

Hannaford Bros. Co.
Smoking Cessation Resource Packet
Table of Contents:

I. Tobacco Products Information

- a. Tobacco Fact Sheet
- b. Ingredients in Tobacco Products
- c. What's Really in Cigarettes?
- d. Nicotine - The Addictive Drug
- e. Nicotine's Effect on the Body
- f. The Benefits of Being Tobacco-Free
- g. The Risk of Exposure

II. The Impact of Smoking

- a. What Does Tobacco Use Do To Your Body?
- b. What Does Tobacco Use Do To Your Family?
- c. Why Stop Smoking?
- d. The Good News - The Damage Is Reversible!

III. Taking Action to Stop Smoking

- a. Are You Ready to Stop Smoking?
- b. How to Increase Your Chances of Quitting
- c. 10 Steps to Successful Habit Change
- d. Know Your Triggers - Behavior Modification Tips

IV. Getting Through It Successfully

- a. Getting Through Your Initial Tobacco-Free Period
- b. Being in Control of Withdrawal Symptoms
- c. Smoking Cessation Support Programs (by State & National)
- d. Web Sites
- e. References

***Important note:** The information contained in this brochure is intended for your use to become an informed health care consumer. It is important that you consult with your primary care physician about your plan of care. This brochure is not intended to be a substitute or replacement for medical supervision and direction.

Tobacco Fact Sheet

Did you know...

- Smoking kills more than 400,000 Americans each year; more than alcohol, cocaine, crack, heroin, homicide, suicide, car accidents, fires and AIDS combined!
- Half of all smokers die from tobacco use.
- Smokers lose an average of 12 years of life due to their habit.
- With every puff on a cigarette, a smoker breathes in 4,700 different chemicals. These include ammonia, arsenic, cyanide, acetone, formaldehyde, toluene, polonium-210, and carbon monoxide.
- Lung cancer, throat cancer, heart disease, stroke and emphysema are just some of the painful, life threatening diseases directly linked with tobacco use.
- Tobacco use is also associated with cancers of the mouth, pharynx, esophagus, pancreas, cervix, kidney and bladder.
- Smoking reduces the oxygen in the blood, reducing your stamina for sports and physical activities.
- Tobacco use turns teeth and fingernails yellow.
- Smoking makes your hair; clothes and breath smell really bad.
- Smoking causes premature wrinkling of the skin.

The Ingredients in Tobacco Products

Cigarettes, cigars and smokeless & pipe tobacco consist of dried tobacco leaves, as well as ingredients added for flavor and other properties. More than 4,000 individual components have been identified in tobacco and tobacco smoke. Among these 4,000 components, **43** substances are known carcinogens (cancer-causing agents).

But What's Really in Cigarettes?

- Cigarette smoke is a collection of over **4,000** chemicals.
- **Fingernail polish remover**, a poisonous gas, a preservative for dead frogs, an insecticide, 401 poisons and 43 known carcinogens (cancer-causing substances) are in cigarette smoke.
- **Nicotine** is a deadly poison. Taken in high doses, it can kill. One drop (70 milligrams) will kill an average man within a few minutes. Most cigarettes contain between .2 milligrams and 2.2 milligrams.
- **Nicotine** has been used as an insecticide.
- Cigarette smoke contains **cyanide**, another deadly poison.
- Cigarette smoke contains **formaldehyde**, a chemical used to preserve dead frogs.
- Cigarette smoke contains **methanol**, a wood alcohol. Taken in sufficient amounts, methanol can cause blindness. It is also used as an additive in gasoline.
- Cigarette smoke contains **acetone**, the prime ingredient in finger nail polish remover.
- Cigarettes also contain **tar**, a conglomeration of the solid particles found in smoke. They combine to form a sticky brown substance that stains your teeth and clogs your lungs.

Nicotine Is An Addictive Drug

In 1988, the Surgeon General concluded the following on nicotine addiction:

- Nicotine is the drug in tobacco that causes addiction.
- Cigarettes and other forms of tobacco are addicting.
- The pharmacologic and behavioral processes that determine tobacco addiction are similar to those that determine addiction to drugs such as heroin and cocaine.

Nicotine

- Nicotine is found in substantial amounts in all forms of tobacco. It is absorbed readily from tobacco smoke in the lungs and from smokeless tobacco in the mouth or nose. It rapidly spreads throughout the body.
- Nicotine is an addictive drug still not regulated by the Federal Drug Administration.

Nicotine's Effect on the Body

- When a cigarette smoker inhales, about 25% of the nicotine in the smoke reaches the brain within six seconds - called a jolt. A pack-a-day smoker gets between 50,000 and 70,000 nicotine jolts a year. No other drug habit comes near that number of fixes.
- Nicotine causes the heart to beat much faster.
- Blood vessels constrict, blood pressure rises, pulse rate increases and free fatty acids pour into the blood.
- At first, the impact of nicotine sharpens thinking, but soon the user feels tired and let down, heart rate slows, blood pressure drops and the mind loses its keen edge.
- Nicotine has contradictory effects. Hitting the brain first, it galvanizes nerve connections and then blocks them. It evokes the discharge of adrenalin and similar hormones, then stops the flow. It stimulates nerves in muscles, but this quickly gives way to a kind of paralysis. In small doses, nicotine causes tremors. In large doses, nicotine causes convulsions. Small doses stimulate breathing. Large doses have the opposite effect.
- Nicotine excites the vomiting reflex both in the brain and in the nerves of the stomach. Although it initially stimulates the intestines (many smokers depend on it for bowel regularity), later doses of nicotine slow down the entire digestive process.
- At first, nicotine increases the flow of saliva in the mouth and in the bronchial tubes, but its effect is reversed with later doses.

The Benefits of Being Tobacco-Free

- People who quit, regardless of age, live longer than people who continue to use tobacco.
- Smokers who quit before age 50 have half the risk of dying in the next 15 years compared with those who continue to smoke.
- Being tobacco-free substantially decreases the risk of having cancer of the lung, larynx, pharynx, esophagus, mouth, pancreas, bladder and cervix.
- Quitting smoking will significantly decrease the risk of having a heart attack or stroke and chronic lung disease.
- You will feel better.
- Food tastes better.
- Your sense of smell will improve.
- Your home, car, clothing and breath will smell better.
- You will not expose your family and friends to second-hand smoke.
- You will have less wrinkling and aging of the skin.
- You are less likely to become impotent or infertile.
- You will perform better at all physical activities & sports.
- A healthier baby.

The Risk of Exposure – How Long and How Much Have You Smoked or Used Tobacco?

- The risk of having lung cancer and other smoking related cancers is related to TOTAL lifetime exposure to cigarette smoke and/or tobacco use; as measured by the number of cigarettes smoked each day, the age at which smoking began and the number of years a person has smoked.
- The risk for disease increases steadily with the number of cigarettes smoked per day or amount of tobacco used daily.
- In those who smoke 40 or more cigarettes a day (2 or more packs) the risk of lung cancer is nearly 20 times the risk of non-smokers.

It's Never Too Late To Quit!

- When you STOP the use of tobacco, you will immediately add time to the length of your life and improve the quality of your life.

What Does Tobacco-Use Do To Your Body?

Immediate Health Risks:

Shortness of breath, exacerbation of asthma, harmful to pregnancy (unborn child), impotence, infertility, increased carbon monoxide levels in the blood.

Long Term Risks:

Heart attack, stroke, lung & other cancers (larynx, oral cavity, pharynx, esophagus, pancreas, bladder, cervix), chronic obstructive pulmonary disease, long term disability & need for extended care.

What Does Tobacco-Use Do To Your Family?

Environmental Risks:

Increased risk of lung cancer & heart disease in spouses, higher rates of smoking in children, increased risk of low birth weight, SIDS, asthma, ear infections, pneumonia and respiratory infections in children of smokers.

Why Stop Smoking??

- Your health will improve significantly
- Your risks for chronic diseases will be markedly reduced (heart disease, cancer, stroke)
- Food will taste better
- Improved sense of smell
- Save money
- Feel better about yourself
- Your home, car and clothing will smell better
- You will set a good example for your children
- Your children will be healthier
- You will feel better physically
- You will perform better at physical activities
- Reduced wrinkling and aging of the skin

GOOD NEWS!

The Damage is Reversible!

(How the Body Changes After Your Last Cigarette)

Time Period	Positive Effects After You Stop Smoking
Within 20 minutes	Blood pressure and pulse rate drop to normal. Body temperature of hands and feet increases to normal.
Within 8 hours	Carbon monoxide level in blood drops to normal. Oxygen level in blood increases to normal.
Within 24 hours	Chance of heart attack decreases.
Within 48 hours	Nerve endings start re-growing. Sense of smell and taste is enhanced.
Within 72 hours	Bronchial tubes relax, making breathing easier. Lung capacity increases.
Within 2 weeks to 3 months	Coughing, sinus congestion, fatigue and shortness of breath decrease. Cilia re-grow in lungs increasing ability to clean lungs and reduce infection. Body's overall energy level increases.
At 5 years	Lung cancer death rate for average smoker (1 pack /day) decreases from 137 per 100,000 to 72 per 100,000.
At 10 years	Lung cancer death rate drops to 12 deaths per 100,000. Pre-cancerous cells are replaced. Risk for other cancers declines (mouth, larynx, esophagus, bladder, kidney and pancreas).

ARE YOU READY TO STOP SMOKING?

Assess Your Readiness for Change

Stage of Change	Are You Thinking...	Your Role
STAGE 1 – Not Ready (Pre-Contemplation)	Tobacco use is not a problem You do not want to stop smoking	Consider these questions: Does stopping seem impossible? Will stopping make a difference in your life?
STAGE 2 – Unsure (Contemplation)	You are unsure about stopping Tobacco use is harmful to your health	List what you might gain by stopping Speak to someone who has stopped Make your decision to take action
STAGE 3 – Getting Ready (Preparation)	How to get help How to stop You are ready to take action	Talk with your wellness professional or primary care physician Tell friends & family you are ready to stop Develop a support system Get information on programs & products to help you stop
STAGE 4 – Stopping! (Taking Action)	You are ready to become tobacco-free	Pick a stop date Remove all tobacco products from your home Have a plan to handle cravings Remind yourself of your decision to stop Use the 4 D's (delay, distract yourself, drink water, do something else)
STAGE 5 – Not Using Tobacco (Maintenance)	You feel good You can live tobacco-free Each day is a milestone	Avoid tempting situations Maintain a tobacco-free home and workplace Reward yourself Pursue new healthy activities
STAGE 6 – Congratulations! You are tobacco-free	You did it!	Reward yourself again Keep your support system going
OOPS! Relapse	If you slip... How can you stop again You need help	Learn from your mistakes Look at what brought you back to tobacco Continue to get support from family & friends Set a new stop date

TEN STEPS TO SUCCESSFUL HABIT CHANGE

- 1. ONE AT A TIME** - Choose a single habit or behavior that you would like to change. Write down all the reasons why you want to make the change.
- 2. KNOW YOURSELF.** Closely observe everything related to the behavior or habit that you want to change.
What triggers the behavior? _____
What reinforces the habit? _____
- 3. GET REAL.** Set a realistic goal that you can achieve. Make a commitment to short and long term goals.
Short Term Goal: _____
Long Term Goal: _____
- 4. HAVE A PLAN OF ACTION.** Write a plan of action with detailed ways in which you can reach your goal.
Set a starting date.
Record the ways you will control your environment.
Set rewards for your short and long term goals.
- 5. GET SUPPORT.** Involve friends & family to provide support.
- 6. TRY SOME TRICKS.** Use behavior modification techniques to facilitate change (go for a walk, take up a new hobby, call a friend).
- 7. STRATEGIZE.** Plan ahead for the problem situations and how you will handle them comfortably. Think them through and get psyched for success.
- 8. START NOW.** Don't put it off. The sooner you get started, the sooner you will see results.
- 9. GET A ROUTINE.** Maintain behavior change by establishing a routine with both your eating and exercise habits.
- 10. REWARD YOURSELF.** Once you've reached your goal, evaluate your changes and what worked best. Enjoy your reward.

KNOW YOUR TRIGGERS!

Behavior Modification Tips

1. **YOUR BODY LIKES ROUTINE** - Establish a regular routine with healthy habits such as rest, eating and regular exercise.
2. **GET MOVING** - Regular exercise is essential for physical fitness and good health. Incorporate aerobic exercises such as walking, biking, and swimming, at least 3 times a week. This will minimize weight gain.
3. **KICK THE HABIT** - Stay away from "triggers" that increase your desire to smoke.
4. **TAKE STOCK OF WHAT YOU'RE DOING** - Keep a daily journal to record your thoughts and feelings throughout your day's activities. This is helpful for reflection and correction.
5. **USE THE DELAY TECHNIQUE** - When you get the urge, find something else to do to keep you occupied and your mind away from the temptation.
6. **CRISIS CONTROL** - Identify your problem times and substitute alternate activities which keep you clear of tobacco products.
7. **REWARD YOURSELF** - Give yourself a pat on the pat every day you go without tobacco products. Set short term goals for being tobacco-free and a specific reward when you reach each milestone.

Getting Through Your Initial Smoke-Free Period

Be Positive- You Can Do It!

Remember why you wanted to quit and the long list of benefits of quitting; feeling better, breathing easier, improved circulation, better smelling clothing and breath, whiter teeth, less wrinkles and lots more energy for work and play.

The Smoking Urges Will Pass!

Urges or cravings for tobacco are temporary and don't usually last long. Wait it out, think about doing something else, and it will pass.

Relax, Relax and Relax Some More.

Stress affects all of us every day. If you feel tense, close your eyes and take several, slow deep breaths. Imagine being in a favorite place as you keep breathing deeply. Listen to relaxing music or purchase a relaxation video.

Talk with Your Health Professional, Family & Friends

Don't quit on your own – it's really hard to do! Support from friends, family and health professionals improve your chances of staying away from tobacco for good.

Being in Control of Withdrawal Symptoms

There will be withdrawal symptoms after you quit smoking. These symptoms are good signs that your body is recovering from smoking. Most symptoms end within 2-4 weeks. Your knowing this will help you stay in control and not smoke.

Withdrawal Symptom	Things You Might Do
Craving for Cigarettes	Do something else. Take slow deep breaths. Tell yourself 'Don't Do It!'
Anxiety	Take slow deep breaths. Don't drink caffeinated drinks. Do other things.
Irritability	Go for a Walk. Take slow deep breaths. Do other things.
Trouble Sleeping	Don't drink caffeinated drinks. Don't take naps during the day. Imagine something relaxing like a favorite spot. Exercise regularly.
Lack of Concentration	Do something else. Take a Walk.
Tiredness	Exercise regularly. Get plenty of rest.
Dizziness	Sit or lie down. Know it will pass.
Headaches	Relax. Take mild pain medication as needed.
Coughing	Sip cold water.
Tightness in Chest	Know it will pass.
Constipation	Drink lots of water. Eat high fiber foods like fresh fruits & vegetables.
Hunger	Eat well-balanced meals. Eat low-calorie snacks. Drink cold water.

Smoking Cessation Support Programs (By State & National)

MAINE

Partnership for A Tobacco-Free Maine
The Maine Tobacco Helpline. Call It Quits. 1-800-207-1230

MASSACHUSETTS

Smoker's Quitline
1-800-TRY-TO-STOP

NEW HAMPSHIRE

Freedom From Smoking
1-800-548-8252

New Hampshire Lung Association
1-800-LUNGUSA

NEW YORK

Capital District Tobacco-Free Coalition
518-459-4197 ext. 322
www.smokefreecapital.org

New York State Smoker's Quitline
1-888-609-6292

Southern Adirondack Tobacco Free Coalition 518-581-1230

VERMONT

Toll-free Quit Line
1-877-YES-QUIT (877-937-7848)

NATIONAL

1-800-4-CANCER, National Cancer Institute, Toll-Free Cancer Information Service

1-800-ACS-2345, American Cancer Society's Cancer Response System

Web Sites

Office on Smoking and Health, Centers for Disease Control

www.cdc.gov/tobacco/index.htm

National Cancer Institute

www.cancer.gov

American Cancer Society

www.cancer.org

American Lung Association

<http://www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=33484>

Quitting Tips

<http://www.stopsmokingcenter.net/>

Quitnet: Quit Site For Consumers

<http://www.quitnet.com/>

Mayo Health Clinic

<http://www.mayoclinic.com/index.cfm>

(search for smoking)

www.tobaccofreemaine.org

References

Capital District Tobacco-Free Coalition

3 Winner's Circle, Suite 300, Albany, NY 12205

"Partnership for A Tobacco-Free Maine"

Bureau of Health, Department of Human Services
221 State Street, Augusta, Maine 04333

"Good Work! Creating A Smoke-Free Workplace", Partnership for A Tobacco-free Maine, Bureau of Health, Department of Human Services.

"Making Your Workplace Smokefree, A Decision Maker's Guide," U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Office of Smoking and Health, Wellness Councils of America, American Cancer Society

"A Clinical Practice Guideline for Treating Tobacco Use and Dependence", A U.S. Public Health Service Report, American Medical Association, June 28, 2000.