

# The Pocket Guide to a Tobacco Free Life

You can take control of your life



Learn:

- The consequences of using tobacco
- Patterns of Psychological Dependence
- Tools to quit
- Benefits of a tobacco free lifestyle

Stuttgart Health Clinic

For Assistance Contact Us:  
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# The Consequences of Addiction

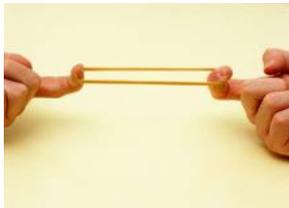


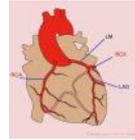
## **On your health:**

### **Circulatory System**

- Blood Vessels Narrow = poor circulation
- Eye health is affected by poor circulation
- The skin is affected by poor circulation
- Legs & arms are affected by poor circulation
- **Domino effect**

Your circulatory system is like a rubber band, and when you use tobacco this is what happens...





**Side effects of tobacco use:**

- High Blood Pressure
- Coronary Heart disease
- Hardening of arteries
- Teeth stains
- Gum Disease
- Cancer (lung, throat, mouth, pancreas, etc.)

**When you use tobacco you increase your risk of:**

- Stroke
- Heart Attack
- Cancer



**Is one cigarette worth your life?**

**The Hard Facts**

*1/2 of all smokers that don't quit die from tobacco related illness.*

*Tobacco is as addictive as heroin.*



# Your habit affects others

## Family

- Tension between you and your spouse or partner
- Health consequences for those that live with you due to second hand smoke



## Children

- Respiratory issues
- Asthma
- Auto Immune Deficiency
- Ear Aches
- Decreased performance in school

## Friends & Coworkers

- Health consequences due to second hand smoke
- Tension due to different opinions regarding tobacco use



## Did you know...

Many employers in the civilian world won't hire smokers due to insurance costs and lost work time.





## **Tobacco and Men vs. Women**

*Women metabolize nicotine differently than men so that nicotine actually stays in the system longer.*

*Smoking while pregnant can have serious health implications for your unborn child.*

*Lung cancer causes more deaths in women than breast cancer.*

*More than 173,000 women die from smoking related diseases each year.*

**But I feel fine!**

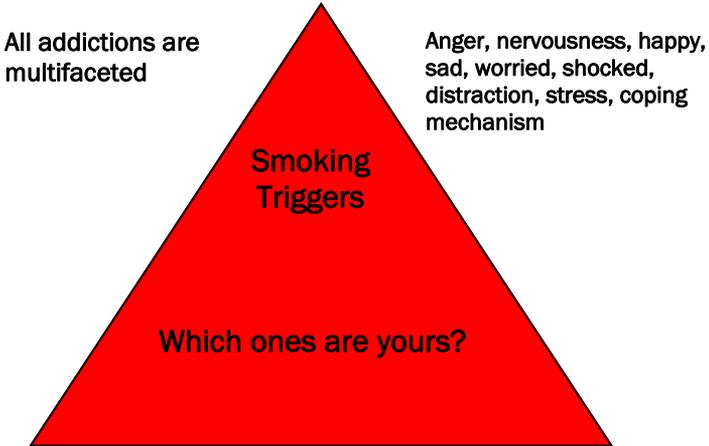
**I max PT!  
I've never felt better!  
I look great!**



Your body is like an airplane with four engines. The plane can still run even if one, two, or even three of the engines are down.

But you better hope that last engine doesn't quit or the plane will come crashing out of the sky.

# Patterns of Psychological Dependence



Addiction

Moody, decreased alertness, agitated, craving, tense, head aches, jittery, sleep affected

Habit

Wake up, after meals, after coffee, breaks, driving, before and after PT, drinking, socializing.

Everyone's pattern of dependence is different. The important thing is that you start thinking about what triggers your tobacco usage.

**It's not how fast you stop using tobacco but for how long. It's not a sprint it is a marathon**





**E-cigarettes, chewing tobacco, cigars and cigarettes...**

## **THEY ARE ALL DEADLY!**

Fast Facts:

One can of dip can amount to the nicotine of roughly 400 cigarettes of nicotine.

E-cigarettes are not currently regulated and contain synthetic nicotine as well as at least 10 cancer causing substances.

Vapor and smoke are both bad!

**Nicotine binds to red blood cells.**

Smoking a pack a day is like carrying 100 extra lbs. in terms of your health. That's 5 extra lbs. per cigarette!

Don't let clever advertising fool you, tobacco in any form is bad for your health. Refuse to let tobacco companies profit from destroying your health!



## Get the **tools** to quit

- ⇒ Identify what triggers your habit
- ⇒ Find the best strategy for you (medical vs. nonmedical)
- ⇒ Prepare yourself to combat your cravings
- ⇒ Understand the “hand-oral reflex”
- ⇒ Focus on positive outcomes
- ⇒ Stay motivated: you can do it!



### What is the “hand-oral” reflex?

The natural tendency for human beings to want to put something in our hands in our mouths. Smoking cigarettes satisfies this tendency, but there are healthier alternatives that won't even cause you to gain weight:

- ◆ Licorice
- ◆ Carrot Sticks
- ◆ Grapes
- ◆ Sunflower seeds
- ◆ Apples
- ◆ Pretzels
- ◆ Beef Jerky
- ◆ Peppermints

Other tools to combat your craving:

- ◇ Chewing gum
- ◇ Medical treatment
- ◇ Drink plenty of H2O!



## When You Quit Using Tobacco

### **WITHIN 20 MINUTES OF YOUR LAST CIGARETTE OR LAST DIP/CHEW**

You stop polluting the air  
Blood pressure drops to normal  
Pulse drops to normal rate  
Temperature of hands and feet increases to normal

### **8 HOURS**

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

### **24 HOURS**

Chance of heart attack decreases

### **48 HOURS**

Nerve endings adjust to the absence of nicotine  
Ability to smell and taste enhanced

### **72 HOURS**

Bronchial tubes relax, making breathing easier  
Lung capacity increases

### **2 WEEKS TO 3 MONTHS**

Smokeless tobacco lesions in the mouth are healed  
Circulation improves  
Walking becomes easier  
Lung function increases up to 30%

### **1 TO 9 MONTHS**

Coughing, sinus congestion, fatigue, and shortness of breath all decrease  
Cilia regrow in lungs increasing ability to handle mucus, clean the lungs and reduce infection  
Body's overall energy level increases

### **1 YEAR**

Heart disease death rate is halfway back to that of a nonsmoker

### **5 YEARS**

Heart disease death rate drops to the rate for non smokers  
Lung cancer death rate decreases halfway back to that of nonsmokers

### **10 YEARS**

Lung cancer death rate drops almost to the rate of nonsmokers  
Precancerous cells are replaced  
The incidence of other cancers—of the mouth, larynx, esophagus, bladder, kidney, and pancreas decreases

**American Cancer Society  
Virginia Division, Inc.**



# What happens when you quit?

- \* Within 48 hours your nerves start to regenerate
- \* Everything tastes better (wine, spices, salt)
- \* Your clothes and breath smell better
- \* You will have more energy
- \* Financial Savings
- \* Increased circulation
- \* Increased red blood cell count
- \* Increased lung capacity (you can run better!)
- \* Reduced risk for developing health problems associated with tobacco use
- \* Better quality of life!

**You can gain back years lost  
off your life due to tobacco**

**When you smoke:**

**Men lose 13.2 years off  
their lifetime.**

***Women lose 14.5 years off  
their lifetime.***



# Resources

## Nonmedical Treatment Options (and where to find them)

- TriCare Prime and Plus Beneficiaries– Visit your health care team at Stuttgart health clinic
- TriCare Standard and Non-TriCare Beneficiary – You can be seen at Stuttgart health clinic on space available basis
- Visit the **Wellness Center** to sign up for Metabolic and body fat composition testing
- Contact Stuttgart health clinic to schedule an appointment with a **Certified Dietician** for a personal nutrition consultation

## Medical Treatment Options

- Make an appointment with your **primary care** doctor to find out about your options for pharmaceutical treatment (nicotine patches, nicotine gum, Bupropion, Chantix)
- Consult with your primary doctor for other methods to help you with quite smoking
  - Hypnosis
  - Acupuncture
  - Magnet Therapy
  - Filters
  - Mind-Body Practices



# Additional

## Helpful Links

[www.ucanquit2.org](http://www.ucanquit2.org)  
<http://smokefree.gov>  
<http://www.cancer.org>  
<http://www.lung.org>

## Helpful Phone Numbers

- CDC Free Support Line: **1-800-QUIT-NOW**
- Nicotine Anonymous (NicA): **1800-TRY-NICA**
  - QuitNet: **1877-44U-QUIT**
- American Heart Association: **1800-AHA-USA-1**
- American Lung Association: **1800-548-8252**

