

How To Stop Smoking

Ugly Facts about Smoking:

- ☒ 52 million Americans smoke cigarettes.
- ☒ 400,000 people in the United States die every year due to smoking-related illnesses.
- ☒ Every cigarette you smoke shortens your life by 14 minutes.☒

Smokers Have:

- ☒ Limited sense of smell
- ☒ Greater risk of chest infections
- ☒ Greater risk of developing cancer
- ☒ Greater risk of blindness
- ☒ Greater risk of periodontal or gum disease
- ☒ Greater risk of wrinkles
- ☒ Greater risk of developing pale, gray skin

Smoking Today

There is a lot of confusion and conflict about the role that smoking plays in the lives of smokers. On one hand, smokers feel their habit is pleasant and relaxing. On the other hand, it would be nearly impossible for a smoker to not know that smoking is a serious health-hazard, both for themselves and for the people around them. That very reason is why 39 states have laws prohibiting or limiting smoking in public places. This can lead smokers to feel like an outcast. Even the image of a smoker has plummeted from the pop-culture cool level it was in years past. In fact, smokers in public places are often reviled today.

Why Do You Smoke?

Nicotine is the only known psychoactive ingredient in tobacco smoke. Addicted smokers smoke for one principal reason---to get their accustomed doses of nicotine. When you stop smoking, you will likely experience unpleasant side effects. Research shows that nicotine provides a variety of desirable psychological effects.

Rewards of Smoking

The average smoker takes ten puffs per cigarette. If you smoke a pack of cigarettes a day, this is about 200 puffs. Each puff of nicotine reaches the smokers brain within 7 seconds. That's twice as fast as a syringe full of heroin injected into a vein! Once nicotine enters the brain, it begins to mimic the brain's

most powerful chemical messengers. The result: enhanced pleasure, decreased anxiety, and a state of alert relaxation. Because of this positive reinforcement, many times a day (each time a cigarette is smoked) smoking becomes a part of every aspect of a smokers life.

Most smokers say that smoking:

Helps with concentration

Helps reduce tension

Helps them relax

Decreases feelings of distress

Helps keep their weight down

Increases energy levels

With all these rewards, no wonder it is so hard to quit!!! The rewards of smoking go a long way toward minimizing the negative consequences and an even longer way toward ensuring that the act of smoking is repeated again and again, until it becomes a habit so well ingrained that you do it without even thinking about it! But, smoking is not just a habit--It is an addiction. Nicotine in cigarettes is a powerful, addictive drug that makes smokers feel good. Each time you smoke, the positive biological effects of nicotine add to all the other positive rewards of smoking, making the habit even stronger!

Effects of Nicotine

Nicotine affects almost every organ system in the body. When you puff, your heart beats faster, your veins constrict, your blood pressure increases, your adrenal glands pump out adrenaline, your smooth muscles relax, and your metabolic rate increases. Even the electrical activity in the brain changes! Nicotine is a powerful drug!! It is one of the most toxic of all drugs, and is comparable to cyanide. Taking enough of it can kill you! Each cigarette generally contains 8 or 9mg of nicotine. However the amount of nicotine inhaled from each cigarette is only 1.5mg. The amount of nicotine inhaled can be higher or lower depending on: The type of cigarette smoked, how deeply you inhale, how many puffs you take from each cigarette. However, nicotine is so potent that even a small dose causes significant changes in the functioning of numerous organ systems in the body. When you first start smoking, these changes are generally unpleasant.

Beginning smokers usually experience:

Nausea

Dizziness

Headache

Coughing

Along with other unpleasant symptoms. However, people who continue to smoke, soon develop a tolerance to these symptoms until they become unnoticeable. Tolerance is a term used to describe an important feature of addiction. Tolerance develops when increasingly larger doses of a drug have to be administered to obtain the effects observed with the original dose.☒

What does this mean for a smoker?

The small dose of nicotine delivered by several puffs of a cigarette may make people feel ill the first few times they try it. But, after several trials, they no longer feel the negative effects. Psychologically, tolerance to the unpleasant effects of nicotine allows the smoker to focus on the pleasurable physiological effects associated with smoking. (relaxation, alertness, stress relief, etc.) This combination of physiological and psychological effects provides so many positive reinforcements, that smoking quickly becomes an established habit. Smoking is both a habit and an addiction! Habits are affected by your environment. Something you see or do in your daily life triggers them. Triggers are the stimuli associated with smoking. What are your smoking triggers?

3 Reasons for Smoking

☒ Nicotine is a powerful reinforce. The act of smoking offers many positive reinforcements. The reinforcement becomes associated with many activities in our daily life.☒ Smoking is tied to many satisfactions each day! No wonder it is hard to stop! Research indicates one of the most helpful things you can do to break the smoking habit is to stop and notice your smoking triggers.

The things you do in your daily life trigger you to smoke. Smoking is a major health hazard! Smoking increases your risk of death and illness from many diseases. The U.S. Surgeon General has called cigarette smoking “the chief preventable cause of death in our society.” Most smokers accept the fact that smoking is harmful, but think of this risk as something like a game of roulette. Each time they smoke, they may or may not have a heart attack, lung cancer or develop some other illness. And if they are lucky, they may even avoid the hazardous effects of smoking.

FACT IS: Every cigarette you smoke harms your body!! Lung cancer risk increases 50-100% for each cigarette you smoke per day. Heart disease risk increases 100% for each pack of cigarettes you smoke per day. Switching to filter tip cigarettes decreases your risk of lung cancer about 20%, but NOT heart disease.☒ Smokers spend 27% more time in the hospital and more than twice as much time in Intensive Care Units than nonsmokers. Each cigarette costs a smoker 14 minutes of life. Smokers are at twice the risk of dying before age 65 than nonsmokers.☒ Smokers have increased rates of acute and chronic illnesses than nonsmokers.☒ Lung cancer, bronchitis, emphysema, mouth cancer, throat cancer, bladder cancer, esophageal cancer, pancreas cancer, kidney disease, heart disease, peptic ulcer disease, allergies, decreased immune system, Alzheimer's disease, decreased sperm count, erectile dysfunction, increased miscarriages and still born births are just some of the illness associated with smoking!

Good News! The great majority of negative health effects can be reduced or eliminated by quitting!!

What you need to quit.

Make a plan.

Adopt a healthier lifestyle

Begin eating right and exercising

Manage stress

Get support from family and friends ☑

Taking these pro-active steps is a valuable first step towards quitting. A healthier lifestyle is a no lose proposition! These steps will definitely have an effect on other areas of your life. Develop your quit plan.

What type of program is best for you? A self-help plan or a group support program? What method of quitting is best for you? Cold turkey or slowly weaning off nicotine and cigarettes? Do you want to use medications to boost your efforts?☑ Experts have found that the most popular method of quitting is cold turkey. However, just throwing your cigarettes away on a whim rarely works for more than a day or two. Planning a quit date and then quitting---all or nothing, usually works.

Prepare for your quit day

Ask yourself what is the toughest cigarette to go without? 1st of the day, with coffee, after dinner, during break etc....Make the decision to NEVER smoke during these times! Never. Make a true commitment and stick to it! Be consistent. Do not ever smoke during these times! Once you gain control over this worst time to give up a cigarette you have accomplished a lot!

Set a quit date to completely stop—you can do it! Anticipate temptations. Develop a plan to avoid these temptations, find things to do to help keep your mind off smoking. The moment you quit smoking, your body begins to repair the damage. Within ½ hour of your last cigarette, your blood pressure and heart rate begin to move back to normal. Within 12 hours, the carbon monoxide level in your blood returns to normal and oxygen increases.

Benefits of quitting

12 hours: the carbon monoxide level in your blood returns to normal.

2-12 weeks: blood circulation and lung function begin to improve.

1 year: the increased risk of having a heart attack is reduced by half.☑

5 years: risk of a stroke is reduced to the same risk as a person who never smoked.

10 years: the risk of lung cancer is reduced.

15 years: the risk of heart disease is that of a nonsmoker.

Other benefits:

Food tastes better.

You have more energy.

Your breath, clothes and hair won't smell like a dumpster fire.

You save money.

You are now more in control of your life and actions now that you are no longer addicted to cigarettes.

YOU CAN DO IT!! START TODAY!