

SMOKING CESSATION **Resource Guide**



for Galveston County

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Additional copies are available at:
<http://www.texascancer.info/cancercontrol/tobacco.html>.

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Background and Recommendations for Tobacco Use

Tobacco Facts

- More people died from tobacco use in the 20th century than in World War II.¹
- If current trends continue, one billion people will die from tobacco use in the 21st century.²
- Smoking causes cancers of the lung, esophagus, larynx, mouth, throat, kidney, bladder, pancreas, stomach, and cervix, as well as acute myeloid leukemia.³
- People who smoke are approximately six times more likely to suffer a heart attack than nonsmokers, and the risk increases with the number of cigarettes smoked.⁴
- Smoking causes erectile dysfunction and reduced sexual functioning.⁵
- Smoking can cause female infertility and early onset of menopause.⁶
- Living with a smoker increases a nonsmoker's chances of developing lung cancer by 20 to 30 percent.⁷
- Smoking while pregnant can cause fetal growth retardation, low birth weight and fetal death.⁸

Tobacco Myths

- Cigars are safer than cigarettes.
FALSE - Cigars contain the same toxic cancer causing chemicals found in cigarettes.⁹
- Smoking one cigar is not as bad as smoking a pack of cigarettes.
FALSE - A large cigar contains as much tobacco as an entire pack of cigarettes.¹⁰
- Smoking makes you look physically attractive.
FALSE - Smoking causes thinning hair, gum disease, yellowing teeth and wrinkles.¹¹
- E-cigarettes are effective for smoking cessation.
FALSE - The FDA has not evaluated any e-cigarettes for safety or effectiveness. When the FDA conducted limited laboratory studies of certain samples, they found significant quality issues that indicate that quality control processes used to manufacture these products are substandard or non-existent.¹²

How much does a habit of smoking a pack of cigarettes per day cost in dollars?

- The average cost in Texas with all the taxes included is \$6.00.¹³
- Let's assume that a person is buying one pack of cigarettes per day. \$6.00 per day gives a monthly average of \$180.00 spent on cigarettes. Without earning any interest, if a person were to save their money they would have the following:
 - **\$2,160** in one year
 - **\$10,800** in five years
 - **\$21,600** in ten years
 - **\$43,200** in twenty years

How much does a habit of smoking a pack and a half per day cost in dollars?

A person who smokes a pack and a half of cigarettes will need a total of 11 packs of cigarettes to get through a week. If a person smokes a pack and a half of cigarettes each day and the average price per pack is \$6.00, a monthly average of \$264 is spent on cigarettes. Without earning any interest, if a person were to save their money they would have the following:

- **\$3,168** in one year
- **\$15,840** in five years
- **\$31,680** in ten years
- **\$63,360** in twenty years

How much does tobacco use cost businesses?

- Healthcare costs are 40% higher for smokers than nonsmokers in the same age group.¹⁴
- U.S. employers pay more than \$40 billion a year to due to premature death and disability as a direct result of smoking.¹⁵
- Smokers miss on average 6.16 days of work per year due to sickness (including smoking related acute and chronic conditions), compared to nonsmokers, who miss 3.86 days of work per year.¹⁶
- Smoking and secondhand smoke combined cost U.S. businesses an estimated \$92 billion dollars annually: An estimated **\$3,391** dollars per smoker is lost in productivity annually.¹⁷

THE BENEFITS OF QUITTING SMOKING

The immediate health benefits of quitting smoking:



- In twenty minutes, your heart rate and blood pressure, which are abnormally high while smoking, begin to return to normal.¹⁸



- Within a few hours, the level of carbon monoxide in the blood begins to decline and your body's oxygen increases to a normal level.¹⁹



- In two days, you will have an improved sense of smell, and taste.²⁰



- Within a few weeks, you will have improved circulation, produce less phlegm, and won't cough or wheeze as often.²¹



- Within several months of quitting, you can expect substantial improvements in lung function.²²

The long term benefits of quitting smoking:



Quitting at age 30: Studies have shown that smokers who quit at about age 30 reduce their chance of dying prematurely from smoking-related diseases by more than 90 percent.²³

Quitting at age 50: People who quit at about age 50 reduce their risk of dying prematurely by 50 percent compared with those who continue to smoke.²⁴

Quitting at age 60: Even people who quit at about age 60 or older live longer than those who continue to smoke.²⁵

FIVE KEYS TO QUITTING SMOKING

Studies have shown that by combining these five steps you have a good chance of quitting for good.²⁶

1 GET READY

- Set a Quit Date - consider a time that will not be very stressful and plan a full day of active, relaxing activities to keep your mind off smoking.
- Change your environment by removing tobacco products from your surroundings. Make your home smoke-free and avoid smoking in places where you spend a lot of time.
- Anticipate triggers or challenges in your upcoming quit attempt. Develop a plan to successfully overcome triggers (e.g., alter routine, avoid triggers).

2 GET SUPPORT AND ENCOURAGEMENT

Studies have shown that you have a better chance of being successful if you have help. You can get support in many ways:

- Tell your family, friends and co-workers that you are going to quit and want their support. Ask them not to smoke around you or to leave cigarettes out where you can see them.
- Talk to your health care provider (e.g., doctor, dentist, nurse, pharmacist, psychologist or smoking cessation coach or counselor).
- Get individual, group or telephone counseling (e.g., Quitline). Counseling doubles your chances of success.

3 LEARN NEW SKILLS AND BEHAVIORS

Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task. Remind yourself of the benefits of quitting (living longer, feeling better, being more attractive).

- Change your routine. Use a different route to work.
- Find ways to reduce your stress such as: taking a hot bath, exercising, reading a book, spending time with family or enjoying your favorite sport.
- Drink a lot of water and other fluids.

4 GET MEDICATION AND USE IT CORRECTLY

- Medications can help you stop smoking and lessen the urge to smoke. **Some examples are nicotine patches, nicotine gum, nicotine lozenges, Zyban™ and Chantix™.**
- Ask your health care provider for advice and carefully read the information on the package. **Some medications may not work with other medications and some may be associated with important side effects.**
- The use of medications approved by the Food and Drug Administration will at least double your chances of quitting and quitting for good.

5 BE PREPARED FOR RELAPSE AND DIFFICULT SITUATIONS

Most relapses occur within the first three months after quitting. Don't be discouraged if you start smoking again.

Remember, most people try several times before they finally quit. The following are some difficult situations you may encounter:

- Avoid drinking alcohol. Drinking lowers your chances of success.
- Being around smoking can make you want to smoke.
- Eat a healthy diet and stay active. Don't let weight gain distract you from your main goal—quitting smoking.
- There are a lot of ways to improve your mood besides smoking. Some smoking cessation medications also lessen depression. Try deep breathing, journaling for at least 15 minutes, relaxation activities, and/or anything that makes you feel positive and less stressed.
- If you do smoke a cigarette, **DO NOT** get discouraged, beat yourself up or think to yourself “I guess I’m not strong enough” or “I will never quit.” Just get back on track. Smoking a cigarette is a LAPSE, not a RELAPSE. If you notice you have given in to smoking, put the cigarette down as soon as you can and reach out to your friends, family and health care provider for support.

SMOKING CESSATION PROGRAMS - PUBLIC & EMPLOYER-BASED

Gulf Coast Center

Program Name: End Smoking & Breathe
281-585-7641

Free.

English only.

Program includes:

- Group counseling
- Individual counseling
- Nicotine replacement therapy (NRT)

Texas Department of State Health Services (DSHS)

Program Name: The Texas Quitline
1-877-YES-QUIT (1-877-937-7848)

Free.

English and Spanish.

Program includes:

- Individual telephone counseling
- Nicotine replacement therapy (NRT)

The University of Texas Medical Branch (UTMB)

John Sealy Hospital

409-747-5324

Program Name: Commit To Quit

Free to UTMB employees, \$60 for non-UTMB employees.

English only.

Program includes:

- Individual in-person counseling
- Individual telephone counseling
- Group counseling by request

TELEPHONE SUPPORT CESSATION PROGRAMS

American Lung Association Call Center

1-800-548-8252

North American Quitline

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

The Smoking Quitline of the National Cancer Institute

1-800-44U-QUIT (1-877-448-7848)

Yes You Can – Texas Quitline/Si Puede – Para Dejar de Fumar

1-877-YES-QUIT (1-877-937-7848)

WEBSITE SUPPORT CESSATION PROGRAMS

American Cancer Society

713-266-2877

www.cancer.org

American Heart Association

713-610-5000

www.heart.org

American Lung Association

713-692-5864

www.lung.org

Nicotine Anonymous

713-827-5958

www.nicotine-anonymous.org

Texas Department of Health

800-345-8647

www.dshs.state.tx.us

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