



SUD* RECOVERY CENTERS

*Substance Use Disorder

(Our logo is inspired by the firebird Phoenix, which is a mythical symbol of regeneration and renewal of life.)

www.SUDRecoveryCenters.com

Genesis Behavioral Services, Inc. and Matt Talbot Recovery
Services, Inc.

Psychoeducation Series

— Topic: Smoking Cessation

(A “Stay Safe” Presentation prepared for and presented to our clients)

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Objective

To empower you with the knowledge and tools to quit smoking and take control of your health



Agenda

- Background on smoking and addiction
- Nicotine addiction and health risks of smoking
- Why you should quit
- How to quit
- Resources available to you



Tobacco Use

- Nearly 40 million Americans still use tobacco
- Tobacco use is the leading cause of preventable disease, disability, and death in the United States.
- Smoking is responsible for approx. 1 in 5 deaths in the US.



What's in a cigarette?

There are over 7000 chemicals in tobacco smoke, 70 of which are cancer-causing.



When you smoke, these chemicals enter your bloodstream and spread throughout your entire body, increasing your heart rate and blood pressure and putting you at risk of numerous diseases and health effects.

What's in a cigarette?

Cigarette companies put additives into their cigarettes to mask the harshness of the tobacco and make it easier to inhale smoothly.

Some of these chemicals include:

- Nicotine
- Acetone
- Formaldehyde
- Tar

Smoking harms nearly every part of the body

- Causes cancers, including lung, throat, bladder, kidneys, stomach, bowel, and oral cancer
- 9 in 10 lung cancer cases are caused by smoking
- 4 times higher risk of stroke

1 in 2 people who smoke will die from a smoking-related illness

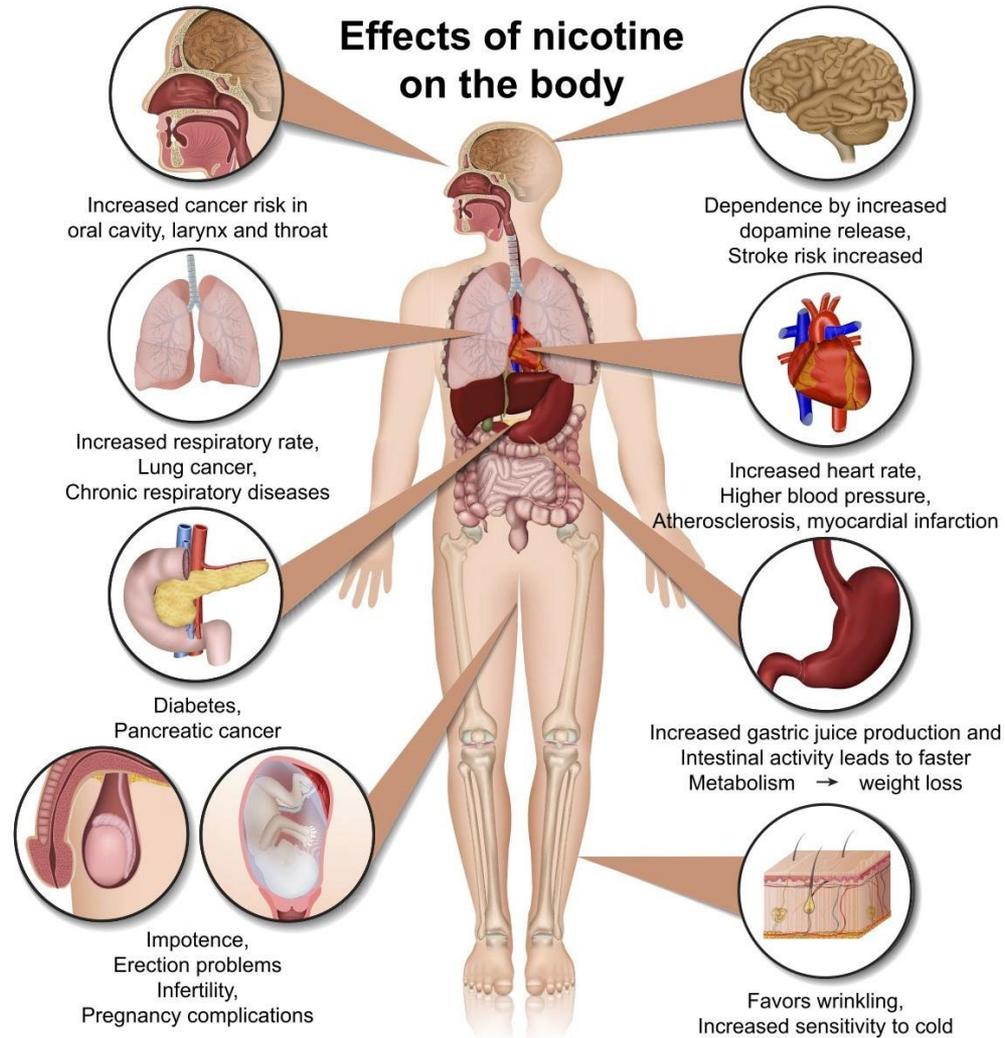


Health effects of cigarettes

- Smoking causes cancer, heart disease, stroke, lung diseases, diabetes, and chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis.
- Damages reproductive systems in both men and women
- Harms immune system, making you more prone to infections
- Can cause hearing and vision loss



Effects of nicotine on the body



Good news!

Quitting smoking lowers most of these risks and adds
years to your life!

It's never too late to quit.



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Benefits of Quitting

The benefits of quitting begin within 20 mins of your last cigarette!

Within 20 mins: Your heart rate and blood pressure normalize

Within 24 hours: Your blood vessels relax and more oxygen can circulate your body, lowering your risk of heart attack

After 2-3 weeks: Your lung capacity improves and breathing (and exercise) becomes easier

After 2-3 months: Risks for expectant mothers and their babies are dramatically reduced

After 1 year: Your risk of coronary heart disease is half of that of someone who still smokes. Your risk of smoking-related heart attack drops by 50%.

After 5 years: Your risk of stroke falls to that of a non-smoker



Smoking is an addiction and can be challenging to quit



Nicotine Addiction



Nicotine is a highly addictive chemical.

- Reaches the brain in less than 7 seconds
- Stimulant; can improve concentration and alertness temporarily
- Causes the brain to produce dopamine, the “feel-good” chemical

When nicotine wears off, your brain wants more dopamine and you start to crave another cigarette.



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Nicotine Addiction

Nicotine addiction is both mental and physical.

Physical: you crave the chemical

Mental: you desire the feelings of relaxation from nicotine

Behavioral: Nicotine use becomes part of your routine and you become dependent on actions involved with smoking. The addiction is physical, meaning habitual users come to crave the chemical, and also mental, meaning users consciously desire nicotine's effects.



Symptoms of Nicotine Addiction

- You can't stop smoking.
- You have withdrawal symptoms when you try to stop.
- Smoking has given you serious health problems, but you continue to smoke
- You prioritize smoking over social activities where you can't smoke

Quitting Smoking



Quitting smoking can be difficult, but there are proven strategies and aids that can help you quit successfully.



You CAN quit smoking

Quitting smoking adds years to your life.

- Quitting reduces your risk of premature death and smoking-related diseases and can add up to 10 years to your life.

Over half of Americans who have ever smoked have now quit successfully.

Quitting smoking is one of the best things you can do for your health, regardless of your age and how long you've been smoking for.



Steps to Quit Smoking

1. Identify your motivations
2. Set a quit date
3. Choose quit supports
4. Set yourself up for success



What are your reasons for quitting?

What's motivating you to quit?

- Savings?
- Your health?
- Loved ones?
- To look and feel better?



Quitting is good for your health

- Quitting makes breathing easier
 - Lowers your risk of COPD and asthma
- Quitting protects against cancer
 - Lowers your risk for 12 types of cancer
- Quitting gives babies a healthy start
 - Quitting before or early during pregnancy reduces health risks for both mothers and babies



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Quitting has financial benefits

Quitting smoking is good for your health and for your wallet.

If you smoke 20 cigarettes a day, you can save over \$2200 a year by quitting smoking.

Think about what you can do with this savings. Go on a trip? Save for a home? Treat yourself or a loved one?



Quitting is good for your loved ones' health

- Protects them from second-hand smoke
- You can set a positive example for your family
- Protect pets from second and third-hand smoke residue



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Quitting has mental health benefits

Quitting smoking while in treatment or recovery from mental illness or other substance use increases odds of long-term recovery.

Quitting heals your body and mind.

- Reduces symptoms of anxiety and depression
- Improves mood
- Improves abstinence from other substances

Set a quit date

The first step to becoming smoke-free is choosing when you're going to quit.

Try to set your quit date within the next two weeks. This gives you enough time to prepare, but isn't so far away that you'll lose your motivation.



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Choose Supports

Quitting is about more than just willpower. Nicotine is highly addictive and challenging to quit. When you're trying to quit, you will likely experience the following:

- Cravings: intense urges to smoke
- Triggers: situations, people, or places that make you want to smoke
- Nicotine Withdrawal: symptoms of discomfort as your body adjusts to being without nicotine



Triggers to Smoke

Tobacco addiction is partly behavioral. Usually, people smoke at the same times every day or during the same activities, such as right after waking up or while driving.

When you're trying to quit, these situations can "trigger" you to want to smoke or cause you to crave nicotine.

Try to brainstorm what your triggers are ahead of time and make a plan for how to handle them.



Nicotine Withdrawal

You will likely experience withdrawal symptoms as your body adjusts to being without nicotine. Common side effects include:

- Craving cigarettes
- Feeling irritable, restless, or anxious
- Trouble sleeping

Quit aids can help mitigate these symptoms as your body adjusts.



Quit Aids

Medications can help you handle cravings and withdrawal symptoms.

- **Nicotine Replacement Therapy (NRT):** Products containing low doses of nicotine that treat physical dependence on nicotine without any of the chemicals found in tobacco
 - Incl. nicotine patch, gum, lozenge, inhaler, and mouth spray
- **Prescription Medications:** Varenicline and Bupropion work by blocking nicotine receptors in the brain to reduce withdrawal symptoms, including cravings



Types of NRT

NRT Types	How to Get Them	How to Use Them
Patch	Over the Counter	Place on the skin Gives a small and steady amount of nicotine
Gum	Over the Counter	Chew to release nicotine Chew until you get a tingling feeling, then place between cheek and gums
Lozenge	Over the Counter	Place in the mouth like hard candy Releases nicotine as it slowly dissolves in the mouth
Inhaler	Prescription	Cartridge attached to a mouthpiece Inhaling through the mouthpiece gives a specific amount of nicotine
Nasal Spray	Prescription	Pump bottle containing nicotine Put into nose and spray

Behavioral Support

- Counselling helps you to feel prepared to quit
- You will learn how to cope with nicotine withdrawal, cravings and triggers to smoke
- You will get prepared to handle stress, mood changes, and other challenges that you may experience when quitting

Your best chance for quit success is through a combination of behavioral support and medication.

Forms of Behavioral Support

- Quitlines: telephone help lines that connect you to a trained smoking cessation counselor
- In-person with a health-care professional
 - Individual or group coaching
- Text message and online support



Find support

- **Quitline Support:** Call 1-800-QUIT-NOW (1-800-784-8669).
- **Text Support:** Text READY to 200-400
- **Online Support:** Chat with a quit smoking counselor online at www.quitnow.net
- **App Support:** Download the free quitSTART app to access support whenever you need it, from your mobile phone.

Get a FREE two-week supply of nicotine replacement therapy when you call the Quitline or chat with a counselor online or via text.



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Tips for Success

- Build your support system
 - Tell your friends and family you're quitting
 - Ask for what you need
- Clean out your smoking materials
 - Get rid of anything that reminds you of smoking
- Stock up on healthy snacks
 - Things to keep your hands and mouth busy
- Go easy on yourself
 - Quitting isn't easy, but it's worth it



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You can do it!



Questions?



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Thank you!

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