

# JOIN THE GREAT AMERICAN SMOKE OUT

November 2012

## NEWS YOU CAN USE



### Do Not Forget These Other Great Resources:

Healthwise® Handbook, the 24-Hour Nurse Line, Nurse Online Chat, Audio Health Information Library® and you can go online to [www.express-health.com](http://www.express-health.com) for links to reliable health information.

### Challenge:

Participate in the Great American Smoke Out on November 15th and spend the day tobacco free. If you are not a tobacco user, encourage loved ones to accept this challenge.

[www.cancer.org](http://www.cancer.org)

Fresh Start Participant's Guide – American Cancer Society

[www.mayoclinic.com](http://www.mayoclinic.com)

**EXPRESShealth**  
A PROGRAM OF SPECTRUM HEALTH SYSTEMS

8200 Haverstick Road, Suite 150  
Indianapolis, Indiana 46240

MAIN: 317.573.7600

FAX: 317.573.7667

TOLL-FREE: 888.573.1568

[www.express-health.com](http://www.express-health.com)

[www.spectrumhs.com](http://www.spectrumhs.com)

The American Cancer Society will be celebrating the 37th annual Great American Smoke out on November 15th. If you are ready to quit, thinking about quitting, or even if you have no desire to quit smoking, it is always good to know how this decision could affect you.

- 1 day smoke free – Decrease heart attack risk
- 2 weeks to 3 months smoke free – 30% increase in lung function
- 1 year smoke free – Excess risk for coronary heart disease is now 50% less.
- 5 to 10 years smoke free - Cancer of the mouth, throat, esophagus, bladder, kidneys and pancreas along with stroke risk are all reduced. Lung cancer death rate is also half that of a continuing smoker.
- 15 years smoke free – Risk for coronary heart disease is equal to that of a non smoker.

Smokeless tobacco is just as harmful to your health as smoking tobacco. Limiting or quitting all tobacco use will greatly reduce your risk for chronic conditions such as cancer and heart disease.

### BASIC TIPS FOR QUITTING TOBACCO USE:

- Tracking to determine triggers. Avoid triggers by changing your daily routine.
- Set a realistic and specific quit date. Set weekly goals to wean down your use until then.
- Designate rules and barriers to reduce use, such as, only smoking outside and remove tobacco products from the house and out of site.
- Fight cravings with the 4 D's - Drink plenty of water, take Deep breaths, Do something else, and Delay cravings.
- Keep your hands, mouth and mind busy. Try healthy snacking such as carrots, celery, sunflower seeds, and almonds to get through a craving.
- Practice healthy stress management by using relaxation techniques.
- Surround yourself with a positive support system.

If you are a non-tobacco user but know someone who is, use this chart to be supportive.

POSITIVE SUPPORT SYSTEM DO'S AND DON'T	
DO'S	DON'T
Be constructive	Be over critical
Emphasize the positives	Call attention to increased anger or irritability
Remind them why they are quitting	Focus on the negatives
Be aware of their goals	Relate to the tobacco user with a competitive attitude
Encourage them to get back on track if they relapse	Criticize the participant if they relapse

Tobacco users who are trying to quit may experience nicotine withdrawal symptoms. Fortunately these symptoms only last about two weeks. Do not let these two weeks keep you from reaching your goal of living tobacco free.