

SMOKING & YOUR HEALTH



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Image¹

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SMOKING & YOUR HEALTH

Thank you for agreeing to meet with me today. If it's okay with you, I'd like to spend a few minutes sharing with you some information about smoking that I hope you will find helpful. I understand that smoking / tobacco use is usually a hard topic to discuss, particularly if you have found it difficult to quit in the past. If at any time during our meeting today you would like to stop talking about this topic, just let me know. Also, if at any time you have questions, please stop me and I'll do my best to answer them. Ready to get started?

SMOKING & YOUR HEALTH

Today's Topics:

- ✓ Types of Cigarettes: Know the Facts
- ✓ How does Smoking affect Your Health?
- ✓ Health Benefits of Quitting
- ✓ Smoking & Your Wallet
- ✓ Secondhand Smoke
- ✓ Creating a Quit Plan
- ✓ Dealing with Triggers
- ✓ Turning a Relapse into Something Positive

Reflection: Smoking History

Ask: Before we get started today, I'd like to start off by having you tell me a little bit about your history with smoking / tobacco use.

[Questions to consider asking, but in a conversational way, not an intake!]

- When / why did you start smoking?
- How often do you smoke now?
- How is smoking part of your routine? (e.g. after meals, while talking on phone, etc)
- Have you attempted to quit in the past?

[if yes:]

- What was your experience like with attempting to quit?
- How long did you quit?
- Did you use any support such as coaching and/or medications?
- When and how did you relapse?

[if no:]

- Have you ever considered what your life would be like without smoking / tobacco?
 - Are you interested in quitting in the future?
- Are you considering quitting now?



Let's talk about YOU for a second



Types of Cigarettes: Know the Facts

Say: In the past, I have worked with people who believe that certain types of cigarettes are better for you or safer to use than others. For instance: [read as applicable to participant]

- 1) Light Cigarettes -- Light cigarettes are NOT safer than smoking regular ones. Despite all of the marketing, the truth is that light and regular cigarettes are virtually identical. Vent holes that are drilled into the filter can make you inhale smoke deeper into your lungs. The illusion of a light cigarette comes from nearly invisible vent holes that are drilled in the filter. To see those vent holes, you can tear off the paper covering your filter tip and hold it up to the light. You should be able to see the tiny vent holes. More or bigger vents holes mean that you may take deeper puffs. Turning a "light" cigarette into a not-so-light cigarette. The vent holes can also get covered and clogged during smoking, so you inhale more cancer causing tar. Cigarette makers often add extra chemicals to hide the harsh feel of the smoke. The lighter feel of the smoke makes it easier to inhale the dirty smoke deeper into the lungs.¹
- 2) Menthol Cigarettes -- Menthol is added to cigarettes to make the smoke feel less harsh, but the smoke is still equally as dangerous. Smokers of menthol cigarettes tend to hold the smoke in their lungs longer, which allows more poisons to be absorbed. The cooler feel of menthol masks the cheaper tobaccos that cigarette manufacturers often use in menthol brands.²
- 3) E-Cigarettes -- We do not yet know if e-cigarettes are safe, and it is not approved by the FDA as a safe way to help smokers quit. The amount of nicotine in an e-cigarette is unknown. More research is needed to find out what other ingredients are in the e-cigarettes and what kind of health or other effects they have on people who use them.³

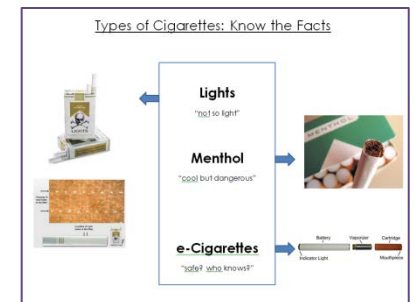


Image 2,3,4,5

Types of Cigarettes: Know the Facts

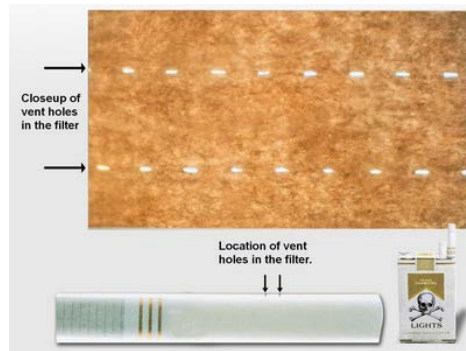


Lights

"not so light"

Menthol

"cool but dangerous"



e-Cigarettes

"safe? who knows?"



How does smoking affect your health?

Ask: What are some of the health consequences of smoking?

[based on above response(s), ensure participant understands the following:]

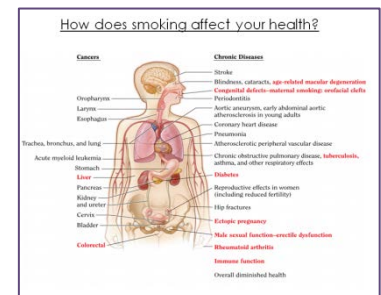
Say: Unfortunately, there is no safe amount of smoking or tobacco use. Cigarette smoke contains more than 7,000 chemicals and compounds harmful to all parts of the body. Smoking increases the risk of heart disease, heart attack, stroke, lung cancer, and many other types of cancers within the body. In addition to those things, smoking affects the health of our bones, teeth and gums, eyes, and reproductive organs.

[read as applicable to participant:]

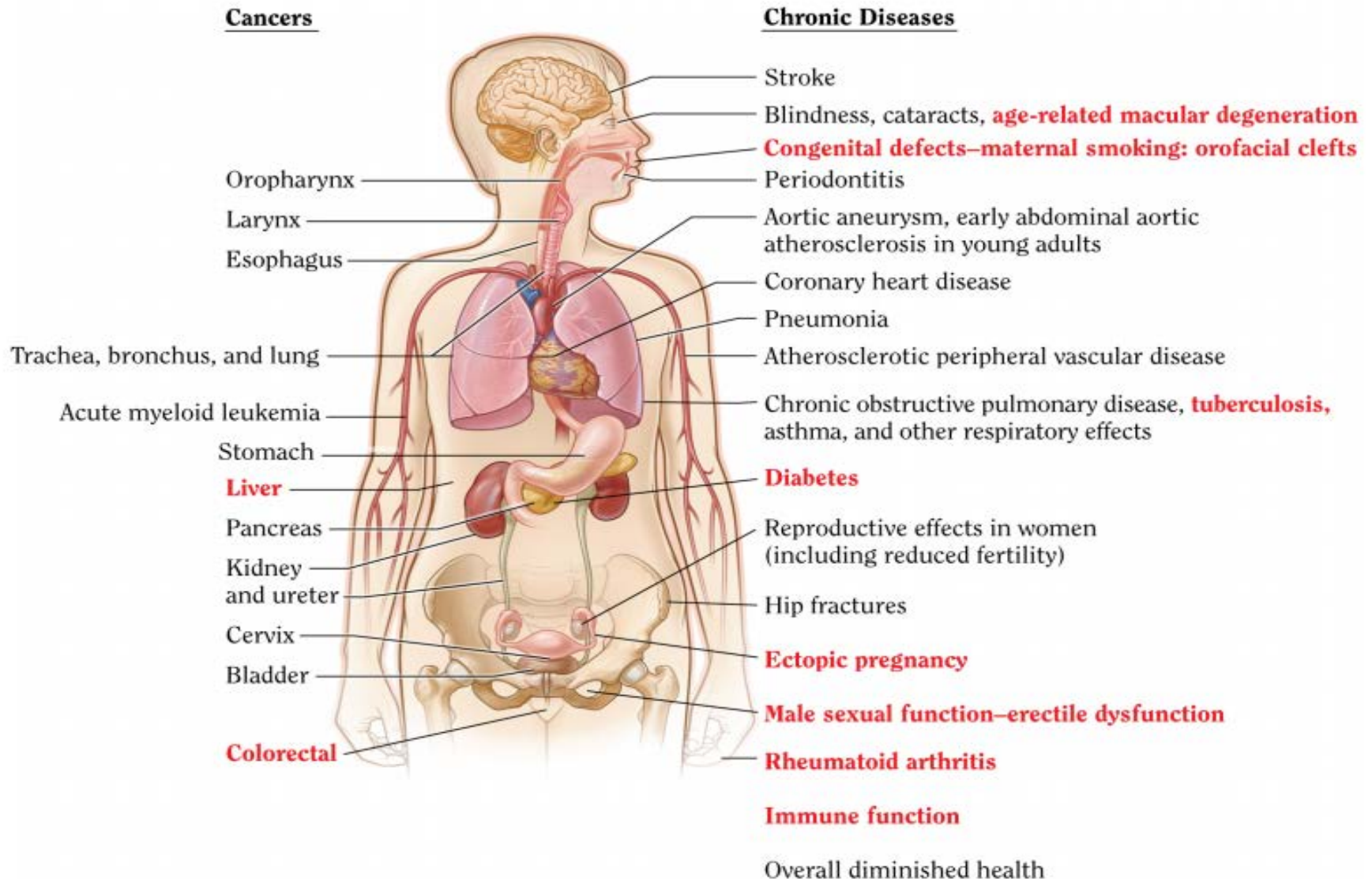
If you are a person with diabetes, smoking can make controlling your diabetes very difficult.

If you are a person with hypertension (high blood pressure), you already have risk factors for heart disease, and smoking can increase the risk of suffering from heart attack and/or stroke.

If you are a person with asthma, tobacco smoke can trigger an attack or make an attack worse. It can also cause emphysema and/or chronic bronchitis, putting your lungs at more risk.⁴



How does smoking affect your health?

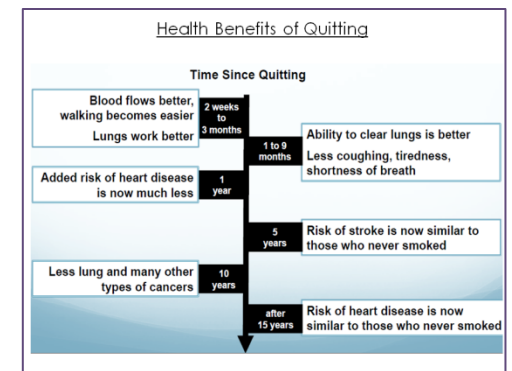


Health Benefits of Quitting

Say: So we've talked about all of the harmful effects that smoking can have on your body, but the good news is that you can help to reverse or slow these effects by quitting. In as little as two weeks, you can feel the positive impact of quitting on your breathing and your everyday functioning. After many years of being tobacco-free, you can also greatly reduce your risk of heart disease, cancer, and stroke.

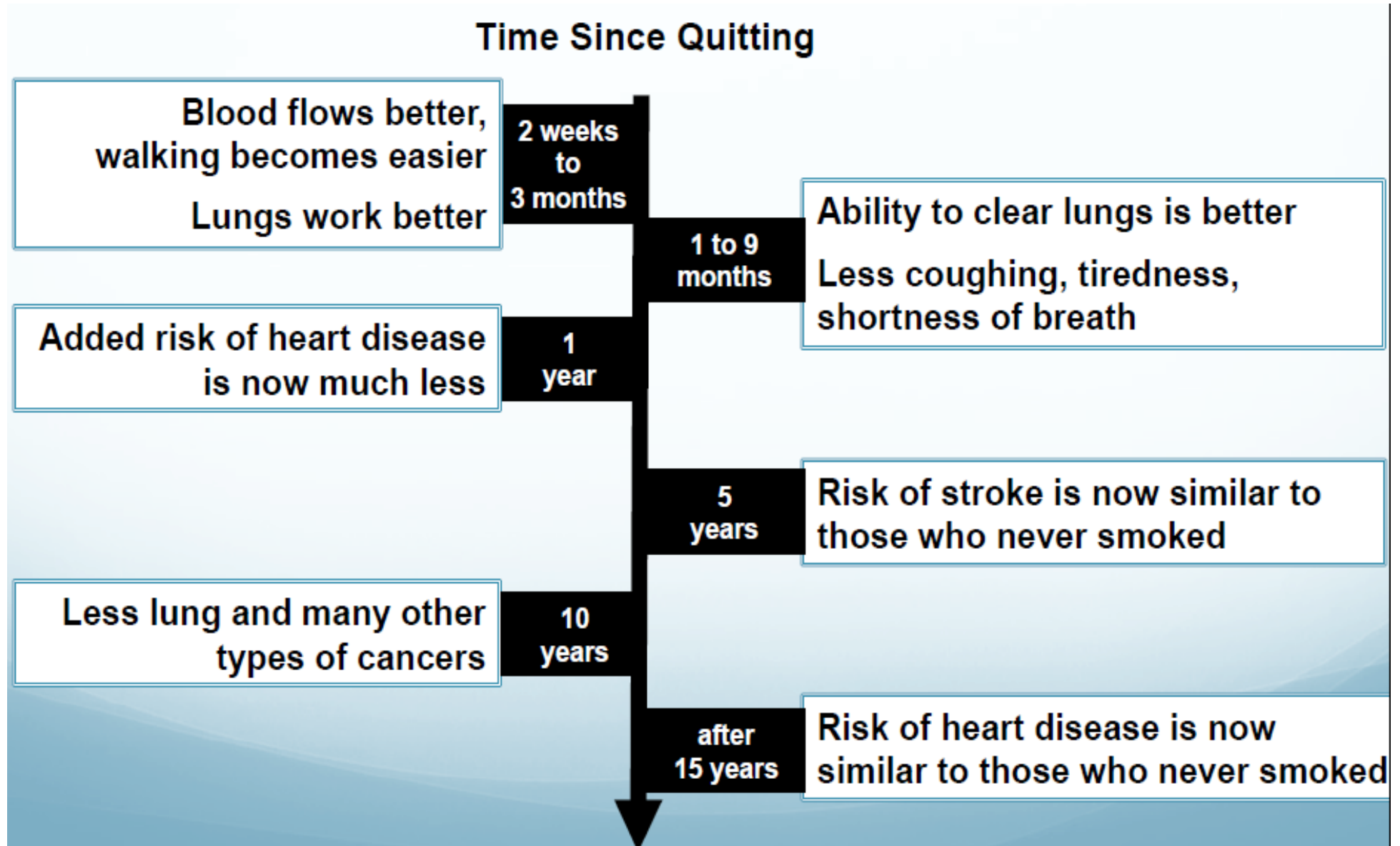
We will talk about second-hand smoke in a few minutes, but I also want to mention that quitting can be very beneficial to your family and friends as well, since you will be reducing their risk of being exposed. You will also be helping to make the apartment building that you live in even healthier, since you share the air around you with your neighbors.⁵

Ask: How do you think your life would be different if you weren't smoking / using tobacco? How do you think you would feel physically and emotionally? How would your friends and family react?



Image⁷

Health Benefits of Quitting



Smoking & Your Wallet

Ask: I'm sure I don't have to tell you how expensive cigarettes / tobacco are in New York City. If you don't mind me asking, how much are you spending per day / per week on cigarettes / tobacco?

Say: Ok, so if we calculate that number [\$ spent per week] x 52, that means you're spending almost \$_____ [insert calculation] per year on cigarettes / tobacco. By quitting or cutting down, you could save enough for a _____ [insert equivalent item from table on participant flipchart].

In the past, I've had clients who quit or cut down on smoking / tobacco and they start a money jar on the day they quit. Each day they don't smoke, you can add money to the jar or keep a running list of how much money is saved. At the end of the week, month, and/or year, reward yourself by using some of the savings to buy something special, like going to the movies with a friend, or a new pair of sneakers for walking.⁶

Smoking & Your Wallet

See how much you would save if you quit smoking.

If You Smoke This Much	Amount Saved				
	1 day	1 week	1 month	1 year	
	1/2 pack a day	\$5.50 Laundry—wash & dry	\$38 Lunch for 1 work week 	\$165 New pair of glasses 	\$2,000 Groceries for 6 months 
	1 pack a day	\$11 Coffee for 1 week 	\$77 15 round trip rides on the subway or bus 	\$330 32" flat-screen TV 	\$4,000 Weekly dinner out for 3 years
2 packs a day	\$22 20 song downloads 	\$154 1-year NYC Parks Recreation Center membership	\$660 New computer 	\$8,000 1 year of college expense at CUNY 	

Image⁸

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Secondhand Smoke

Ask: What have you heard about secondhand smoke?

Say: Secondhand smoke is the smoke that you breathe in from someone else's cigarette or cigar. Secondhand smoke travels easily through cracks in floorboards, doors, vents, and electrical ducts— in some cases, residents of multi-unit buildings may share up to 65% of their air. Breathing secondhand smoke may cause eye irritation, nose and throat discomfort, headaches, and coughing.⁷ Infants and children who live with someone who smokes are twice as likely to have respiratory illness, bronchitis, ear and lung infections, and pneumonia, as children who do not live with someone who smokes. Secondhand smoke can also bring on an asthma attack. Additionally, children who grow up in a home with smokers are more likely to become smokers themselves.⁵


In addition to affecting the air, second-hand smoke lingers long after a cigarette is put out, and can seep into the surfaces of your home, making it very difficult to remove. This is what some people refer to as third-hand smoke -- when chemicals left behind by cigarette smoke are carried through the air and land on surfaces, and later picked up or touched by others.⁸

Secondhand Smoke



Your smoke may cause these problems for others:

- Eye irritation
- Nose & throat discomfort
- Headaches
- Coughing



Children & infants in the home are more at risk for:

- breathing problems
- bronchitis
- ear & lung infections
- pneumonia
- asthma attacks

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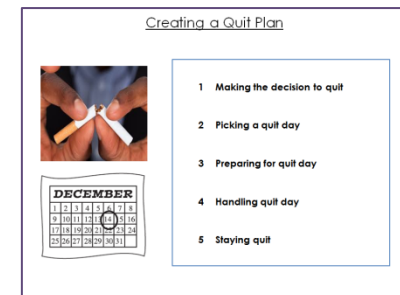
Children & infants in the home are more at risk for:

- breathing problems
- bronchitis
- ear & lung infections
- pneumonia
- asthma attacks

Creating a quit plan

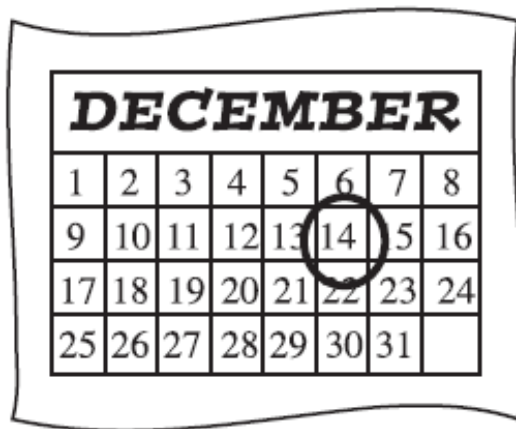
Say: Not everyone is ready to quit smoking. And often times, it takes many tries to quit and “stay quit.” Although it is difficult, it is possible to quit smoking, and creating a detailed plan ahead of time will help you feel more prepared and confident to quit and “stay quit.”

1. **Deciding to quit smoking:** Only YOU can decide when you're ready to stop smoking. You may spend a lot of time thinking about quitting smoking before you're ready to actually do it. If you're thinking about quitting, go ahead and pick a specific day to quit — your quit day — and then plan for it.
2. **Picking a quit day:** Pick a specific day within the next month to quit smoking. If the day is too far in the future, you may find it hard to follow through. Pick a random day, or pick a day that holds special meaning for you, such as an anniversary or holiday, or a day of the week that's less stressful for you.
3. **Preparing for quit day:** Here are steps you can take as you prepare for your quit day:
(1) Mark the day, (2) Talk to your health care provider about quitting and medications that might help you quit, (3) Tell people, (4) Get rid of any cigarette “stash” you have in your car, home, or desk, (5) Stock up on candy and gum, (6) Join a local smoking support group or sign-up for supportive text messages, and (6) Reflect on your triggers and how you plan to deal with them.
4. **Handling quit day:** Getting through your quit day can be emotionally and physically challenging, especially if strong tobacco cravings strike. Try these tips to help manage your quit day:
 - Don't smoke, not even “just one.”
 - If possible, use nicotine replacement therapy if you've chosen that method.
 - Remind yourself of your reasons to stop smoking.
 - Drink plenty of water or juice.
 - Keep physically active.
 - Avoid situations and people that trigger your urge to smoke.
 - Practice stress management and relaxation techniques.
 - Keep your hands busy by typing, writing, squeezing a ball or knitting.
5. **Staying quit:** With a quit-smoking plan to guide you, you'll have resources that you can lean on when you quit smoking. The more resources you have in place — support groups, nicotine replacement, medications, coaching — the more likely you are to and stay quit.⁹



Image⁹

Creating a Quit Plan



- 1 Making the decision to quit
- 2 Picking a quit day
- 3 Preparing for quit day
- 4 Handling quit day
- 5 Staying quit

Dealing with Triggers

Say: An important part of your quit plan should be thinking through the types of situations and/or events that may trigger you to want to smoke or use tobacco. If you think about these situations in advance and come up with techniques or strategies to deal with them, you are more likely to stay quit. Some examples of these types of situations and techniques to deal with them are: [provide 2-3 examples from list and then ask what are participant's triggers.]

- Being around other people who smoke: Go to places where smoking isn't allowed. Let your friends know that you're trying to quit.
- Feeling bored: Find new ways to occupy your time. For example: read, take walks or start a hobby.
- Drinking alcohol: Avoid drinking alcoholic beverages when you are trying to quit. Don't go to bars.
- Feeling hungry: Have a healthy snack or drink some water.
- Drinking coffee: Switch to tea, or hold your cup in the hand that once held your cigarette
- Talking on the phone: Put something else in your hand, such as a pen. Doodle on scrap paper.
- Watching TV: Don't sit in your usual chair. Keep healthy snacks on hand.
- Finishing a Meal: Brush your teeth right after eating. Take a walk.
- Feeling nervous/stressed/anxious: Try relaxation techniques. Breathe deeply. Call a friend or call me!
- Being in the car: Keep sunflower seeds or sugar-free gum or candy on hand.
- Feeling sad or depressed: Take up a new hobby or play with a child or pet. Exercise can help too.
- Waking up in the morning: Take a shower, eat breakfast or brush your teeth as soon as you wake up. Change your usual routine.
- Taking a break at work: Try stretching or talk to a co-worker instead.¹⁰



Image^{9, 10, 11, 12, 13, 14,}

Ask: What are some of the situations that cause you to want to smoke? What can you do to resist the urge?

Dealing with Triggers



Turning a Relapse into Something Positive

Say: After you have quit, when you feel the urge to smoke or use tobacco, remember the 5 D's:

1. Delay (recognize the urge but don't act)
2. Drink Water
3. Do Something Else
4. Deep breathe
5. Discuss with a friend

If you've tried to quit in the past, you know that having a relapse, or starting to smoke again after quitting, is common. Most relapses happen within the first 24-hours of quitting, but a relapse can happen any time, even after many years of being tobacco-free.

How should I feel about a relapse?

- Remember that quitting isn't easy! People who try to stop using tobacco are often harder on themselves.
- Go easy on yourself. Focus on starting to quit again.
- Remind yourself that relapses are part of the quitting process and think of every relapse as a learning opportunity.

What can I learn from a relapse?

Instead of focusing on your relapse, focus on what you can do differently to increase your chance of quitting for good.

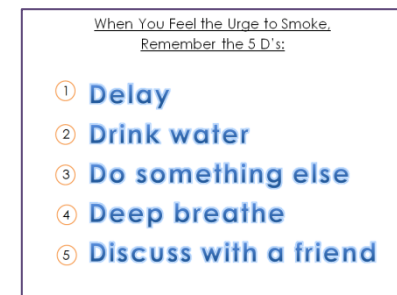
Look at what happened surrounding the relapse and try to understand:

- Why you smoked
- What triggers caused you to light up
- What situations caused you to want to smoke
- How to be better prepared to turn down cigarettes
- It's time to make a better plan to prevent another relapse

What can I do when I relapse?

Stop yourself as soon as you can. Take back control of your life.

- Destroy and throw away any cigarettes that are around you.
- Remove the temptation to smoke.¹¹



When You Feel the Urge to Smoke,
Remember the 5 D's:

- ① **Delay**
- ② **Drink water**
- ③ **Do something else**
- ④ **Deep breathe**
- ⑤ **Discuss with a friend**

Session Review:

Say: Great! That's all the information I have for today. Just to review, we talked about the following topics today:

- ✓ Types of Cigarettes: Know the Facts
- ✓ How does Smoking Affect Your Health?
- ✓ Health Benefits of Quitting
- ✓ Smoking & Your Wallet
- ✓ Secondhand Smoke
- ✓ Creating a Quit Plan
- ✓ Dealing with Triggers
- ✓ Turning a Relapse into Something Positive

Say: Do you have any other questions about the information we went over? Were there things you learned or didn't know before today? Were there things I didn't talk about that you'd like to discuss at a future visit?

Ask: If you're interested in quitting, NY State has a resource NY Quits in which you receive free telephone coaching and/or a free 2-week starter kit of nicotine replacement therapy (such as nicotine patches). Would you be interested in being referred?

[if no to above:] Would you be interested in hearing about some other resources that are available to you? [provide Supplemental Handout - "NYC Quit Resources"]

[if yes to above:] I have the referral form here, which requires some information from you. [complete fax-to-quit form, and submit to NY QUITs at later time]

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