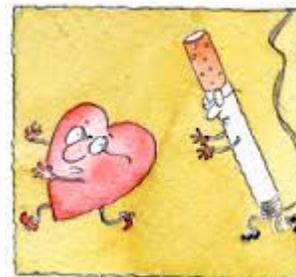


Smoking Cessation

Smoking tobacco is both a psychological habit and a physical addiction. The act of smoking is ingrained as a daily ritual and, at the same time, the nicotine from cigarettes provides a temporary, and addictive, high. Eliminating that regular fix of nicotine will cause your body to experience physical withdrawal symptoms and cravings. To successfully quit smoking, you'll need to address both the habit and the addiction by changing your behavior and dealing with nicotine withdrawal symptoms.

How Does Smoking Affect My Heart?

The effects of smoking on your heart are devastating. Nicotine raises blood pressure and makes the blood clot more easily. Carbon monoxide robs the blood of oxygen and leads to the development of cholesterol deposits on the artery walls. All of these effects add up to an increased risk of heart attack. In addition, the poor circulation resulting from cholesterol deposits can cause strokes, and loss of circulation in fingers and toes.



Why Should I Quit Smoking?

When you quit smoking your body begins to repair itself. There are abundant benefits for quitting smoking:

-20 minutes after quitting-Your heart rate and blood pressure drop.

-12 hours after quitting-The carbon monoxide level in your blood drops to normal.

-2 weeks to 3 months after quitting-Your circulation improves and your lung function increases.

● -1 to 9 months after quitting-Coughing and shortness of breath decrease; cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

● -1 year after quitting-The excess risk of coronary heart disease is half that of a continuing smoker's.

● -5 years after quitting-Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

-10 years after quitting-The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

-15 years after quitting-The risk of coronary heart disease is that of a non-smoker's.

Tips for Quitting

Some simple and easy tips to quitting successfully:

- Keep a list of reasons to quit and look at them daily.
- Start a new healthy habit.
- Have a go-to healthy snack on hand.
- Hang out with nonsmokers.
- Get a support group.
- Take it one day at a time.
- Consider the money you will save.



Smoking Cessation, continued

Treatments and Products to Assist in Quitting

The best methods for quitting smoking are different for each person. When trying to quit find a method that works for you and that you can be consistent with. More likely, you'll have to try a number of different methods or a combination of treatments to find the ones that work best for you.

•**Nicotine Replacement Therapy**- Nicotine replacement therapy involves "replacing" cigarettes with other nicotine substitutes, such as nicotine gum or a nicotine patch. It works by delivering small and steady doses of nicotine into the body to relieve some of the withdrawal symptoms without the tars and poisonous gases found in cigarettes. This type of treatment helps smokers focus on breaking their psychological addiction and makes it easier to concentrate on learning new behaviors and coping skills.

•**Non-Nicotine Medication**- These medications help you stop smoking by reducing cravings and withdrawal symptoms without the use of nicotine.

•**Hypnosis**- hypnosis works by getting you into a deeply relaxed state where you are open to suggestions that strengthen your resolve to quit smoking and increase your negative feelings toward cigarettes.

•**Acupuncture**- acupuncture is believed to work by triggering the release of endorphins (natural pain relievers) that allow the body to relax. As a smoking cessation aid, acupuncture can be helpful in managing smoking withdrawal symptoms.

•**Behavioral Therapy**- Nicotine addiction is related to the habitual behaviors (the "rituals") involved in smoking. Behavior therapy focuses on learning new coping skills and breaking those habits.

•**Motivational Therapies**- Self-help books and websites can provide a number of ways to motivate your self to quit smoking. One well known example is calculating the monetary savings. Some people have been able to find the motivation to quit just by calculating how much money they will save. It may be enough to pay for a summer vacation.



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