

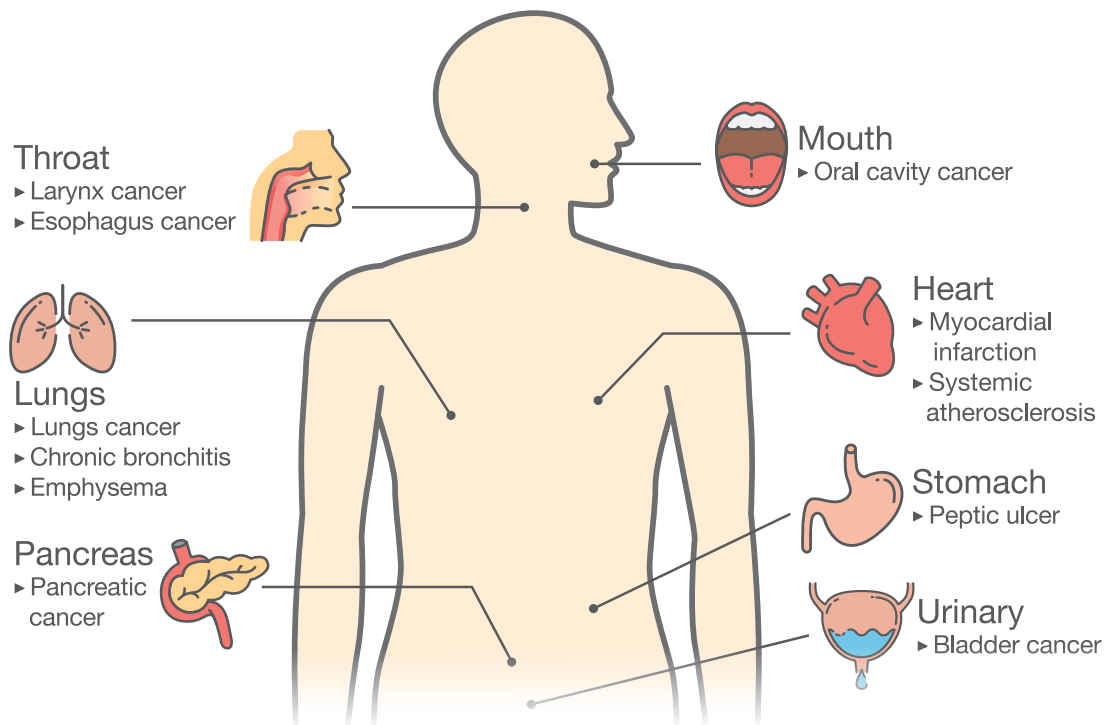
Quitting Tobacco and Nicotine



SANFORD
HEALTH

Think About Your Tobacco and Nicotine Use

Tobacco and nicotine use affects more than your lungs.



Health Benefits for Users Who Quit

Your body begins to heal as soon as you quit using tobacco.

- **Within minutes:** your heart rate and blood pressure begin to return to normal.
- **Within a few hours:** the level of carbon monoxide in the blood begins to decline. (Carbon monoxide reduces the blood's ability to carry oxygen.)
- **Within a few weeks:** people who quit have improved circulation, produce less phlegm, and cough or wheeze less often.
- **Within several months:** people can expect improvements in lung function.
- **Within a few years:** people will have lower risks of cancer, heart disease, and other chronic diseases than if they had continued to smoke.
- **Quitting:** reduces the risk of cancer and many other diseases, such as heart disease and lung disease.
- **Longer life:** regardless of their age, people who quit can live longer.

Why/When Do You Use Nicotine?

This is a list of common reasons or triggers.

Check all that apply to you:

- | | |
|---|--|
| <input type="checkbox"/> After meals | <input type="checkbox"/> Habit |
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Having an argument |
| <input type="checkbox"/> Being around other tobacco users | <input type="checkbox"/> Keeping hands busy |
| <input type="checkbox"/> Boredom | <input type="checkbox"/> Nervousness |
| <input type="checkbox"/> Celebrating | <input type="checkbox"/> Seeing people use tobacco |
| <input type="checkbox"/> Coffee, tea, or pop | <input type="checkbox"/> Socializing |
| <input type="checkbox"/> Driving | <input type="checkbox"/> Stress |
| <input type="checkbox"/> Feeling angry | <input type="checkbox"/> Talking on the phone |
| <input type="checkbox"/> Feeling alone | <input type="checkbox"/> Work breaks |
| <input type="checkbox"/> Feeling sad | <input type="checkbox"/> Other_____ |
| <input type="checkbox"/> Feeling scared | <input type="checkbox"/> _____ |

Identify Barriers to Quitting

What is blocking your way to your success? Check all that apply to you:

- | | |
|--|---|
| <input type="checkbox"/> Dealing with stress | <input type="checkbox"/> Low motivation |
| <input type="checkbox"/> Death of a loved one | <input type="checkbox"/> New job |
| <input type="checkbox"/> Divorce or separation | <input type="checkbox"/> Weight gain |
| <input type="checkbox"/> Fear of failure | <input type="checkbox"/> Withdrawal symptoms |
| <input type="checkbox"/> Habit | <input type="checkbox"/> Being around other users |
| <input type="checkbox"/> Health problems | <input type="checkbox"/> Other_____ |
| <input type="checkbox"/> Loss of relationships | <input type="checkbox"/> _____ |

Why Do You Want to Quit?

Think about why you want to quit. Here are some important reasons to think about quitting. Check the reasons that apply to you. Add your own reasons to the list.

- ☐ Cost savings: Consider both the cost of nicotine products and health care costs.
- ☐ Family: Prevent danger to your loved ones from second and third hand exposure.
- ☐ Health benefits: Quitting is the best way to improve your health and prevent disease.
- ☐ Not allowed at work.
- ☐ Social pressure: The pressure to stop using is all around you.
- ☐ Other reasons to quit tobacco: _____
- ☐ _____
- ☐ _____

How Much Money Could You Save?

Do you know how much money you will spend on tobacco/nicotine products? Use this step-by-step guide to see how much you can save.

\$ _____ price per pack/tin/cartridge
x _____ how many packs/tins/cartridges per week
= \$ _____ each week
x 52 weeks
= \$ _____ per year

Example:

\$ 8.50 per pack
x 7 packs per week
= \$ 59.50 each week
x 52 weeks
= \$ 3,094.00 per year

Types of Nicotine

There are many types of nicotine products. Nicotine and other chemicals are known to harm your health.

- **Cigarettes** contain nicotine plus many different chemicals. Some chemicals make your addiction stronger. The chemicals are absorbed into your blood and affect many parts of your body, not just your lungs.
- **Cigars, cigarillos, little cigars, and pipes** are different sizes and the amount of nicotine can be very high.
- **Chewing tobacco** (snuff or snus) can have as much nicotine as 3 to 4 packs of cigarettes plus added chemicals.
- **Spitless tobacco** (Bandits snus, sticks, strips, and orbs) contains nicotine and chemicals that are absorbed when you swallow the juice.
- **Nicotine pouches** (known as Zyn, Velo, Alp, or On!) are highly addictive and can lead to severe withdrawal when stopped and can have harmful effects on health.
- **Hookahs or water pipes** filter the tobacco through water before it is inhaled. The water does not filter out the chemicals and nicotine.
- **Vaping** uses heat to deliver nicotine in a chemical solution. Nicotine and cancer-causing chemicals are still present and not found to be safer. Reports of severe lung damage and death have occurred.

Tobacco free Nicotine (TFN), called synthetic nicotine, is made using chemicals rather than being extracted from tobacco plants. Little is known about how toxic these products are and there is a concern that these may be purchased with the **false belief** that they are a safe replacement. **These are very addictive!**



Why Is Nicotine Addictive?

Nicotine may be more addictive than cocaine or heroin. Nicotine causes your brain to release a chemical called dopamine (doe-puh-meen). Anything that causes your brain to release dopamine makes you feel good. Your brain gets used to that good feeling. When you do not have nicotine, your brain sends out a signal that it needs more to feel good. You may feel stressed, irritated, and uncomfortable. When you use tobacco, your brain gets a big bang of nicotine and you get a big boost of pleasure from the dopamine. Your craving for nicotine is not a weakness or a bad habit – there is a real chemical reaction behind it.

About Nicotine Replacement Therapy (NRT)

You may wonder why you should switch from tobacco to NRT to get nicotine.

Using NRT to get nicotine will:

- Give your brain a smaller boost of dopamine than tobacco
- Provide a more controlled amount of nicotine that is absorbed more slowly
- Allow your body to be cleansed of the other chemical toxins while you use NRT
- Let you slowly lower the dose of NRT

NRT Products to Manage Cravings

The amount of NRT you need is based on the amount of nicotine that you use. NRT products include gum, lozenges, mini-lozenges, patches, and nasal spray. Generic brands work as well as the name brand products. If you are using the right amount of NRT, your nicotine cravings should be low if present at all.

If your cravings for nicotine persist while using NRT, call your doctor or tobacco treatment specialist for more information. Medications may be used to help decrease cravings for nicotine.



Nicotine Replacement Therapy Available Without Prescription

Nicotine Patch

How to Use

- Releases a steady dose of nicotine that is absorbed through the skin
- Apply to the skin, changing the location every day
- Change patch every 24 hours

Pros

- Easy to use
- Reaches comfortable levels “Patch to Match”
- Very few side effects

Cons or Potential Side Effects

- Slow onset of delivery
- Less flexible dosing
- Vivid dreaming and nightmares
- Mild skin rashes or irritation
- Note: treat mild skin irritation with cortisone cream available without prescription

Dose

- 7 mg, 14 mg, and 21 mg patches
- Using more than one patch is advised only with proper education by your doctor or tobacco treatment specialist

Notes

Nicotine Gum

How to Use

- Absorbs in the lining of the mouth
- Not chewed like regular gum
- Chew until peppery taste is released, then park it between the cheek and the gums
- Do not drink or eat while using

Pros

- Easy to use
- Faster delivery
- Flexible dosing
- Can use with other NRT products
- Various flavors

Cons or Potential Side Effects

- May not be tolerable for people with dental or jaw problems
- Frequent or scheduled use is needed to reach adequate levels of nicotine

Dose

- 2 mg
- 4 mg

Notes

Nicotine Lozenge

- Standard size
- Mini size

How to Use

- Absorbs in the lining of the mouth
- Park it between the cheek and gum
- Let it dissolve
- Do not chew or bite
- Do not eat or drink while using

Pros

- Convenient
- Faster delivery
- Flexible dosing
- Can use with other NRT products
- Various flavors

Cons or Potential Side Effects

- Hiccups
- Heartburn
- Nausea

Dose

- 2 mg
- 4 mg

Notes

Prescription Medicines

Nicotine Nasal Spray

How to Use

- Absorbed through the lining of the nose
- Insert tip into nostril
- Breathe through your mouth
- Spray one time in each nostril
- Do not sniff or inhale while spraying

Pros

- Flexible dosing
- Faster delivery

Cons or Potential Side Effects

- Frequent use is required to obtain adequate levels
- May cause mouth and throat irritation

Dose

- Multi-use spray bottle
- Use as directed

Notes

Varenicline

- (Chantix)

How to Use

- Helps people avoid the physical discomforts of quitting tobacco
 - Acts as a nicotine receptor stimulant and blocker
 - Helps prevent withdrawal and blocks nicotine from getting into the body
- The package will have directions on use. Here is a quick review of what to do:
 - First, pick a Quit Date.
 - 7 days before that date, begin with the first week plan. Increase the dose as directed.
 - Tablets come in different doses. Use care to take the correct pills at the right times.

Pros

- Pill form
- Easy to dose
- High quit rates

Cons or Potential Side Effects

- Nausea: controlled by taking with meals and drinking water
- Vivid dreaming
- Other side effects are rare

Dose

- After the first week, the dose is usually 2 pills each day
- Dose may be adjusted

Notes

Bupropion

- Zyban
- Wellbutrin

How to Use

- May be used to help a person stop using tobacco
- Many people use bupropion along with NRT
- Alters chemicals in the brain to cause effects similar to nicotine

Pros

- Pill form
- Easy to use
- Few side effects

Cons or Potential Side Effects

Not for those with:

- Seizure history
- Eating disorders
- MAO inhibitors
- High blood pressure
- Brain trauma

Dose

Usual dosing:

- 150 mg every morning for 3 days
- Then 150 mg 2 times every day
- Start 7 to 10 days before quitting smoking

Notes

You will need a prescription from your healthcare provider and more instructions about the use of any of these products.

Motivation

Are You Ready to Quit?

Rate Your Motivation to Quit

With 1 being the lowest and 10 being the highest or the most motivated, where are you in your motivation or desire to quit? Circle your motivation number. Then, find your motivation number below. There is no right or wrong answer.

1		2		3		4		5		6		7		8		9		10
---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	---	--	----

1 to 3

You know that you have a problem. You are beginning to think about how to quit. Think about the reasons you use. Do you need more information about how to beat an addiction or handle stress? Learning more about how to quit is an important part of the journey.

4 to 6

Maybe you are not ready to quit today. Change is a process. Pay more attention to when and why you use. Remind yourself about the reasons you want to quit. Plan what you will do with the money you save. Imagine not having to stand in the cold to smoke. Learn more about cessation medication. Plan how you will deal with situations where you will want to use.

7 to 10

You are ready to quit! Start making a plan to stop using. You may choose to set a quit date or make gradual changes. Gather the information and tools that you need to be successful.

Usage Diary

Tear out and use the last page of this guide. Place the diary with your product. Write down when you use. Think about how you felt before using. Keeping a diary can help you decide when nicotine will be easier or harder to give up.

Make a Plan

Most people need to make a plan to stop using. Some choose a quit date and some choose to make more gradual changes.

NRT Products and Prescription Options

Consider if you want to use NRT or other medications to help you quit. Decide which NRT products you would like to use or see your doctor about using a prescription option.

Decide on Your Rewards

Decide ahead of time what your rewards will be so that you are motivated by them:

- Watch a movie
- Play a video game
- Schedule a massage or facial
- Take a walk with a friend
- Listen to music
- Take a warm bath
- Read a book or magazine
- Do fun activities (bowling, go carts, mini golf)
- Sleep late or take a nap
- Buy concert tickets or go to a game
- Start a new hobby (fishing, knitting, etc.)
- Visit several city parks, see what they offer, enjoy nature
- Take a vacation

Pack Your Survival Kit

Gather substitutes that you can use. Keep these items where you normally keep nicotine products or in a small pouch near you.

Oral Choices

- Mints
- Sugarless gum
- Toothpicks
- Sunflower seeds
- Orange wedges
- Carrot or celery sticks
- Water
- Cinnamon stick
- Blow soap bubbles
- Brush your teeth

Keep Busy

- Squeeze a stress ball
- Doodle with a pen or pencil
- Play games on your cell phone
- Stretch a rubber band
- Hold a marble or worry stone
- Play solitaire using playing cards
- Do puzzles – Sudoku, crosswords, word searches

Get Rid of Your Supplies

- Remove all forms of nicotine from your home, car, purse, backpack, and other places you stash them
- Throw away all matches, lighters, ashtrays, and vaping devices
- Wash your clothing or jackets so they do not smell
- Clean your car

Setting a Quit Date

Pick a date after you have made your plan, avoiding holidays or other times that are less likely to lead to success.

Coping Plan

Think about the times you were tempted to use in the past. Refer to the coping suggestions on the following pages for each of those situations. Then decide the best coping choices for you.

These tools will help you the next time you are tempted. Think about the triggers you identified earlier. For each trigger:

- Pick 1 coping tip to change what you **do**.
- Pick 1 coping tip to change how you **think**.
- Using 2 or more tips together **increases** your ability to cope.

Work at this for at least 6 to 8 weeks. You will quickly learn to deal with tempting situations that come along.



Coping Menu

Preventing Urges

You can do many things to get rid of the urge to use before you get into a tempting situation.

- Picture yourself easily dealing a situation without nicotine products.
- Make a plan. Know what you will do in any given situation before it happens. Practice that plan often.
- Avoid stressful situations.
- Change the routines you had as much as possible.
- Rethink your belief that nicotine products makes your life better or helps you deal with all your problems.
- Begin an exercise program. Walk briskly a few minutes every day. Increase the amount you walk every day.
- Keep yourself busy. Avoid boring situations where you may begin to think about using.
- Remind yourself often that you are happy not using and that life is much better without it.

General Suggestions

It is natural that you will have thoughts about using. Try the 5 Ds:

1. **Deep breathing.** Every time an urge hits, take in a slow deep breath and hold it for 3 to 5 seconds. Then slowly exhale for 6 to 10 seconds.
2. **Drink water.**
3. **Discuss.** Talk about the urge. Call your support person or let people around you know you need to talk for a few minutes.
4. **Delay.** Out wait the urge. The urge goes away whether you use or not.
5. **Distract yourself.**
 - Escape the situation. Leave until you feel comfortable going back
 - Picture a stop sign in your head or say the word “stop” loudly to yourself
 - Count to 20
 - Use positive self-talk. Say to yourself, “I am in control” or “I can get through this”

Specific Situations

Circle ideas that you want to try:

Morning Routine

- Change the order of your routine.
 - Take a shower as soon as you get up.
 - Eat something for breakfast if you normally do not.
 - If you listen to the radio, turn on the TV. If you watch TV, listen to the radio.
- Look in the mirror first thing each morning and say, “I’m proud to be a non-smoker!” or “I am proud that I do not chew or vape any more!”

Evening Routine

- Find projects to do while at home. Clean out the basement, refinish furniture, rearrange the kitchen cupboards, and more.
- Keep yourself occupied while watching TV. Do puzzles, make out a grocery list, read a magazine, knit, or crochet.
- Visit family or friends instead of staying at home.
- Begin a new hobby or volunteer at a local organization.
- Start an exercise program.

After Meals

- Get up from the table as soon as you are done eating.
- Brush your teeth after every meal.
- At home, have dessert and coffee in a different place from dinner.
- Do the dishes in the sink after each meal instead of using a dishwasher.
- Take a short walk after each meal.

Coffee

- Drink a flavored coffee, a different brand, or switch to tea.
- Drink coffee out of a glass, paper cup or the good china you never use.
- Change where you have your coffee breaks at work.
- If you always have your morning coffee at home, have it at a café or at work.
- Hold your coffee in the hand opposite of the one you usually use.

Parties/Socializing

- Before you go, develop and practice a plan to deal with the situation.
- Rehearse going to the function.
- Close your eyes and see yourself having a good time, meeting people, and enjoying the music.
- Practice saying, “No thank you, I quit.”
- Limit yourself to 1 or 2 alcoholic drinks or avoid alcohol completely.
- Have a support person with you at the party.

Alcohol

- Explore alternative ways to socialize with friends:
 - Go to a movie.
 - Work out or take a walk together.
 - Have a party without alcohol.
- If you choose to drink:
 - Change what you usually drink.
 - Limit yourself to 1 or 2 alcoholic drinks.
 - Talk about the urge to use when it occurs.
- Decide not to go to a bar for at least the first few weeks after you quit.
- Remind yourself that you can have fun without drinking.

Work

- Rearrange your office or work space if you can.
- Put a photo of your reward in your space.
- Change your work routine as much as possible.
- Listen to music, talk radio, or podcasts.
- Have a support person at work.

Breaks

- Take your break at a different time than usual. Try to spend your break time with people who do not use.
- Change the place where you take your break.
- Take a short walk instead of staying indoors.
- Do a crossword puzzle or read a novel.
- Realize that you do not need an excuse to take a break. You deserve it.

Boredom

- Always carry a book, newspaper, crossword puzzle, or electronic game with you.
- Plan so that you will not have long periods of being still.
- Learn to enjoy doing nothing from time to time. You do not always have to be doing something important.
- Use idle time to make the grocery list, plan your schedule, or write letters.
- Start a new hobby or begin an exercise program to fill the time.

Negative Moods

- Rethink your belief that using will calm or relax you.
- Ask yourself how nicotine will make the situation any better.
- Do deep breathing throughout the day.
- As you do the deep breathing, think calming thoughts. Say to yourself, “I can get through this” or simply “I am calm.”
- Realize that using hurts you more than anyone else. Nicotine use is not a good way to get back at anyone or to punish someone you are angry with.

Stress Management

- Using nicotine never made a situation any better or helped you deal with it.
- Step back, take a deep breath, and say to yourself, “I can handle this.” Then, deal with the problem.
- Discuss how to handle stressful situations with friends, relatives or trusted clergy before those situations happen so you are not forced to make a quick decision.
- Every problem has a solution that does not involve using.
- Begin an exercise program, take a formal stress management class, or learn to meditate.

Car

- Choose a slightly different route for routine trips.
- Listen to a talk radio station or audio books to keep your mind occupied when you drive.
- Clean your car and replace cabin air filter.

Telephone

- Stand instead of sitting when you talk on the phone.
- Hold the phone in the hand opposite of the one you usually use.
- Limit your time on the phone. Consider using email or text message instead.

Hand to Mouth

- Hold and suck on a cinnamon stick.
- Chew strong, tangy, sugar-free gum.
- Suck on sugar free candy.
- Eat carrots or celery sticks.
- Use straws, swizzle sticks, and toothpicks.
- Hold your coffee cup with the opposite hand.

Weight Gain

- The average weight gain as a result of quitting is 5 to 7 pounds.
- Drink 6 to 8 glasses of water a day.
- Begin an exercise program.
- Nicotine does not turn your body into a fat burning machine.

Other Users

- Avoid places where you know people are using.
- Leave the area from time to time, if you have to be in a place others use.
- Tell others that you are trying to quit and ask them not to use around you.
- Ask yourself what is still appealing about seeing other people use tobacco.
- Realize that they are not happier or having more fun than you are just because they are using.

Living With Someone Who Uses Nicotine

- Agree where and when they will use.
- Ask them to keep their products where you will not be able to find them.

Setting Goals Can Help You Reach Success

When you have decided to take the big step and quit tobacco, write a goal in the **SMART Format**.

Specific What do you want to do, exactly?
Measurable Answers how much or how many.
Attainable Something you want or decide to do.
Realistic Is this do-able? This does not mean it is easy.
Timely What time frame? 1 week, 3 weeks? What is your deadline?

Here are examples of SMART goals:

“I will quit (Specific) (Measurable) with the use of NRT (Attainable) and a plan for coping with urges (Realistic) by September 1 (Timely).”

“I will quit over lunch break (Specific) (Measurable) by taking a walk (Attainable) during my half hour break (Realistic) starting July 1 (Timely).”

Write Your Goals Below

Dealing With Slips

Think about why you slipped.

- Have you found a new trigger?
- Did you learn anything about being tempted?
- Did you try some coping tips?

You could get an urge to use even years after you have quit. If you find yourself thinking of using nicotine again, here is something to consider: All relapses begin with 1 cigarette, 1 puff, or 1 dip of chew. But, that does not mean you are hooked again. Consider it a slip, no matter how strong your cravings have become. Stopping immediately will be a lot easier than having a full relapse.

For Intense Cravings

If you are struggling with a strong craving, use the “should I or shouldn’t I” thought:

- Use a few pieces of low dose nicotine gum or lozenges to help you curb those cravings. You will not give your brain the blast of nicotine that can wake up those receptors and get you started again.
- Use several ways to cope mentioned in this booklet.
- Call a trusted friend or a tobacco treatment specialist for ideas and inspiration in ways to stay quit.

Do not lose hope. You are no longer a nicotine user. Review all the positive changes that you have made. Renew your commitment to be **nicotine free**.

Weaning NRT

Once you have stopped using tobacco completely, you should begin cutting back on the NRT.

- Decrease the amount you use slowly. If using patches, lower the dose 7 mg at a time. (Choose a lower dose of the NRT patch.)
- Stay on each dose for 4 to 6 weeks or longer if advised.
- Take time to let the nicotine receptors that have been calling for nicotine go to sleep or become less active.
- If you drop down to a lower level and your cravings become uncomfortable, it is okay to increase your NRT dose and try weaning later.
- As you move to a lower dose of nicotine patch, use gum or lozenges for cravings.

For More Information

Smokefree.gov

- (800) QUITNOW / (800) 784-8669

State Quitlines:

- Iowa: quitlineiowa.org (800) QUIT NOW / (800) 784-8669
- Minnesota: quitpartnermn.com 1-800-QUIT NOW
- Nebraska: quitnow.ne.gov (800) QUIT NOW / (800) 784-8669
- North Dakota: hhs.nd.gov/health/ndquits
- South Dakota: sdquitline.com (866) SD-QUITS / (866) 737-8487
- National Cancer Institute Smoking Quitline: (877) 44U-QUIT / (877) 448-7848

Apps you may find useful for iPhone and android phones:

- Smoke Free
- Kwit
- Plan Q
- Quit Vaping Smoking Tracker

Sanford Tobacco Cessation Programs

Call to learn more about the Sanford Health Tobacco Cessation programs near you.

Bemidji

(218) 333-5283

Bismarck

(701) 323-2935

Fargo

(701) 234-8383

Sioux Falls

Contact primary clinic RN Case Manager

Usage Diary

Ratings:

1. I could **do without** nicotine.

2. I would like nicotine.

3. I need to have nicotine.

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Notes

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

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