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Slide 1

The slide features a decorative header with a purple-to-orange gradient background. The MHN logo is prominently displayed in white on the left side. The main content area is white and contains the title 'Smoking Cessation' in purple, followed by 'Presentation by: MHN Training & Development' in black. A small copyright notice is located at the bottom left of the slide.

**MHN**

**Smoking Cessation**

**Presentation by:**  
MHN Training & Development

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***Participant Handbook***

## Slide 2

**MHN**

### Objectives

- Understand the addictive nature of smoking
  - Traditional cigarettes
  - Electronic cigarettes or “vaping”
- Define the quitting steps
- Learn how to avoid smoking “triggers”
- Identify tools and techniques to replace the smoking habit
- Identify additional resources for smoking cessation


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## Slides 3

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### Why Do You Still Smoke?



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Slide 4

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### Why Do You Still Smoke?

- It relaxes me
- Smoking gives me something to do with my hand
- It's who I am; "a smoker"
- All my friends smoke
- I like the way it tastes
- It helps me deal with stress
- I feel sophisticated/sexy when I smoke
- It helps me eat less/maintain my weight

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### Why is Quitting So Hard?

- Smoking is habitual
- Nicotine is very addictive
- Fear of losing an "old friend"
- Fear of failing at quitting
- Fear of gaining a lot of weight
- Coping with withdrawal symptoms

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## The Smoking "Habit"

- Smoking as a Habit
- Smoking as an Addiction
- It sometimes takes a smoker *several* attempts before finally quitting for good!

***Don't give up quitting!***

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This slide features a purple and orange gradient header with the MHN logo. The title 'The Smoking "Habit"' is in purple. The list items are in black, with 'Habit' and 'Addiction' underlined. The motivational text is in bold and italicized. The footer contains copyright information and the slide number '6'.

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## Breaking the Nicotine Addiction

- First 72 hours are the most difficult
- Your body becomes 100% clean of nicotine at 3 days (or 72 hours)
- Average of 5 cravings per day, lasting about 3 minutes per craving
- After 10 days, cravings drop to about 1 per day

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## Slide 8

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### Are E-Cigarettes Less Harmful?

- E-cigarettes were introduced in the US in 2006 and scientists are still learning about their short and long-term health effects
- There were over 500 lung injuries and at least 8 deaths associated with e-cigarettes as of 2019
- E-cigarette aerosol contains nicotine-the same addictive substance in regular cigarettes, as well as heavy metals and volatile organic compounds
- Both users' and bystanders' lungs are exposed to this aerosol.
- Some e-cigarettes labeled as "contains 0% nicotine" have been found to contain nicotine

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## Slide 9

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### Using "Vaping" to Ease Off of Regular Cigarettes?

- Although a growing trend, E-cigarettes are not currently FDA approved as a smoking cessation aid
- A 2016 study suggested that vaping may help ease nicotine dependency over a long period.
- Following vaping related injuries and deaths in 2019, the CDC recommends refraining from vaping.

Caraballo RS, Shafer PR, Patel D, Davis KC, McAfee TA. Quit Methods Used by US Adult Cigarette Smokers. 2014-2016. Prev Chronic Dis 2017; 14:160600. DOI: <https://doi.org/10.5888/pcd14.160600>

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### Why Quit Smoking?

- I want more control over my life
- It costs too much money
- I'm tired of being nagged by my family/friends
- I want my food to taste good again
- Smoking is hurting my health
- I don't want to hurt my family's health (passive smoking)
- My clothes, hair, car, all smell like smoke
- I am setting a bad example for my kids
- *What else?*

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### Physical Benefits of Quitting

- Reduces chances of serious disease (heart disease and cancer)
- Improves appearance
- Reduces chance of vision problems
- Reduces fertility problems
- If pregnant, quitting helps to have a healthier baby
- Eliminates second-hand smoke risks for those around you
- Dental health improves

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## Financial Benefits of Quitting

**Financial cost of smoking** (per year) = # of packs a day X cost per pack X 365 days a year

1.5 packs X \$5.50 X 365 = \$3011.25 saved per year!

When you quit, **reward** yourself!

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## Quitting Steps

- The desire and commitment to change
  - Set a Quit Date!
  - Toss all cigarettes, ashtrays, lighters or matches
- Develop a good plan
  - New behaviors and ideas to keep from smoking
- Support from others
  - Who will be your "allies"?

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## Get Support!

- Tell your allies:
  - What you need to help quit.
  - What you don't need and what would not be helpful.
- Search for other sources of support:
  - Smoking cessation support groups
  - Counseling
  - Internet chat rooms
  - Telephonic coaching

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## A Good Quitting Plan


- Identify triggers
- Identify new habits that replace smoking
- Explore options for stop smoking methods
- Select medication
- Stress management
- Deal with relapses

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## Identify Smoking “Triggers”

- “Triggers” are events that set off your desire to smoke a cigarette, thus increasing the risk of smoking.
- Counteract smoking triggers by:
  - Identifying situations and/or feelings that create the urge to smoke
  - Find “new” behaviors to replace smoking

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## Create New Habits!

- Find good distractions
- Ideas for inspiration
- Keeping your hands busy
- Keeping your mouth busy

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### Explore Methods to Get You to Your Quit Date

- Cold Turkey
- Fading
- Tapering
- Tapering & Fading
- Postponing
- Scheduled Smoking

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### Select Medication

- Nicotine Patch
- Nicotine Gum
- Zyban (Bupropion SR)
- Nicotine Inhaler
- Nicotine Nasal Spray
- Herbal Remedies
- Combination Nicotine Replacement Therapies

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## Managing Stress: Before, During and After Quitting

- Find new ways to cope with stress
- Expect emotional highs & lows
- Understand that quitting smoking is a personal loss
- Realize that the “new normal” occurs over time

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## Avoiding Relapse

- The Four “D’s”
  - Do something different
  - Deep breathe
  - Distract yourself
  - Drink Water
- Shake Up Your Routines
- Come Clean
- Sensible Self-talk
- Head Off Relapse
- Handling Withdrawal

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## Dealing with Relapse

- Overcoming Slips and Relapses

*“Quitting smoking is easy. I’ve done it a hundred times.”*  
~Mark Twain

- Become a **Non-Smoker** forever
- Re-visit your commitment to quit, when needed

***You can do it!***

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## Smoking Cessation Resources

- MHN ([www.mhn.com](http://www.mhn.com))
- Quit Net ([www.quitnet.com](http://www.quitnet.com))
- American Lung Association ([www.lungusa.org](http://www.lungusa.org))
- American Heart Association ([www.americanheart.org](http://www.americanheart.org))
- Center for Disease Control ([www.smokefree.gov](http://www.smokefree.gov))
- Why Quit? ([www.whyquit.com](http://www.whyquit.com))
- Smoking Cessation ([www.smoking-cessation.org](http://www.smoking-cessation.org))
- American Cancer Society ([www.cancer.org](http://www.cancer.org))
- Centers for Disease Control ([www.cdc.gov/tobacco/basic\\_information/e-cigarettes/index.htm](http://www.cdc.gov/tobacco/basic_information/e-cigarettes/index.htm))

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## Handout A. Why Do I Smoke? A Quiz

If you know the answer to this question, it will be easier to stop smoking because you can find ways to make up for the things you may miss when you stop. This quiz will help you decide which reasons are important in your smoking.

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

### Now Score Yourself:

**Step 1:** Transfer the numbers from the quiz to the scorecard that follows by matching 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 total for each different category. For example, to find your score on the "Stimulation" category, add together the scores for questions A, H, and U.

The score for each category can range from a low of 3 to a high of 15. A score of 11 or above in any category is high, and means that you smoking 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 smoking satisfaction for you.

**Scorecard:**

**“It stimulates me.”** You feel that smoking gives you energy and keeps you going. Think about alternative ways to boost your energy, such as brisk walking or jogging. \_\_\_\_\_ A  
\_\_\_\_\_ H  
\_\_\_\_\_ U  
“Stimulation” Total \_\_\_\_\_

**“I want something in my hand.”** There are lots of things you can do with your hands without lighting up a cigarette. Try doodling with a pencil or playing with putty. \_\_\_\_\_ B  
\_\_\_\_\_ I  
\_\_\_\_\_ O  
“Handling” Total \_\_\_\_\_

**“It feels good.”** You get a lot of physical pleasure from smoking. Various forms of exercise can be effective alternatives. \_\_\_\_\_ C  
\_\_\_\_\_ J  
\_\_\_\_\_ P  
“Pleasure/Relaxation” Total \_\_\_\_\_

**“It’s a crutch.”** It can be tough to stop smoking if you find cigarettes comforting in times of stress. Alternatives to smoking may include taking a walk, a shower or bath, or talking to a trusted friend. \_\_\_\_\_ D  
\_\_\_\_\_ K  
\_\_\_\_\_ Q  
“Crutch/Tension” Total \_\_\_\_\_

**“I’m hooked.”** You are probably physically addicted to nicotine. This is a hard addiction to break, but it can be done. You will need to consider ways to control your withdrawal symptoms, such as nicotine replacement. \_\_\_\_\_ E  
\_\_\_\_\_ L  
\_\_\_\_\_ R  
“Craving/Addiction” Total \_\_\_\_\_

**“It’s part of my routine.”** If cigarettes are merely part of your routine, stopping should be relatively easy. One key to success is being aware of every cigarette you smoke. For example, keep a smoking diary. \_\_\_\_\_ F  
\_\_\_\_\_ M  
\_\_\_\_\_ S  
“Habit” Total \_\_\_\_\_

**“I am a social smoker.”** You smoke when people around you are smoking and when you are offered cigarettes. Avoid these situations until you are confident about being a nonsmoker. If you are in a situation where others are smoking, remind them that you are a nonsmoker. \_\_\_\_\_ G  
\_\_\_\_\_ N  
\_\_\_\_\_ T  
“Social Smoker” Total \_\_\_\_\_

(from: [www.familydoctor.org](http://www.familydoctor.org))

## Handout B. What Are E-cigarettes?

- E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.
- E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.
- Some e-cigarettes look like regular cigarettes, cigars, or pipes. Some look like USB flash drives, pens, and other everyday items. Larger devices such as tank systems, or “mods,” do not look like other tobacco products.
- E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”
- Using an e-cigarette is sometimes called “vaping” or “JUULing.”



E-cigarettes can cause unintended injuries.<sup>1</sup>

- Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries. Most explosions happened when the e-cigarette batteries were being charged.
- The Food and Drug Administration (FDA) collects data to help address this issue. You can report an e-cigarette explosion, or any other unexpected health or safety issue with an e-cigarette online at the FDA.
- In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid through their skin or eyes.

Source: Centers for Disease Control ([www.cdc.gov](http://www.cdc.gov))

## Handout C. Do I Want to Quit?

How do you feel about quitting smoking?

Check the box below that best describes how you feel about quitting smoking:

- I like to smoke, and I'm not planning to quit.
- I like lots of things about smoking, but I would like to quit.
- I'm ready to quit smoking now.

If you answered, *"I like to smoke, and I'm not planning to quit,"* ask yourself why so many other people have quit smoking. Consider this: 50 million Americans are former smokers. What do you think were their reasons for quitting? Some of those reasons may also apply to you. Do you have problems with breathing, your heart or high blood pressure? Does cancer run in your family? Quitting smoking can lower your chance of having these problems.

If you answered, *"I like lots of things about smoking, but I would like to quit,"* you are like most smokers. Now ask yourself how you will be better off after you quit smoking. You might come up with some of the following answers:

My health will improve

In what way? \_\_\_\_\_

I'll save money.

How much? \_\_\_\_\_

My house and car will be cleaner.

Why is this important to you? \_\_\_\_\_

My family and friends will be glad.

Why? \_\_\_\_\_

I'll feel better about myself.

In what way? \_\_\_\_\_

Another reason is: \_\_\_\_\_

The more reasons you have to quit smoking, the more likely you are to follow through on your plan to quit!

If you answered, "I'm ready to quit smoking now," this program is here to help you succeed.

(from: [www.familydoctor.org](http://www.familydoctor.org))



## **Handout D. What Happens to the Body After You Quit Smoking?** (From: [www.quit tobacco.org](http://www.quit tobacco.org))

### **20 Minutes After Quitting**

- Blood Pressure and pulse drop to a normal rate
- Temperature of hands and feet increases to normal

### **8 Hours After Quitting**

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

### **24 Hours After Quitting**

- Chance of heart attack starts going down

### **48 Hours After Quitting**

- Nerve endings start re-growing
- Ability to smell and taste begins to improve

### **2 Weeks to 3 Months After Quitting**

- Circulation improves
- Walking gets easier
- Lung function improves up to 30%

### **1 Month to 9 Months After Quitting**

- Coughing, sinus congestion, tiredness and shortness of breath are less
- Cilia (small hairs) re-grow in lungs to better handle mucous, clean the lungs, and reduce infection

### **1 Year After Quitting**

- Risk of coronary artery disease is half that of a smoker

### **5 Years After Quitting**

- Lung cancer death rate goes down by one-half
- Risk of stroke becomes same as a non-smoker
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas goes down

## **Handout E. Short and long-term Rewards to Invest in Yourself after Quitting**

Check off ideas and add ideas to the list to reward and invest in yourself from your financial savings from quitting smoking! Write in the savings you anticipate by using the savings calculator.

### **Short Term Rewards**

By quitting smoking I will save \_\_\_\_\_ each day, \_\_\_\_\_ each week.

It is suggested that for the first 3 months after quitting, you try using your tobacco savings on rewards that can delight you every day. This might help you enjoy being tobacco free more, in case you feel a little deprived without your cigarettes.

Do any of the following “rewards” look good to you? You can keep the list with you when you plan ways to reward your daily or weekly quitting efforts.

- Fresh flowers
- A magazine subscription
- A good book
- Activities with your family
- Movies with a friend
- Sports equipment
- Babysitting time (free time for you!)
- Phone calls to far away friends or family
- Dinner out
- Things for your garden
- Wild socks
- \_\_\_\_\_
- \_\_\_\_\_

### **Long Term Rewards**

Write in the savings you anticipate by using the savings calculator: \_\_\_\_\_ year.

Some people make long-term investments in savings accounts, stocks or bonds with their tobacco savings. Some pay off some bills or buy things they couldn't afford before. Check the following list to see what you might like to do:

- Pay off credit cards
- Pay the dentist for that gold crown
- Start an IRA

- Buy a camera
- Invest in a college savings bond for your child
- Make some changes to your home
- Sign up for a health club membership
- Take music lessons
- Buy a bicycle
- Purchase a television, VCR or microwave
- Take a vacation or spend a weekend away
- Get tickets to a play
- Get tickets to a sporting event
- \_\_\_\_\_
- \_\_\_\_\_

## Handout F. My Quit Smoking Plan

My *QUIT DATE* is: \_\_\_ \_\_\_ / \_\_\_ \_\_\_ / \_\_\_ \_\_\_

1. My allies will be: \_\_\_\_\_; \_\_\_\_\_; and \_\_\_\_\_

2. My strongest smoking triggers are:

a)

b)

c)

3. Some new habits I will try instead of smoking are:

a)

b)

c)

4. The quit method I will use is : \_\_\_\_\_

I will use this method for \_\_\_\_\_ weeks prior to my final quit date.

5. Will I use medication? \_\_\_\_\_ Yes \_\_\_\_\_ No

If “yes”, which medication(s) will I use? \_\_\_\_\_

6. I will try the following stress management techniques when I feel stress:

a)

b)

c)

7. I will try the following techniques when I must handle withdrawal symptoms:

a)

b)

c)

## Handout G. Smoking Triggers

Start by listing some of the times when you MOST want a cigarette. These are your “triggers” to smoking.

Triggers are events that set off your desire to smoke a cigarette. How would you complete the phrase, “I want a cigarette...?”

- When I see someone else smoking.
- When I see cigarettes in an ashtray.
- When I am cleaning the house.
- When the telephone rings.
- When I am relaxing.
- When I drink a cup of coffee.
- When I have an alcoholic drink.
- During or after meals.
- When I am driving the car.
- After leaving work.
- When I am watching TV.
- \_\_\_\_\_
- \_\_\_\_\_

For each trigger that applies to you, think of something you could do that would make you less likely to smoke. For example, instead of smoking after a meal, you could get right up and brush your teeth.

Do you use cigarettes to relieve uncomfortable feelings?

Smokers often use cigarettes to help them cope with uncomfortable feelings. Think about whether you do this. You may have smoked cigarettes when you felt:

Angry	Embarrassed
Mistreated	Abandoned
Disappointed	Depressed
Hurt	Guilty
Resentful	Anxious or stressed
Frightened	Sorry for yourself
Ashamed	Bored
Frustrated	Abused
Lonely	Worried

If you know that you use cigarettes to help you cope with stressful or difficult times, you will be better able to get through those times without smoking. Finding other activities to do to handle the negative emotions will help you during the quitting process.

## Handout H. Quitting Methods

### Setting up a Fading Plan

1. Find the cigarette you smoke on the nicotine groups chart below, going by the number of milligrams (mg) of nicotine listed on your cigarette pack

<u>Group 6</u>	<u>Group 5</u>	<u>Group 4</u>	<u>Group 3</u>	<u>Group 2</u>	<u>Group 1</u>
1.2 + mg	1.0-1.1 mg	.8-.9 mg	.6-.7 mg	.4-.5 mg	.1-.3 mg
Nicotine	Nicotine	Nicotine	Nicotine	Nicotine	Nicotine

2. Write in the brand and nicotine group for week 1 in the chart below. Smoke your usual brand the first week.

3. Find how many milligrams (mgs.) of nicotine are in the next lowest nicotine group.

4. Go to the store and choose a brand with that many milligrams (mgs.) of nicotine.

5. Write that group and the name of the brand you have chosen in the chart under week 2.

6. Continue for each week you fade, always picking a cigarette in a nicotine group lower than what you smoked before.

7. Post this plan in a really visible place like your refrigerator, or put it in your appointment or calendar book.

Number of weeks I will fade before my Quit Date is: \_\_\_\_\_ (this will vary from around three to six, whichever you choose)

<b>Week</b>	<b>Cigarette Brand</b>	<b>Nicotine Group #</b>	<b>Cigarettes Each Day</b>
Week 1			
Week 2			
Week 3			
Week 4			
Week 5			
Week 6			

### **Setting Up a Tapering Plan**

1. Decide on the length of time you want to taper before your quit date, which may vary from around two to four weeks.

Number of weeks I will fade before my Quit Date is: \_\_\_\_\_

2. How to Taper:

A. Go slowly.

B. Create a tapering plan based on the amount you currently smoke.

For example, if you smoke 20 cigarettes a day, you may want to taper as follows:

Week 1: smoke 20 cigarettes a day

Week 2: smoke 16 – 18 a day

Week 3: smoke 13 – 15 a day

Week 4: smoke 10 – 12 a day

Then, stop smoking completely on your Quit Date.

3. Fill in the following Tapering Chart for your personal plan:

<b>Week</b>	<b>Cigarettes to Smoke Each Day</b>
Week 1	
Week 2	
Week 3	
Week 4	

### **Setting Up a Fading and Tapering Plan**

Create what works for you! Combine the two methods to minimize cravings, yet maximize success for your Quit Date. Some sample plans might be:

- Fade for two weeks, then taper for two more.
- Fade for three weeks, the taper for three more.
- Fade for two weeks, then fade and taper for two more.

Use the charts in this handout to design your own plan.

(Information in this handout is from [www.quittobacco.com](http://www.quittobacco.com))