can help you.

Look for support when you need it.
There will be times when you will need to STOP and ask yourself, “Do I want to use tobacco?” or “Do I want to be tobacco free?”

Continue to see yourself as a nonsmoker and tobacco free!

Describe how you see yourself. How do you feel?

Take a moment to note:
What is most rewarding about quitting smoking/tobacco?

What was most difficult in this quit attempt and how did you overcome it?

Your advice to others with disabilities who want to quit:
REFERENCES


YOU ALWAYS HAVE SUPPORT!!!!!!!

**Remember:** Tobacco use is the leading cause of preventable illness and death in the United States. It causes many different cancers as well as chronic lung diseases, such as emphysema and bronchitis, and heart disease. If you are still having trouble quitting, the following are free resources to help you stay away from tobacco:

**State Quitlines**
800-QUIT-NOW (1-800-784-8669).
Calling this toll-free number will connect you directly to your state quitline. All states have quitlines in place with trained coaches who provide information and help with quitting. Specific services and hours of operation vary from state to state.

**National Cancer Institute (NCI) Smoking Quitline**
1-877-44U-QUIT (1-877-448-7848)
https://livehelp.cancer.gov/

Talk with an NCI smoking cessation counselor for help quitting and answers to smoking-related questions in English or Spanish - call toll free within the United States, Monday through Friday 8:00 a.m. to 8:00 p.m. Eastern Time.

**Smokefree.gov**
This Web site offers science-driven tools, information, and support that have been effective in helping smokers quit: [www.smokefree.gov](http://www.smokefree.gov)

**Smokefree Women**
The site covers smoking-related topics that are often important to women, such as weight management and stress, and tells how to contact experts and find other resources.