

Tobacco Facts — Participant

PARTICIPANT'S OBJECTIVE: *To understand basic facts about Tobacco use.*

Ambivalence

Perhaps you are questioning your own desire to stop smoking. At the moment, the thought of “giving up” on quitting may seem very appealing. This is normal. Many smokers feel ambivalent about quitting. They want to quit but they would also like to go on smoking.

There are many stages one must go through before deciding to quit. Before you decided to take this important step, you might have thought there was no reason for you to quit or denied that you were addicted to commercial tobacco products. Then you probably thought about the possibility of stopping before actually getting motivated to take any action. You may have thought about stopping for a while or tried to quit only half-heartedly. Now it is time to take action! In order to quit you must now take specific steps to tackle this, and begin the process of learning new behaviors. In time, after you have stopped using commercial tobacco, you will have to continue to practice these skills in order to prevent accidental slips. If you do slip, use it as an opportunity to learn from that experience and begin setting new goals for quitting.

Motivation

Think about the reasons that you would like to stop smoking. Be honest. Be fair to both sides of the issue.

- ❖ Is it to have better health?
- ❖ To set a good example for other family members?
- ❖ To protect your family from second-hand smoke?
- ❖ To find a better way to spend your money?
- ❖ To prevent future health problems?

Now think about which reason is the most important to you.

Make a list of the reasons you have to quit smoking. Keep the list posted in a place you see often, keep it in your wallet, or keep the reasons in your memory to remind yourself daily!

Ways to Stop

Cold Turkey — You are probably familiar with the phrase “going cold turkey.” Going cold turkey means that you abruptly stop smoking. If you usually smoke two packs of cigarettes a day, you are going cold turkey if you smoke your usual two packs today and zero cigarettes tomorrow. Any gradual method of stopping smoking is not cold turkey. Most successful former smokers quit cold turkey. Cold turkey is also the simplest and — for most people — the easiest way to quit.

Tapering — Some smokers find it helpful to taper or cut down the number of cigarettes they smoke before quitting. Tapering involves counting your cigarettes and smoking a set fewer numbers each day. For example, you might decide to reduce the number of cigarettes you smoke by two each day for several days. Each day you choose your two “least needed” cigarettes to part with. You can also taper by smoking the same number of cigarettes each day, but smoking only **3/4** of each cigarette, then **1/2 of each, and then** just a few maintenance drags. Tapering can reduce the level of nicotine in your body, making it easier to quit. It may also give you confidence in your ability to stop. Be advised that this technique can be very hard and that most smokers find it very difficult to smoke fewer than 10-12 cigarettes per day. If you want to try tapering before quitting, we suggest you decrease your number of cigarettes per day to 10-12 and then quit entirely. Stopping gradually is not likely, however, to reduce the withdrawal symptoms of individuals who are addicted to nicotine.

Postponing — This is another gradual method in which the individual postpones the time they begin smoking each day by a predetermined number of hours. Once smoking begins each day, there is no need to count cigarettes or focus on reducing the number smoked. You might decide to postpone the time you start smoking by two hours each day for six days, until you reach your personal quit date. On the first day, smoking might begin at 9 a.m., on the second day 11 a.m., third day 1 p.m., fourth day 3p.m., fifth day 5 p.m., and sixth day 7 p.m. The next day (the seventh day) is the QUIT date, and first day with no cigarettes.

When choosing to stop gradually, you may also want to change your smoking habits. Change brands every time you buy a pack. If you usually sit while smoking, stand up. If you smoke after eating, take a walk, chew gum or drink a glass of water. Don't buy cartons — buy one pack at a time. Practice traveling without your cigarettes — leave your pack at home.

Pharmaceutical Aids

A number of pharmaceutical aids have been found to help people quit smoking. Talk to your doctor or clinic healthcare provider about methods you can use in addition to meeting with your Second Wind group.

Basic Tobacco Facts

Cigarette smoke contains more than 4,000 chemicals. Two hundred of these chemicals are poisonous and over 40 of these chemicals are known to cause cancer. These are just a few of the chemicals contained in commercial tobacco products:

- **Nicotine** - is an insecticide that is so powerful farmers are no longer allowed to use it to kill insects. If all the nicotine in a single pack of cigarettes were ingested at once it would kill you. It's a poison that causes a rise in blood pressure and heart rate, narrows the blood vessels and is very addictive.
- **Tar** is found in ALL “additive-free” commercial tobacco products. It contains benzopyrene, one of the deadliest cancer causing agents known to man.

- **Formaldehyde is used to preserve dead bodies.**
- **Hydrogen cyanide was used to kill people in gas chambers.**
- **Carbon monoxide is gas emitted in car** exhaust fumes. It causes shortness of breath and reduces the amount of oxygen carries in the blood.
- **Arsenic is often used as a rat poison.**
- **Cadmium is used in car batteries.**
- **Acetone** is found in fingernail polish remover.
- **Methane** is produced along with cow manure.

Smoking 2 packs of cigarettes a day takes 8 years off your life. Even light smokers, who smoke 2-9 cigarettes daily, shorten their lives by 4 years.

“A basic understanding from which we can start our dialogue is that tobacco can both give life and take *life*. It is a very powerful, potent and magical being whose physical properties can cause great harm when abused. The flip side is that tobacco can also provide great healing when not abused. Of all contributions Native Americans have given the world, tobacco is probably the best known. However, when most people think of tobacco today, they don’t consider the depths of its story or the unique role this powerful plant has had throughout our history. A great many of our people have become habituated to the nicotine contained in this plant This should be of great concern to us all, because we are connected to each other; what affects one affects us all.”

Tharon P. Weighill Sr. -
Churnash

Excerpt taken from: A Guide to Help Indian People to Quit Smoking, California Rural Indian Health Board

Cigarette Related Mortality: Cigarette smoking is the single most preventable cause of premature death in the United States. Four of every 10 American Indian adults are currently addicted to some form of commercial tobacco. 28 percent of Native American youths also currently abuse commercial tobacco. These are the highest numbers of any ethnic group in the United States currently.

Although many tribes consider tobacco a sacred gift and use it during religious ceremonies as traditional medicine, chronic cigarette smoking and spit tobacco use cause tobacco-related health problems. Because of the cultural and geographic diversity of American Indians and Alaska Natives, tobacco use often varies widely by region or subgroup.

Health Effects: 40% of all American Indian deaths are from smoking related diseases!

Nationally, lung cancer is the leading cause of cancer death among American Indians and Alaska Natives.

Cardiovascular disease is the leading cause of death among American Indians and Alaska Natives, and tobacco use is an important risk factor for this disease.

Cigarette Smoking Prevalence Data shows that among the five major racial and ethnic populations, adult smoking prevalence was highest among American Indians and Alaska Natives (34.1%)

Smoking-attributable deaths from cancers of the lung, trachea, and bronchus were slightly higher among American Indian and Alaska Native men (33.5 per 100,000) and women (18.4 per 100,000) than those of other ethnicity.

Each year, more than 400,000 Americans die from cigarette smoking. Every year, smoking kills more than 276,000 men and 142,000 women.

Men who smoke increase their risk of death from lung cancer by more than 22 times and from bronchitis and emphysema by nearly 10 times. Women who smoke increase their risk of dying from lung cancer by nearly 12 times and the risk of dying from bronchitis and emphysema by more than 10 times. Smoking triples the risk of dying from heart disease among middle-aged men and women.

Annually, exposure to secondhand smoke (or environmental tobacco smoke) causes an estimated 3,000 deaths from lung cancer among American adults. Scientific studies also link secondhand smoke with heart disease.

Source: http://www.cdc.gov/tobacco/sar/Sar_1_998/sar-rnin-fs-nat.htrn Accessed: 11/1/02 Source: http://www.cdc.gov/tobacco/research_data/health_consciousness/mortality.htm Accessed: 11/1/02

Preparation

Find new, healthy ways to fill your time! Take a walk, drink more fluids, get more rest, exercise, or work on a hobby. And remember to condition yourself emotionally and spiritually for this new transition. Give yourself pep talks and remind yourself of the benefits of quitting. Imagine yourself handling stress in new ways. Share your feelings with someone you trust. Ask the Creator for strength, meditate, have others join you in prayer, and create a ritual in preparation for quitting.

Setting A Quit Date

Many people find it helpful to set a specific quit date — **We highly recommend you do this!** Look carefully over your calendar to pick a day that will be easiest for you. If possible, try to avoid a day that is likely to be particularly stressful. For example, do not choose to quit on the first day of a new job or during the week you are preparing to host a large family reunion.

Mark your chosen quit day on your calendar and begin to prepare yourself for it. Throw away all of your smoking paraphernalia — packs, lighters, ashtrays — make your space entirely smoke free. You may wish to share your QUIT day with supportive family and friends. Your Second Wind facilitator will discuss setting a QUIT date with you.

MY QUIT DATE IS: _____

My Tobacco Use Calendar: In the weeks prior to your QUIT date, indicate the number of cigarettes smoked each day.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday