

Quit Tobacco Workbook

It may be one of the hardest things you've ever done, but quitting tobacco is one of the best gifts you can give to yourself and to those you love. As soon as you quit, your risk for heart disease, many cancers, and respiratory diseases begins to decline. Over time, your risk will be almost the same as someone who has never smoked.

There are as many reasons and ways to quit as there are people who want to do it. The first step is making the decision to quit. Wanting to quit and making the decision to quit are two different things. Wanting to quit is often accompanied by comments such as "I would like to quit but ...". So how does that become a decision?

First, you must acknowledge the pros and cons of why you smoke. Write down all of your reasons to quit and all your reasons not to quit. It is just as important to understand why you have continued to smoke as it is to understand the benefits of not smoking. You can make a plan to deal with them only after you admit them to yourself.

Reasons to Quit	Reasons Not to Quit



Why Quit Tobacco?

Tobacco is not safe in any form, whether you smoke it, chew it, or dip it. When you smoke tobacco, your body actually takes in 200 poisons and over 60 cancer-causing substances to your body. Nicotine is one. It is an addictive drug. It makes you feel good when you inhale, and it also makes your blood vessels smaller, causing poor blood circulation, especially to your legs, feet, hands and heart. Tar is the thick brown substance that contains chemicals that cause or contribute to cancer, and carbon monoxide robs your body of oxygen and damages your blood vessels.

Chewing or dipping can cause many of the same diseases as smoking. Exposure to the tar and nicotine can affect your heart and blood vessels in many of the same ways. You probably know that the chemicals in tobacco products can cause or contribute to cancers that affect the lungs,

mouth, esophagus, bladder, stomach and other organs. Smokeless tobacco also stains your teeth, causes your gums to pull away from your teeth, and causes painful white sores in your mouth called leukoplakia. Smoking can hurt those around you who do not smoke. It is called passive smoke, and it can affect other adults, children, and even your pets the way it affects your own body.

Need more reasons?

High blood pressure, hardening of the arteries, stroke, emphysema, chronic bronchitis, asthma, and cancer of the lung, pancreas, kidney, stomach, esophagus and probably the cervix, breast, prostate, and bladder. Using tobacco also causes wounds to heal poorly, cataracts, small and unhealthy newborns, premature skin wrinkling, stinky breath, and yellow fingers.

Reasons for Using Tobacco

If you are like most people, you have been using tobacco for a long time. Your reasons for starting are probably different from the reasons you smoke today. Take a few minutes to complete the quiz. On the next page, see how to score yourself.

Using Tobacco Quiz

Next to the following statements, write the number that best describes your own experience.

5=always, 4=Most of the Time, 3=Once in a While, 2=Rarely, 1=Never

- ___ A. I use tobacco to keep myself from slowing down
- ___ B. Handling a cigarette or the is part of the enjoyment of smoking it
- ___ C. Using tobacco is pleasant and relaxing
- ___ D. I turn to tobacco when I feel angry about something
- ___ E. When I'm out, it's near-torture until I can get some
- ___ F. I use tobacco automatically, without even being aware of it
- ___ G. I use it when other people around me are smoking
- ___ H. I use tobacco to perk myself up
- ___ I. Part of the enjoyment is the few seconds of preparing
- ___ J. I get pleasure from using tobacco
- ___ K. When I feel uncomfortable or upset, I turn to tobacco
- ___ L. I'm very much aware of the fact when I am not using it
- ___ M. I often light up a cigarette while one is still burning in the ashtray
- ___ N. I use tobacco with friends when I'm having a good time
- ___ O. When I smoke, part of my enjoyment is watching the smoke as I exhale
- ___ P. I want tobacco most often when I am comfortable and relaxed
- ___ Q. I use it when I'm "blue" and want to take my mind off what's bothering me
- ___ R. I get a real hunger for tobacco when I haven't had any in a while
- ___ S. I've found I'm using it and haven't remembered that it was there
- ___ T. I always use tobacco when I'm out with friends at a party, bar, etc.
- ___ U. I use tobacco to get a lift

Step 1: Transfer the numbers from the quiz to the scorecard that follows by matching up the letters. For example, take the number you wrote for question A on the quiz and enter it on line A of the scorecard.

Step 2: Add each set of 3 scores on the scorecard to get the totals for the different categories. For example, to find your score on the “stimulation” category, add together

the scores for questions A, H, and U.

The score on each set can range from a low of 3 to a high of 15. A score of 11 or above on any set is high and means that your tobacco use is probably influenced by that category. A score of 7 or below is low and means that this category is not a primary source of satisfaction to you when you use tobacco.

“It stimulates me”. With a high score here, you feel that smoking, dipping or chewing gives you energy and keeps you going. Think about other ways to energize yourself, such as brisk walking or jogging.

___ A
___ H
___ U
___ "Stimulation" Total

“I want something in my hand.” There are a lot of things you can do with your hands. Try doodling with a pencil or playing with putty, using a “dummy” cigarette or unwrapping gum and chewing it.

___ B
___ I
___ O
___ "Handling" Total

“It feels good.” A high score means that you get a lot of physical pleasure from using tobacco. Some kinds of exercise can also give you pleasure.

___ C
___ J
___ P
___ "Pleasure" Total

“It’s a crutch.” Finding tobacco to be comforting in moments of stress can make stopping tough, but there are many better ways to deal with stress. Learn to use relaxation breathing or other techniques for deep relaxation.

___ D
___ K
___ Q
___ "Crutch/Tension"
Total

continued

“I’m hooked.” In addition to having emotional dependency, you may also be physically addicted to nicotine. It’s a hard addiction to break, but it can be done. If you score high in this category, talk with your doctor about using one of the many nicotine replacement products or one of the new oral medicines such as zyban or chantix to help you through the quitting process.

___ E
___ L
___ R
___ “Craving/Addiction”
Total

“It’s part of my routine.” If tobacco is merely part of your routine, stopping should be relatively easy. One key to success is being aware of every cigarette chew, or dip. Keep a diary and write it. See how you can change your routine.

___ F
___ M
___ S
___ “Habit” Total

“I’m a social smoker.” If you use tobacco with people around you and pass around your pack or pouch or can, it is important to avoid these situations until you are confident about being non-user. If you cannot avoid a situation, remind others that you have quit.

___ G
___ N
___ T
___ “Social Smoker”
Total

Excerpted from AAFP Stop Smoking Program: Patient Guide.

Make a Plan to Quit

Get support

Talk to your family and friends. It is important for you to identify who your allies will be – at home, at work, and even running errands. You also need to find “safe” places to be a “quitter.”

Set a quit date

Your quit date is the date you set to be completely tobacco-free whether you quit all at once or gradually cut down. Some people can quit as soon as they make up their mind. Others need more time to plan and prepare for it. A lot depends on what you realize are your reasons to use tobacco or not. The important thing is that you quit – not how long it takes you to do it.

Choose a method

Your choices include “cold turkey,” quitting gradually, taking medicine, going through a structured program, or a combination.

Learn new habits

As you begin the quitting process, try changing your daily routine. For example, if your habit is to sit at the kitchen table and smoke while you have your first cup of coffee, sit in the living room instead. If you chew or dip while you walk the dog, walk another route or walk with someone. Make new habits, like concentrating on healthy eating or exercise.

Preparing to quit

It is natural to have a variety of symptoms and emotions as you go through the quitting process. These can include food cravings and increased appetite, anger or irritability, depression, restlessness, difficulty sleeping, and anxiety. Planning how to deal with them before they happen can reduce their impact and help prevent a relapse.

Saying goodbye

Quitting tobacco is like saying goodbye to a good friend. Take the time to mourn.

Where to Get Help

Williamson Medical Center
Freedom from Smoking
Nicky @ 791-2273

American Lung Association
615-329-1151 x106 or 800-432-lung

Sumner Regional Medical Center
Respiratory Dept. 615-328-5096

Centennial Medical Center, Hendersonville
Medical Center, Skyline Medical
Center
615-342-1919 or 800-242-5662

Matthew Walker *Winning Path Program*
Nashville R.E.A.C.H. 615-327-9400 x676

The Women's Hospital at Centennial
SMART Moms
615-392-7050

Saint Thomas Hospital *Smoking Cessation*
615-222-6506 or 1-888-603-0448

Tennessee Christian Medical Center *Stop
Smoking*
615-860-6600

Vanderbilt Dayani Center, Barbara Forbes
Tobacco Cessation Intervention Program
615-343-7309

Tennessee State Hotline
800-QUIT NOW (800-784-8669)

Agency for Healthcare Research and
Quality
www.ahrq.gov/consumer/index.html

National Cancer Institute
www.smokefree.gov

American Cancer Society
www.cancer.org

American Heart Association (AHA)
www.americanheart.org

The American Legacy Foundation
www.join-the-circle.org

American Lung Association
www.lungusa.gov

Centers for Disease Control and
Prevention
[www.cdc.gov/Tobacco/quit_smoking/index.
htm](http://www.cdc.gov/Tobacco/quit_smoking/index.htm)

Discount medicines to help you quit
Pfizer Pharmaceuticals
866-906-2800

Glaxo-SmithKline
800-981-5851
www.togetherRxaccess.com



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