Smoking Cessation

Presented by

CIGNA Employee Assistance Program

For State Health Benefit Plan (SHBP) Employees
Seminar Goals

- Understand your smoking habit
- Learn health consequences of smoking
- Become familiar with smoking cessation assistance and methods
- Create a personal plan for quitting
Health Consequences

- Nearly 1/5 of U.S. deaths result from tobacco use
- Smokers have two to four times the risk of heart attack and sudden cardiac death
- Smokers are 13-23 times more likely to die of lung cancer
- Smoking causes 30% of all cancer deaths
- Smoking is a major causal factor in emphysema, chronic bronchitis, cerebrovascular disease

Source: American Cancer Society
Benefits of Quitting Smoking

- Most negative effects can be reversed
- Carbon monoxide levels in the blood begin to drop
- Circulation improves
- Nerve endings in the nose and mouth regrow
- Ex-smokers have more energy and fewer colds and respiratory infections
- They feel more in control of life, have more money, and feel less negative social pressure
The Three Components of a Smoking Habit

- Physical
- Behavioral
- Psychological
Physical Effects of Nicotine in the Body

- Mood altering drug
- Mild euphoria
- Stress reduction
- Weight control
- Improved performance on some tasks
Physical Reactions to Nicotine in the Body

- Decreases skin temperature
- Increases heart rate
- Increases blood pressure
- Increases respiration
- May aggravate or mask symptoms of other illnesses
Psychological & Behavioral Aspects

- Can be tougher than physical aspect
- First cigarette often when smoker wakes up, last cigarette often before smoker goes to bed
- Re-learn routines and activities
Triggers and Cues

- Physical Settings: social events, work, home
- Emotional Events: anger, anxiety, stress
- Behavioral Setting: reward, habit, relax
P = Prepare alternatives in advance
L = Look for pleasant, smoke-free activities
A = Avoid temptation whenever and wherever possible
N = Never allow smoking to be an option
Strategies for Quitting

- Restrict smoking access or locations
- Set a specific quit day
- Identify and practice coping skills
- Enlist support
- Build and maintain your motivation
- Reward yourself
Building Your Motivation

- Money
- Health
- Self-Esteem
- Social Pressure
- Family Pressure
Key Elements of Group Support Programs

- A targeted “quit day”
- Education and preparation prior to “quit day”
- Ongoing support following “quit day”
Non-Prescription Methods:

- Brand-switching
- Nicotine filters
- Nicotine gum
Non-Prescription Methods:

- Nicotine patches
- Nicotine lozenges
Prescription Methods:

- Nicotine inhaler
- Nicotine nasal spray
- Bupropion
- Chantix
Alternative Methods:

- Hypnosis
- Acupuncture
- Acupressure
- Laser treatments
- Over-the-counter pills
Summary

- Health consequences of smoking
- Products, programs and strategies to quit smoking
- Remember to PLAN
- Keep trying!!!