

# Smoking Cessation Patient Toolkit

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## In the United States:



**30.8**  
**MILLION**  
adults smoke  
cigarettes.



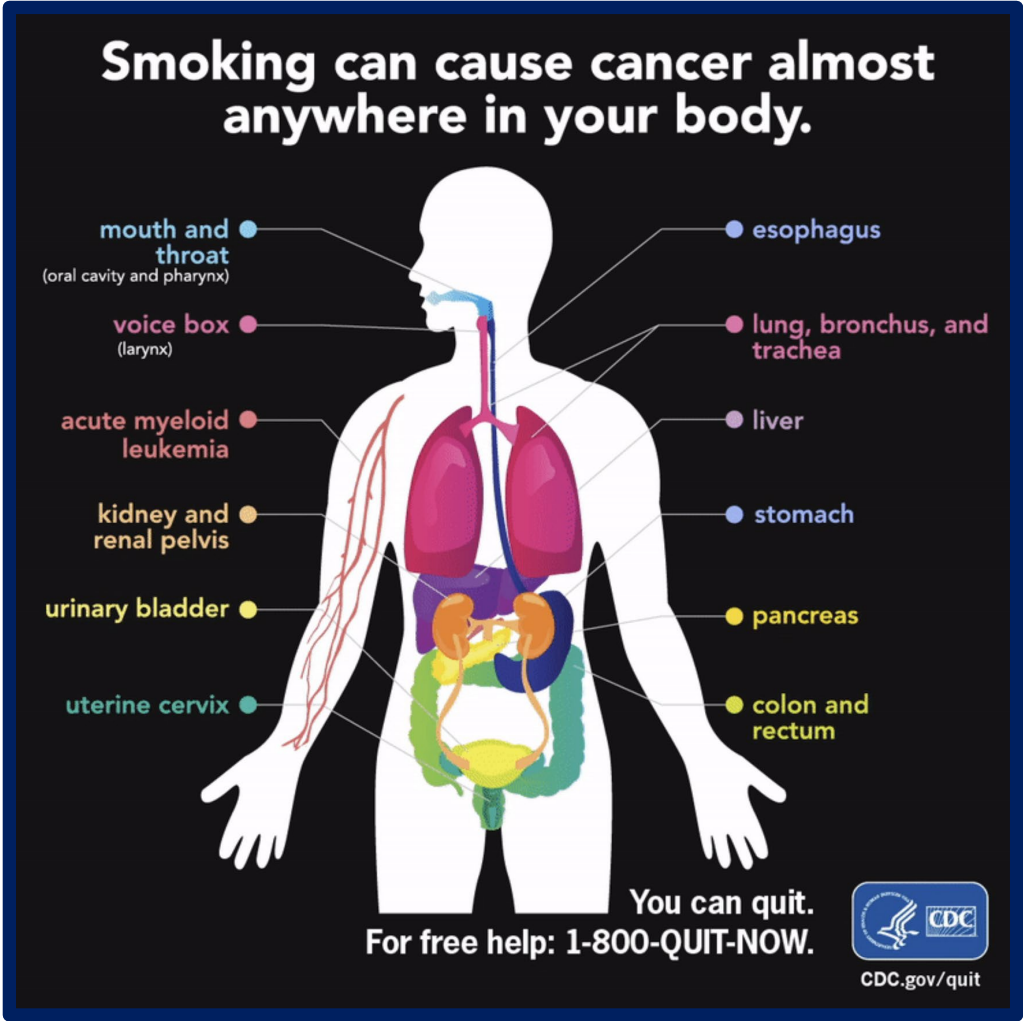
**3.08**  
**MILLION**  
middle and  
high school  
students use  
tobacco  
products.



**1 IN 4**  
**PEOPLE**  
who don't  
smoke  
are exposed to  
secondhand  
smoke.



**Over \$240**  
**BILLION**  
is spent each  
year to treat  
smoking-  
related  
diseases.



- Tobacco companies target lower income, specific populations and **continue to do so**
- Every year the tobacco industry spends **\$9.1 billion** in the United States marketing
  - Advertising, price discounting and other strategies
- There are nearly 5 times more tobacco retailers per square mile in the neighborhoods with the lowest income compared to the neighborhoods with the highest income
- Deceptive marketing practices, coupled with current low tobacco prices, continue to incentivize smoking for people with limited incomes and other populations at higher risk of being targeted

- Tobacco companies target **YOU** - a specific audience whom they have capitalized on over the years and continue to do so at **YOUR** health risk
- Top reasons for smoking, which tobacco companies focus on
  - Peer pressure
  - Parental influence
  - Media influence
  - Genetic factors
  - Stress factors
- **Are you ready to quit?!**

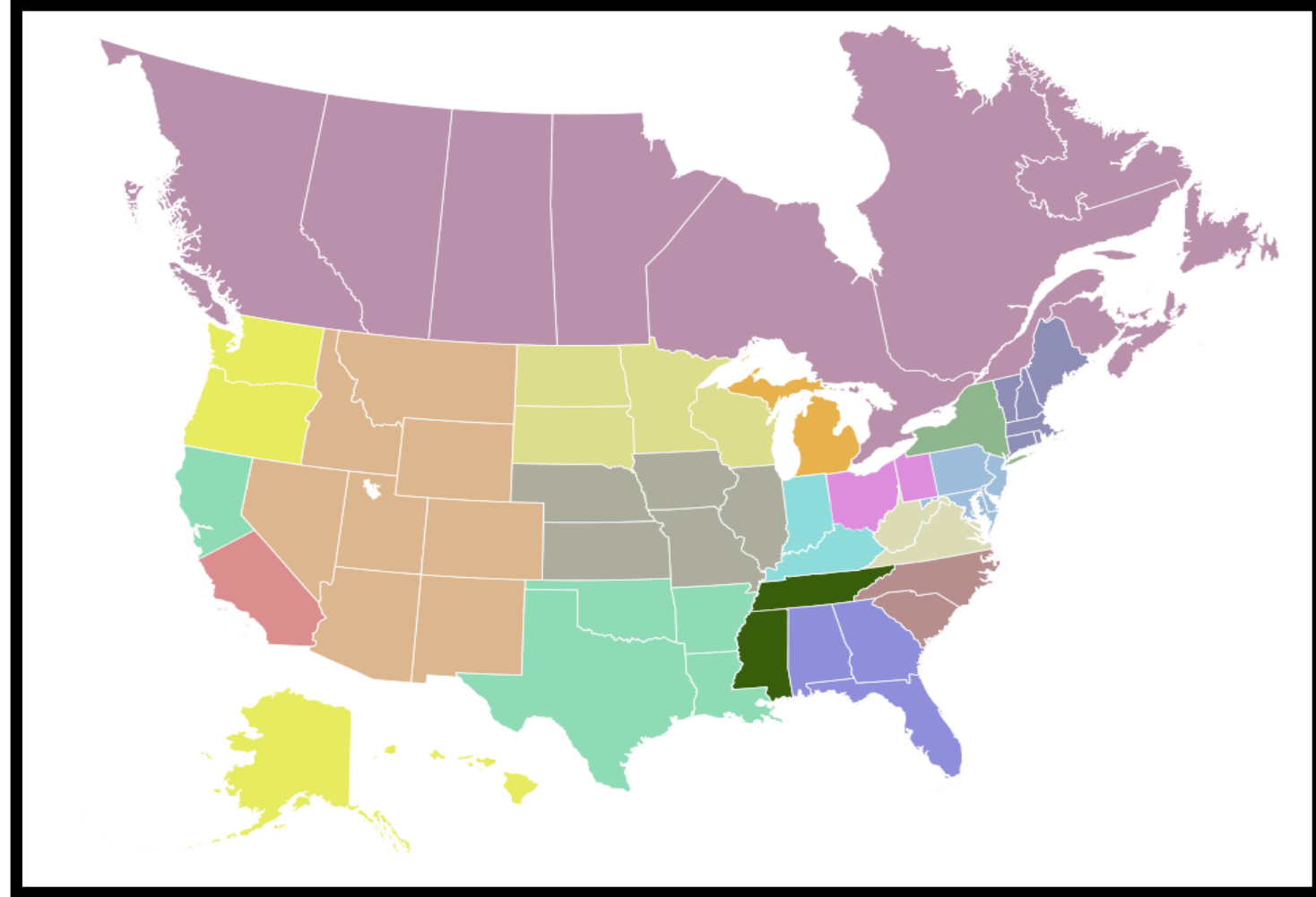




- Wanting to quit smoking is the first step
- Then what? Where do you begin?
- There is so much information available that it can be confusing and overwhelming
- Talk to your clinician
- Talk to your family, friends, and other support systems
- Make a plan, know and use your resources like this toolkit
- Take the first step



Did you know that your very own state has a Smoking Cessation plan and State specific resources?






YOU CAN QUIT SMOKING RESOURCE GUIDE		HBOM HBOMich.org			
TREATMENT		HOW TO GET	HOW TO USE	PROS / CONS	NOTES
<b>MICHIGAN TOBACCO QUITLINE</b> <b>1.800.QUIT.NOW</b> 784.8669  Get <b>FREE</b> Confidential Counseling & Support  <b>DOUBLE</b> your chances of quitting.  Call Now <b>1.800.QUIT.NOW</b>  Or Enroll Online <a href="http://michigan.quitlogix.org">michigan.quitlogix.org</a>	<b>PATCH</b>	OVER THE COUNTER or PRESCRIPTION	REPLACE PATCH ONCE DAILY	✓ Easy to use ✓ Few side effects  x Less flexible dosing x Slow nicotine release	
	<b>GUM</b>	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 24 pieces per day	✓ Fast nicotine release ✓ Flexible dosing  x Lots of chewing x Can't eat or drink during use	
	<b>LOZENGE</b>	OVER THE COUNTER or PRESCRIPTION	USE AS NEEDED* Up to 20 lozenges per day	✓ More nicotine than gum ✓ Flexible dosing  x Can cause nausea x Can't eat or drink during use	
	<b>NASAL SPRAY</b>	PRESCRIPTION	SPRAY ONCE IN EACH NOSTRIL* Up to 40 doses per day	✓ Fastest nicotine delivery ✓ Flexible dosing  x Frequent use necessary x Can cause nose & throat irritation	

- Ask yourself
  - Would you like to quit?
  - When is your first cigarette of the day?
- Assistance is available
  - Nicotine Replacement Therapy
  - Medications
  - 1-800-QUITNOW
- Always remember
  - It's never too late to quit
  - It's okay to start over and try again

### TREATMENT OPTIONS QUICK GUIDE



**HBOM**

#### LOZENGE

**STEP 1**  
Select your strength.\*

4 mg If you smoke within 30 mins of waking up.  
2 mg If you smoke more than 30 mins after waking up.

**STEP 2**  
Slowly dissolve the lozenge in your mouth, while occasionally moving it from one side of your mouth to the other. The lozenge will take approximately 10 minutes to fully dissolve.

**STEP 3**  
Reduce usage over time.\*

Use 1 lozenge every...

1-2 hours Weeks 1-6 → 2-4 hours Weeks 7-9 → 4-8 hours Weeks 10-12 → 24 hours Weeks 13-14

#### PATCH

**STEP 1**  
Select your dose.\*

21 mg 14 mg 7 mg

Start here if you smoke 10 cigarettes or more per day

**STEP 2**  
Place the patch on a clean, dry, hairless spot on your upper body.

**STEP 3**  
Replace patch every 24 hours.

**STEP 4**  
Reduce dosage over time.\*

21 mg Weeks 1-6 → 14 mg Weeks 7-8 → 7 mg Weeks 9-10

#### NASAL SPRAY

**STEP 1**  
Blow your nose to clear it.

**STEP 2**  
Tilt your head back and spray once in each nostril. Wait 2-3 minutes before blowing your nose.

**STEP 3**  
Reduce dosage over time.\*

Start with 1-2 doses per hour → 1 dose = 2 sprays (one in each nostril) → Gradually reduce to zero

Weeks 1-8 → Weeks 9-10 → Weeks 11-12

#### GUM

**STEP 1**  
Select your strength.\*

4 mg If you smoke 25 cigarettes or more per day.  
2 mg If you smoke up to 25 cigarettes per day.

**STEP 2**  
Choose a flavor. There are many options!

Fruit Mint Ice Cinnamon

**STEP 3**  
To use the gum, chew slowly until the taste becomes strong, then place the gum between your cheek and gums for 1 minute. Repeat this "chew and park" method for 30 minutes.

**STEP 4**  
Use the gum whenever you have the urge to smoke as part of a quit immediately or quit gradually plan.\*

Chew → Park

#### INHALER

**STEP 1**  
Insert a cartridge into inhaler.

**STEP 2**  
Puff in short breaths through the mouthpiece like you are sipping from a straw. Cartridges last for about 20 minutes of active use, but this can be broken up into multiple shorter uses.

**STEP 3**  
When the cartridge is empty, remove from the inhaler and discard.

**STEP 4**  
Reduce usage over time.\*

6 cartridges per day Weeks 1-12 → Reduce gradually Weeks 13-24

\* Consult your doctor to determine the appropriate treatment options and dosing.

HBOMich.org

### LEARN MORE



- Text Messaging
  - <https://smokefree.gov/SmokefreeTXT>
- Smartphone Apps
  - <https://smokefree.gov/tools-tips/apps>
- Web-based Services
  - <http://tobaccofreeflorida.com/quityourway>



- SVS VQI Podcast
  - Coming soon
- NYU Langone
  - <https://youtu.be/ouDPuj8Vle0>
- Behavior Health & Wellness
  - <https://youtu.be/iYCMluD6djc>
- American Heart Association
  - <https://youtu.be/AOz9Ksncy8w>

**Quitting Never  
Felt So Good.**



## TIPS FROM FORMER SMOKERS

- CDC Tips Campaign
- Media Campaign Resource Center
- Real Stories

– <https://www.cdc.gov/tobacco/campaign/tips/stories/index.html>





# TIPS Campaign – Former Smokers

## Bill B.'s Story



**Meet Bill B.** Bill lived in Michigan and had diabetes. He started smoking at age 15 and quit at age 39, after his leg was amputated due to poor circulation—made worse from smoking. Bill died from heart disease at age 42.

## Rebecca C.'s Story

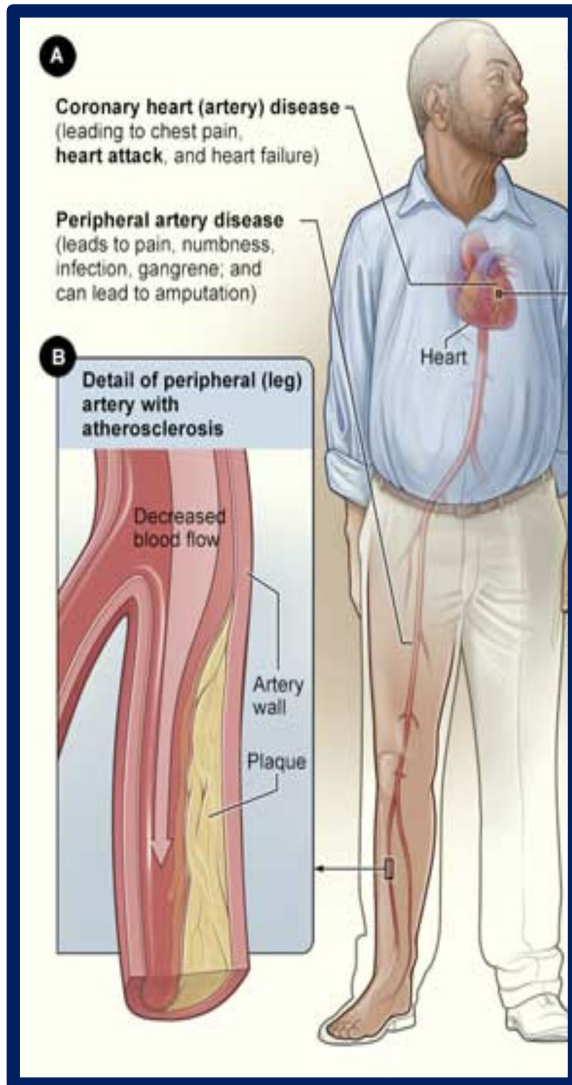


**Meet Rebecca C.** Rebecca, age 43, lives in Indiana and started smoking as a teenager in California. She lost all five toes on her right foot to Buerger's disease, a smoking-related condition that cut off the blood supply to her foot.

## Beatrice R.'s Story



**Meet Beatrice R.** Beatrice, age 40, lives in New York and formerly served in the U.S. Navy. She began smoking regularly at age 13. A mother of two, Beatrice quit smoking in 2010 because she wanted to be around for her family.



- Smoking increases your risk for peripheral artery disease (PAD)
- Contributes to plaque buildup in your arteries
- Damages blood vessel walls by making them narrow
- Increases your blood pressure and heart rate
- Lowers your good cholesterol (HDL) and increases your bad cholesterol (LDL)
- Increases your triglyceride levels which are a type of fat found in the blood
- Thickens your blood which makes it harder for your blood to carry oxygen
- **All of these can lead to amputation(s) of your toes, feet, and/or leg**



## Social Quitting Communities

**Smokefree.gov** - Join a support community to help you or someone you care about with tips and support to be tobacco-free:

[Facebook](#), [Twitter](#),  
[YouTube](#)

- Supporting social communities
  - Facebook
  - Twitter
  - YouTube
- [https://www.quitassist.com/helpful-resources.htm?gclid=EAlaIQobChMII72AyJ7D\\_gIVqv3jBx3Q\\_Qw6EAAAYASAAEgKycfD\\_BwE#quitting-tips](https://www.quitassist.com/helpful-resources.htm?gclid=EAlaIQobChMII72AyJ7D_gIVqv3jBx3Q_Qw6EAAAYASAAEgKycfD_BwE#quitting-tips)



## Telephone Quitlines

Toll-Free quitlines are staffed by counselors who provide helpful information, advice, and support in English.

- **1-800-QUIT-NOW**
- **1-800-332-8615**  
(hearing-impaired)
- **1-877-44U-Quit**



## Resources En Español

Online quitting advice, resources, and quitline in Spanish from the U.S. Centers for Disease Control and Prevention (CDC).

- **1-855-335-3569**



## Language-Specific Quitlines

Access quitting support from the CDC and National Cancer Institute in multiple languages:

- **Chinese:**  
**1-800-383-8917**
- **Korean:**  
**1-800-556-5564**
- **Vietnamese:**  
**1-800-778-8440**



## Quitline for Military Personnel and Veterans

For those receiving care through the U.S. Department of Veterans Affairs (VA).

- **1-855-QUIT-VET**  
**(1-855-784-8838)**



## Reasons to Quit Smoking

Everyone has their own reasons for quitting smoking. Quitting smoking has many benefits. This is true no matter how old you are or how long or how much you have smoked.

### WHAT ARE YOUR REASONS FOR QUITTING?

You may not be sure. In that case, ask yourself:

- ? What will get better if you quit?
- ? What do you dislike about smoking?
- ? What do you miss out on when you smoke?
- ? How will quitting improve your health and appearance?
- ? How does smoking affect your loved ones?
- ? What will you do with the extra time and money?

*Remember, even if you've tried before, the key to success is to keep trying and not give up. It is never too late to quit smoking!*



## Quit Smoking For Good



## You Can Quit Tobacco

Benefits and Tips for Quitting for Good



**SAMHSA**





- Coming soon – there will be links between Society for Vascular Surgeons (SVS) and Vascular Quality Initiative (VQI)
- SVS [www.vascular.org](http://www.vascular.org)
  - Patient education
  - Physician education
  - Smoking Cessation toolkit
- VQI [www.vqi.org](http://www.vqi.org)
  - Physician education
  - Smoking Cessation toolkit

# What Happens When You Quit Smoking?

## What Happens When You Quit Smoking?

### 20 Minutes After Quitting

According to the American Heart Association, your blood pressure begins to drop to healthier levels within 20 minutes of quitting.

In the early stages of quitting, you may feel some withdrawal symptoms, but being prepared can help you manage them.

### 8-12 Hours After Quitting

Twelve hours after quitting, the carbon monoxide level in your body begins to drop.

### 2 Weeks

As soon as after 2 weeks, your heart rate continues to improve and your blood pressure continues to drop.

You may find that you are more aware of these symptoms as your body adjusts to not having nicotine.

### After 1 Month

You'll start to feel the benefits of quitting. Your circulation begins to improve, and your heart rate continues to drop. Additional benefits include a decrease in the risk of heart disease and a cleaner body as your lungs clear out.

### After 6 Months

Your "smokers cough" goes away, and your risk of heart disease drops by 50% after just 6 months. Your "smokers cough" goes away, and your risk of heart disease drops by 50% after just 6 months.

### After 1 Year

Your risk of heart disease is now half of what it was a year ago, and the risk of having a heart attack has also dramatically dropped.<sup>1</sup> With a healthier heart and healthier lungs, you may notice that not only does everyday life feel easier but you're crushing it in the gym and in your workouts, too.

Keeping a strong support system throughout your journey is important! Consider [Quit.com](https://www.quit.com), a website full of insight and information to help you stay strong, as well as a customizable email program that provides support for every step of the way.

### After 5 Years

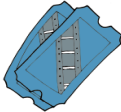




Around five years of the stop smoking timeline, your risk of stroke greatly reduces.<sup>3</sup> Your risk of developing smoking-related diseases also begins to decrease at this point. This includes the risk of developing cancer of the mouth, throat, and esophagus.<sup>3</sup>

### After 10 Years

Your lung cancer death rate is about half that of a smoker once you've gone a decade without smoking.<sup>3</sup> Your precancerous cells have been replaced by healthy cells and [your lungs continue to heal](#). Your risk of developing bladder, kidney, and pancreas cancer decreases after 10 years.<sup>3</sup>

### Cost of Smoking

Smoking one \$7 pack of cigarettes a day for ...

1 Week	=	\$49	=		Movie tickets for the family
1 Month	=	\$210	=		Smartphone
6 Months	=	\$1,260	=		Home entertainment system
1 Year	=	\$2,555	=		Living room furniture set
2 Years	=	\$5,110	=		Dream vacation for the family

- Set your quit day and take a no smoking pledge
- Choose your method for quitting
- Speak with your doctor and decide if you will need medicine or something else to successfully quit
- Make a plan for quit day and afterward
- Quit tobacco for good on your quit day

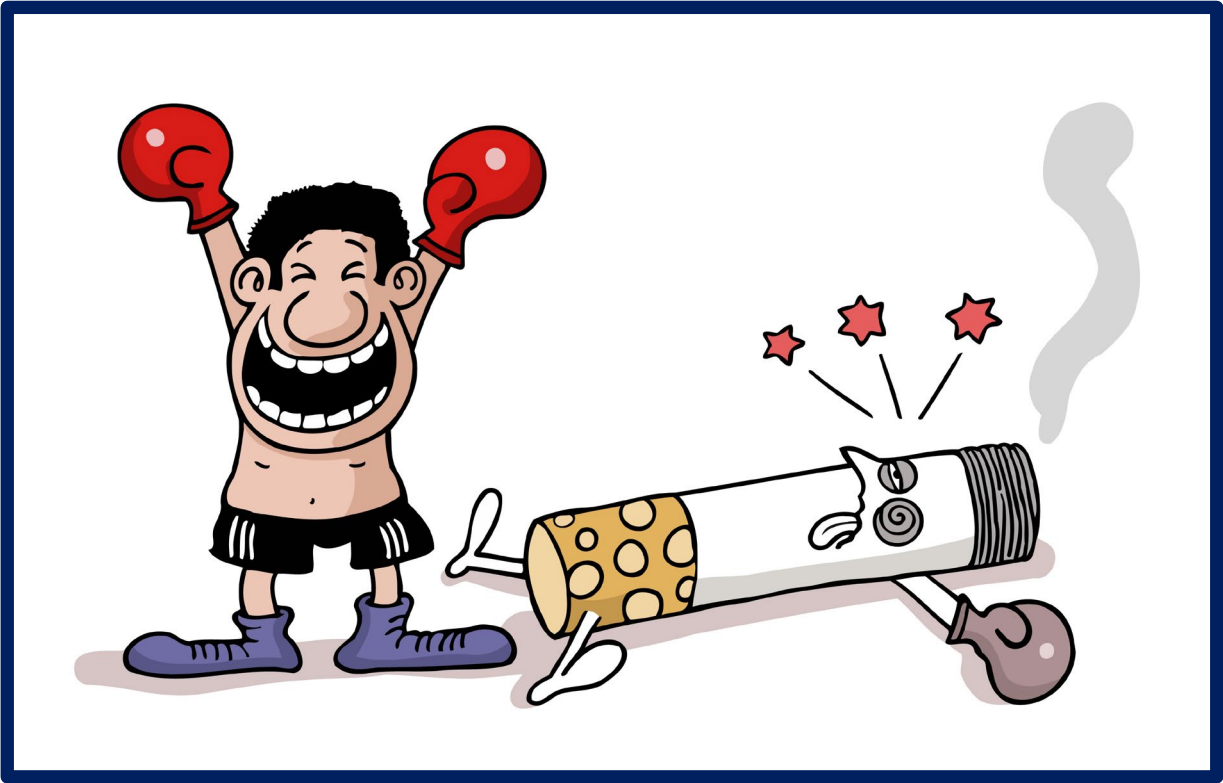
- This is not going to be easy – smoking is an addiction
- It takes an average of **six attempts** at smoking cessation before succeeding
- It's okay to fail, just get up and start over
- Make sure you have a support system and talk to them
- When you quit smoking, some experience the “icky threes”
  - Extra challenges on Day 3
  - Extra challenges on Week 3
  - Extra challenges on Month 3
- You are **NOT ALONE** in this walk – speak with your clinician, be open and honest



There will never be a perfect moment to quit smoking. Don't wait for life to change, it won't.







## Local-State

- 1-800 QUITNOW <https://www.quitnowyourstate.com/provider-materials>
- Most states offer free NRT with program participation
- SC support groups via hospital or county health agency
- 'In house' hospital SC programs with Tobacco Treatment Specialists

## Societal and Federal

- US Dept. of Health and Human Services: <https://www.smokefree.gov>
- American Heart Association-5 Steps to Quit Smoking and Vaping: <https://www.heart.org/en/healthy-living/healthy-lifestyle/quit-smoking-tobacco/5-steps-to-quit-smoking>
- American Cancer Society- Quitting Smoking: <https://www.cancer.org/healthy/stay-away-from-tobacco/guide-quit-smoking/quit-smoking-or-smokeless-tobacco.html>
- American Lung Association-Quit Smoking: <https://www.lung.org/quit-smoking>
- Centers for Disease Control-Quit Start Phone App: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/quitstart-app/index.html>
- World Health Organization-Tobacco: <https://www.who.int/news-room/fact-sheets/detail/tobacco>

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- Indiana University Health 2023 website. [https://iuhealth.org/find-medical-services/smoking-cessation?campaignid=15627029171&adgroupid=130540893599&keyword=smoking%20cessation&device=c&gclid=EAlaIQobChMIz466xrPD\\_gIVocfjBx21lghWEAAYAiAAEgKwN\\_D\\_BwE](https://iuhealth.org/find-medical-services/smoking-cessation?campaignid=15627029171&adgroupid=130540893599&keyword=smoking%20cessation&device=c&gclid=EAlaIQobChMIz466xrPD_gIVocfjBx21lghWEAAYAiAAEgKwN_D_BwE)
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