

Some Chilling Facts About Smoking

The good news first, or the bad news? It's not really news at all that smoking is bad for you. The Surgeon General's warning has appeared on all cigarette packaging and advertisements for over a quarter century. To continue dwelling on the dangers may seem like a scare tactic. But take another hard look at the facts—maybe you *should* be scared into quitting.

The bad news

- In plain and simple terms: smoking will take an average of seven years off your life. Your risk of heart disease is doubled if you smoke. One out of every six deaths in the United States is related to smoking—and almost one out of every three deaths from cancer. That includes cancer of all kinds: lung cancer, mouth and throat cancer, as well as cancers of the bladder, kidney, pancreas, stomach and uterine cervix.
- Chronic bronchitis is also common: it's an irritation and inflammation of the breathing tubes that can be treated most effectively after you quit smoking.
- Emphysema is a more serious condition that makes breathing difficult. It is often a consequence of chronic bronchitis. Chronic bronchitis and emphysema are among the diseases known as COPD (chronic obstructive pulmonary disease). Fortunately, the symptoms of COPD can be treated with bronchodilator maintenance therapy such as ATROVENT® (ipratropium bromide).*
- Here's what you inhale in cigarette smoke:
 - cyanide (a deadly poison)
 - acetylene (a fuel used in torches)
 - ammonia (a common ingredient in cleaning products)
 - acetone (a chemical in fingernail polish remover)
 - a total of more than 4,000 chemicals—43 of which are known to cause cancer
- Menopause occurs about one to two years earlier than normal for women who smoke. (Fortunately, women who have quit can expect a natural menopause.)
- More and more public space is becoming off-limits to smokers. Thirty-three states have restricted smoking in the workplace and smoking is prohibited on all domestic airline flights.

*Please see full Prescribing Information at the back of this binder for contraindications, warnings.

• I've Smoked All My Life—What Good is Quitting Now?

The good news

- IT'S NEVER TOO LATE. When you quit smoking for good, you dramatically reduce your risk of death from lung cancer and heart disease. Ten years after quitting, your chance of heart disease is no more than that of a nonsmoker. Fifteen years after quitting, your risk of lung cancer is only slightly higher than that of a nonsmoker.
- YOU'LL SAVE A BUNDLE. A pack a day costs from \$600 to more than \$700 a year. Doctor bills and sick days can add up. What's more, many insurance companies offer discounts to nonsmokers.
- YOU'LL LOOK AND FEEL MUCH BETTER. No more yellow teeth, clothes that smell, or persistent coughs.

"Smoking is the single most important preventable cause of death in the U.S."

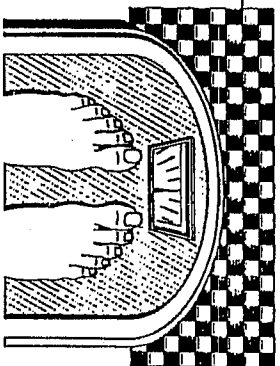
You've probably heard the Surgeon General's words many times—now is the time to take them to heart. Nearly half of America's smokers have quit. That's about 40 million people who are living longer, healthier lives. You could be one of them. The choice is yours.

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“I’d Quit... But I Don’t Want to Gain Weight.”

Contrary to popular belief, weight gain does not necessarily follow smoking cessation. Though most people do gain some weight, the average weight gain is only about five pounds. Only 3.5% of those who quit gain more than 20 pounds.

The following are some suggestions to help keep your weight gain minimal after quitting. Which are most appropriate for you?

“I started snacking and I couldn’t stop.”

Increased cravings are a typical but temporary stage of nicotine withdrawal. When you decide to quit, be sure to have some low-calorie snack foods on hand: unbuttered popcorn, fresh fruit, vegetables or even sugarless candy are some good options to remember.

“I was doing so well I started to reward myself with food.”

It’s fine to reward yourself. In fact, you should do it regularly—but not exclusively with food. Instead, buy yourself something frivolous with the money you’ve saved by not smoking. Or do something you’ve always wanted to do like taking a dance class or tennis lessons.

“I’ve developed an intense sweet tooth.”

If you develop a taste for sweets, satisfy it with fresh fruit. An orange or tangerine might hit the spot. Or conversely, eat something sour. Sour foods can often fulfill the craving for something sweet.

“Simple foods tasted so good. I found it hard to stop eating.”

After you quit, your palate may regain some of the sensitivity it lost while you were smoking. Simple foods—even bread—can taste better. It’s fine to indulge a bit with these simple pleasures as long as you go easy for a while on the richer, spicier dishes.

"I have a much bigger appetite now."

Quitting cigarettes improves your health as well as your appetite. As long as you satisfy your appetite with healthy, low-calorie foods, you shouldn't have any trouble with your weight. But if you do, try exercising more often or for longer periods.

"Eating seems to be the only way to relieve my jitters."

If withdrawal jitters continue for more than a few days, don't give in to food or go back to cigarettes. Instead, sip on water throughout the day and eat a lot of raw vegetables.

"I'm eating no differently than when I smoked and I'm still gaining."

No one is sure why this happens, but it does to a very small group of people. Drastic dieting is not required. Small cutbacks or increased exercise should keep your weight in check.

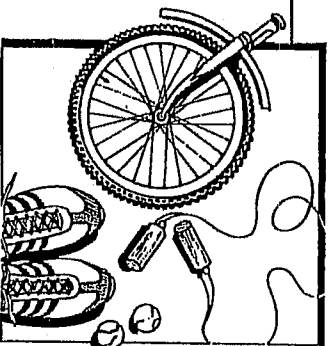
Adapted from:
Burton D. The American Cancer Society's "Freshstart: 21 Days to Stop Smoking." New York: Simon & Schuster, 1986.

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Take a Deep Breath—Hints for Exercise and Better Breathing

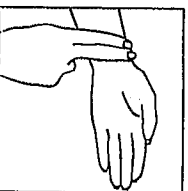
You may be kicking one habit, but to stay healthy and improve your breathing, you should definitely be starting another: *regular exercise*.

If you're like most people, exercise can be a Catch-22—you don't exercise much because you get tired and short of breath. But part of the reason you get tired and short of breath may be that you don't exercise!

It's really not hard to break this vicious circle. The trick is to be patient and start slowly. First, consult your doctor to develop an exercise routine that's right for you. Then plan a regular time each day when you're least likely to cancel or be tired. Try to find a partner or a couple of friends to exercise with. (You're more likely to break a date with yourself than with someone else.) So it doesn't seem like a chore, plan to add something enjoyable to your exercise: music, a pleasant view, or maybe a treat afterwards.

Start with a rite of thumb:

Whatever exercise you do, your pulse rate should climb no higher than 20 beats per minute faster than it is at rest. If you start to feel short of breath, stop exercising and take your pulse. Stay calm. Sit down if you can; otherwise, lean or hold onto something sturdy. Relax your upper body, letting your head and arms hang down. Then purse your lips. Try to double the time it takes you to breathe out versus in.



To take your pulse, place the first two fingers of your right hand on your left wrist, as shown. Count the beats for a 15-second period and multiply that number by 4.

Take a little rest

You'd be surprised at how many of us don't breathe properly. (About a third of all adults!) To be sure you're doing it right, what you need to think about is not your lungs, but your belly. Too many people breathe from up in their chest. The breathing muscle, or diaphragm, is much lower—about level with your belly button.

A good way to warm up for exercise is to practice breathing from your belly. Sit upright in a chair and hold one hand on your chest and the other on your stomach. Concentrate on breathing so that your stomach is doing most of the work. Over time you will build the strength of your diaphragm and breathe more efficiently.

Take a walk

You don't need a high-tech exercise plan to enjoy yourself and get tremendous benefits. Walking is one of the healthiest, easiest and most enjoyable ways to get exercise. Put on a comfortable pair of shoes and loose clothes—and head out. You could explore new areas and get to know your neighborhood. Or you might plan some of your errands or visits around a daily walk.

While you're walking, relax your upper body and keep a comfortable, easy pace. Be careful not to overexert yourself. If you feel short of breath, stop, relax and practice pursed-lip breathing as described above.

Use your imagination

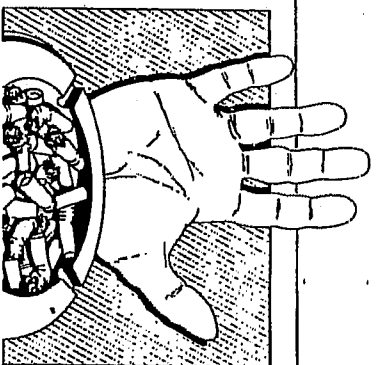
More frequent walking is just a start. There are many activities to get your lungs going and your heart pumping that don't need to be overly strenuous. Whether it's gardening, dancing, swimming, bike riding, just be sure to consult with your doctor before starting out.

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Smoking:

How to Call it Quits

Smoking is a hard habit to quit, but *you can do it*. Forty million Americans have done it before you, and each year another 4 million break the habit. The toughest part is the first couple of days. Once you get past that initial challenge, it gets much easier—both psychologically and physically. You'll start feeling the benefits even in the first week. And then it gets better and better. You'll stop coughing, have fewer colds and breathe more easily, you'll save money and you'll have fresh breath. Most important, you'll cut your risk of serious illness like lung cancer, heart disease and emphysema. What are you waiting for?

Here are a few straightforward suggestions to help you out:

"I like the way smoking tastes and feels."

First of all, try switching to a brand you don't enjoy. Then try chewing gum or eating carrots, celery and other healthful snacks to replace the oral satisfaction of smoking. Whatever you try, be careful with substitutes. Be sure you replace cigarettes with foods that are healthful and low in calories. If you're worried about your weight, the odds are in your favor. Most people gain no more than five pounds after they quit.

"It relieves my stress."

Most smokers feel they need to smoke when they're under pressure. So try quitting during a break in your routine—on vacation when you can relax, or even during a cold, when a cigarette doesn't taste as good. Buy yourself a stress-relieving toy to fidget with when the desire to smoke becomes strong. When you feel that urge, take a walk, call a friend or start a new exercise.

"I often don't even notice I'm smoking."

Smoking becomes an ingrained habit that's hard to break unless you consciously think about changing your behavior. So make smoking an inconvenience. Don't empty your ashtray for a while. Remove all the ashtrays from the rooms where you usually smoke. Spend as much time as you can in no-smoking areas and create some in your home. Stash your cigarettes in a locked drawer or out-of-the-way place—somewhere that gets you out of your chair to find them. And make the pack hard to open: bind it with rubber bands, paper or tape.

Nicotine is a tough opponent, but you can be tougher. Your life may depend on it. Remember that the hardest time is always the first two days. Reward yourself for getting through them. And look for support from your family, friends and co-workers. Most likely, they'll be very glad to be helpful.

Here are a few organizations you can contact for more specific information on programs and techniques to help you quit:

American Cancer Society
1599 Clifton Road, N.E.
Atlanta, Georgia 30329
1-800-ACS-2345

National Cancer Institute
9000 Rockville Pike
Building 31, Room 4A-18
Bethesda, Maryland 20892
1-800-4-CANCER

American Heart Association
National Center
7320 Greenville Avenue
Dallas, Texas 75231
(214) 373-6300

Office on Smoking and Health
Centers for Disease Control
1600 Clifton Road
Mailstop K-50
Atlanta, Georgia 30333
(404) 488-5708

American Lung Association
1740 Broadway
New York, New York 10019-4374
(212) 315-8700

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RESPONSES TO PATIENTS' COMMON QUESTIONS AND CONCERNS

1. Won't I gain weight if I stop smoking?

Not every person who stops smoking gains weight.

Average weight gains are small for people who do gain
(5-10 lbs.)

Don't diet now--there will be time after you are an established non-smoker.

Exercise is an effective technique to cope with withdrawal and to avoid weight gain.

Avoid high-calorie snacks. Vegetables such as carrot sticks and fruits are good snacks.

The risks to health from smoking are far greater than the risks to health from a small weight gain.

A small increase in weight may not hurt your appearance. Smoking is unattractive, causing yellow teeth, bad breath, stale clothing odors, and possibly wrinkled skin.

2. I don't have the willpower to stop smoking.

More than 3 million Americans stop smoking every year.

Not everyone succeeds the first time, but many people are successful after several attempts.

There are a variety of tips to help you in the written materials I will give you.

I will give you all the support I can.

3. I smoke only low-tar/low-nicotine cigarettes, so I don't need to stop.

There is no such thing as a safe cigarette.

Many smokers inhale more often or more deeply to compensate for low nicotine levels in these cigarettes.

4. Is it better to stop "cold turkey" or over a long period of time?

There is no "best way."

Most successful former smokers quit "cold turkey."

5. What about insomnia?

Many smokers report having problems sleeping after they stop smoking. If these symptoms are related to nicotine dependence, they should disappear within 2-3 weeks.

6. Why do I cough more now that I've stopped?

About 20 percent of former smokers report an increase in coughing after they stop smoking. This is a temporary response thought to be caused by an increase in the lungs' ability to remove phlegm, so it actually represents recovery of the lungs' defense mechanisms.

7. Now that I've stopped, can I smoke a cigarette occasionally?

No. Nicotine addiction seems to be retriggered quickly in most former smokers.

Don't risk getting hooked again.

8. Will my body recover from the effects of smoking?

Some of the damage may be permanent, such as loss of lung tissue in emphysema.

Other functions are recovered, such as the lung's ability to remove phlegm.

The increased risk of heart disease due to smoking disappears in less than 10 years after stopping.

The increased risk of lung cancer disappears within 15 years.

9. I'd like to stop in a group setting. Where can I find a cessation program?

Call the American Cancer Society, the American Lung Association, or local hospitals.

Most people stop without the help of a formal group. Call the National Cancer Institute's Cancer Information Service toll free at 1-800-4-CANCER for suggestions about stop-smoking programs in your area. Trained counselors are also available at this number to answer questions about stopping and to provide written materials.

10. Should I tell other people I'm trying to stop?
Yes. Patients should enlist the support of family, friends, and co-workers.
11. What should I do when I get an urge to smoke?
Some people relieve cravings by chewing gum, sucking on a cinnamon stick or eating a carrot stick.
Cravings for cigarettes are a normal part of withdrawal.
Most cravings last for only a few minutes and then subside.
Cravings become rare after a few weeks.
Use nicotine gum, if prescribed.
12. When I don't smoke, I feel restless, and I can't concentrate.
These are normal symptoms of nicotine withdrawal.
These symptoms are most acute in the first 3 days after stopping.
These symptoms will disappear after a few weeks.
13. What other withdrawal symptoms will I have?
Some smokers have few or no withdrawal symptoms.
Other common symptoms include anxiety, irritability, mild headache, and gastrointestinal symptoms such as constipation.
Few smokers experience all these symptoms.
Like other symptoms, they are only temporary.
14. I'd like to use the nicotine gum you recommend, but I'm afraid I'll become addicted to it.
A small percentage of people do use nicotine gum for longer than the recommended 3-6 months.
Most people are able to reduce the amount of nicotine gum they use gradually without discomfort, until they stop completely.

SMOKING CESSATION TIPS

These and other quit tips are contained in the NCI pamphlet. Clearing the Air (appendix C). Free copies for use as patient handouts can be ordered by writing to NCI or calling the Cancer Information Service at 1-800-4-CANCER. Forms are also included in the tear-out section of this guide for ordering NCI's Quit For Good Kit. Each kit contains 50 copies of Clearing the Air plus additional materials for the physician and waiting room.

1. Tips for preparing to stop.

Decide positively that you want to stop. Try to avoid negative thoughts about how difficult it might be.

List all the reasons you want to stop. Every night before going to bed, repeat one of the reasons 10 times.

Develop strong personal reasons in addition to your health and obligations to others. For example, think of all the time you waste taking cigarette breaks, rushing out to buy a pack, hunting for a light. etc.

Begin to condition yourself physically: Start a modest exercise program; drink more fluids; get plenty of rest; and avoid fatigue.

Know what to expect:

Have realistic expectations--stopping isn't easy, but it's not impossible either. More than 3 million Americans stop smoking every year.

Understand that withdrawal symptoms are temporary and are healthy signs that the body is repairing itself from its long exposure to nicotine. Within 24 hours of abrupt smoking cessation, withdrawal symptoms may appear as the body begins its healing process.

Know that most relapses occur in the first week or two after stopping, when withdrawal symptoms are strongest and your body is still dependent on nicotine. Be aware that this will be your hardest time, and use all your personal resources--willpower, family, friends, and any tips that work for you--to get you through this critical period successfully.

Involve someone else:

Bet a friend you can stop on your target date. Put your cigarette money aside every day, and forfeit it if you smoke. (But if you do, don't give up; simply strengthen your resolve and try again).

Ask your spouse or a friend to stop with you.

Tell your family and friends that you're stopping and when. They can be an important source of support both before and after you stop.

2. Tips for just before stopping.

Practice going without cigarettes.

Don't think of never smoking again. Think of stopping in terms of 1 day at a time.

Stop carrying cigarettes with you at home and at work. Make them difficult to get to.

Don't empty your ashtrays. This will remind you of how many cigarettes you've smoked each day, and the sight and smell of stale butts will be very unpleasant.

Collect all your cigarette butts in one large glass container as a visual reminder of the mess smoking represents.

3. Tips for the day you stop.

Throw away all your cigarettes and matches. Hide your lighters and ashtrays.

Clean your clothes to rid them of the cigarette smell, which can linger a long time.

Develop a clean, fresh, nonsmoking environment around yourself--at work and at home. Buy yourself flowers--you may be surprised how much you can enjoy their scent now.

Visit the dentist and have your teeth cleaned to get rid of tobacco stains. Notice how nice they look, and resolve to keep them that way.

Make a list of things you'd like to buy for yourself or someone else. Estimate the cost in terms of packs of cigarettes and put the money aside to buy these

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Smoking Cessation Tips

Keep very busy on the big day. Go to the movies, exercise, take long walks, or go bike riding.

Buy yourself a treat or do something special to celebrate.

Stay away from other smokers if they could weaken your resolve (this need only be a temporary measure).

Remember that one cigarette could ruin a successful attempt.

Remember that alcohol will weaken willpower.

Refuse to allow anything to change your mind.

4. Tips to help you cope with the urge to smoke.

a. First, remind yourself that you've stopped and you're a nonsmoker. Then, look closely at your urge to smoke and ask yourself:

Where was I when I got the urge?

What was I doing at the time?

Who was I with?

What was I thinking?

b. Thank about why you've stopped:

Repeat to yourself (aloud if you are alone) your three main reasons for stopping.

Write down your three main reasons for stopping, then three reasons for smoking.

c. Anticipate triggers and prepare to avoid them:

Keep your hands busy--doodle, knit, type a letter. Avoid people who smoke; spend more time with nonsmoking friends.

Find activities that make smoking difficult (gardening, exercise, washing the car, taking a shower).

Put something other than a cigarette in your mouth. Keep oral substitutes handy--try carrots, sunflower seeds, apples, celery, raisins, or sugarless gum instead of a cigarette. Cut a drinking straw into cigarette-sized pieces and inhale air. Use a mouthwash.

Change your surroundings when an urge hits; get up and move about or do something else.

Avoid places where smoking is permitted. Sit in the nonsmoking section in restaurants, trains, and planes.

Look at your watch whenever an urge to smoke hits you. You'll find the urge will only last a few minutes.

Wear a rubber band around your wrist. When you really feel like you want a cigarette, snap the rubber band a few times and in your mind say STOP. While you do this, picture in your mind a red stop sign. You might try this at home aloud a few times and then do it silently when in public.

Be prepared for "first times" as a nonsmoker your first vacation, first time home alone, first long car ride, first period of boredom. If you know you will be in a high-risk situation, plan how you will get through it without smoking.

d. Change your daily routine in order to break your habits and patterns.

After meals, get up from the table; brush your teeth or take a walk.

Change the order in which you do things, particularly your morning routine.

Don't sit in your favorite chair.

Eat your lunch in a different location.

e. Use positive thoughts:

If self-defeating thoughts start to creep in, remind yourself again that you're a nonsmoker, that you don't want to smoke, and that you have good reasons for it.

Keep a daydream ready to go. For example, start planning a perfect vacation: work on that plan when thoughts about cigarettes start to give you trouble.

Look around at all the people who don't smoke, including children. Remind yourself that they feel normal and healthy without cigarettes.

f. Use relaxation techniques.

Breathe in deeply and slowly, while you count to five, breathe out slowly, counting to five again.

Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette, and crush it out in an ashtray.

If you can't concentrate, don't worry. You'll be able to when you need to, when the adrenaline flows.

5. Tips for coping with relapse.

Stop smoking immediately.

Get rid of any cigarettes you may have.

Write down three reasons why you ought to become a regular smoker again.

Recognize that you've had a slip. A Slip means you've had a small setback and smoked a cigarette or two. But your first cigarette or two didn't make you a smoker to start with, and a small setback doesn't make you a smoker again.

Don't be hard on yourself. One slip doesn't mean you're a failure or that you can't be a nonsmoker, but it's important to get yourself back on the nonsmoking track immediately.

Realize that most successful former smokers stop for good only after more than one attempt.

Identify the trigger: Exactly what was it that prompted you to smoke? Be aware of the trigger and decide now how you'll cope with it when it comes up again.

Sign a contract with yourself to remain a nonsmoker.

1. Won't I gain weight if I stop smoking?

- Not every person who stops smoking gains weight.
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- Exercise is an effective technique to cope with withdrawal and to avoid weight gain.
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- A small percentage of people do use nicotine gum for longer than the recommended 3-6 months.
- Most people are able to reduce the amount of nicotine gum they use gradually without discomfort, until they stop completely.
- Nicotine gum does not damage the lungs, and nicotine itself is not known to cause cancer, so it is much less harmful than cigarettes.

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- Keep very busy on the big day. Go to the movies, exercise, take long walks, or go bike riding.
- Buy yourself a treat or do something special to celebrate.
- Stay away from other smokers if they could weaken your resolve (this need only be a temporary measure).
- Remember that one cigarette could ruin a successful attempt.
- Remember that alcohol will weaken willpower.
- Refuse to allow anything to change your mind.

4. Tips to help you cope with the urge to smoke

1. First, remind yourself that you've *stopped* and you're a *nonsmoker*. Then, look closely at your urge to smoke and ask yourself:
 - Where was I when I got the urge?
 - What was I doing at the time?
 - Who was I with?
 - What was I thinking?

1. Use relaxation techniques:

- Breathe in deeply and slowly, while you count to five; breathe out slowly, counting to five again.
- Take 10 deep breaths and hold the last one while lighting a match. Exhale slowly and blow out the match. Pretend it's a cigarette, and crush it out in an ashtray.
- If you can't concentrate, don't worry. You'll be able to when you *need* to, when the adrenaline flows.

5. Tips for coping with relapse

- Stop smoking immediately.
- Get rid of any cigarettes you may have.
- Write down *three reasons* why you *ought* to become a regular smoker again.
- Recognize that you've had a slip. A slip means you've had a *small* setback and smoked a cigarette or two. But your first cigarette or two didn't make you a smoker to start with, and a small setback doesn't make you a smoker again.
- Don't be too hard on yourself. One slip doesn't mean you're a failure or that you can't be a nonsmoker, but it's important to get yourself back on the nonsmoking track *immediately*.
- Realize that most successful former smokers stop for good only after more than one attempt.
- Identify the trigger. Exactly what was it that prompted you to smoke? Be aware of the trigger and decide *now* how you'll cope with it when it comes up again.
- Sign a contract with yourself to remain a nonsmoker.

Mortality by Age and Smoking

