



Tobacco cessation: Break the habit for good

MY HEART
IS IN NEW ULM

The Heart of New Ulm project is a collaborative partnership of Allina Hospitals & Clinics, the Minneapolis Heart Institute Foundation, the New Ulm Medical Center and the City of New Ulm



Objectives

- Learn why smoking is addicting.
- Explore the benefits of quitting.
- Develop a plan to quit.
- Learn how to stay quit.



Why Smoking is Addicting

- Nicotine
 - Smoking is the most efficient form of delivery.
- Stimulates adrenal glands.
- Increases adrenaline and dopamine.
- The more you smoke the shorter the duration of the euphoria achieved.

EverydayHealth



Why Quit

- Smoking affects not only your health, but the way you look and feel.
- Smoking is expensive.
- Secondhand smoke impacts those around you.



Smoking is Hazardous to Your Health

- The number one preventable cause of death.
- More than 435,000 Americans die each year from smoking.
- Combined with other risk factors (high BP, high cholesterol), your chances of developing heart disease doubles.

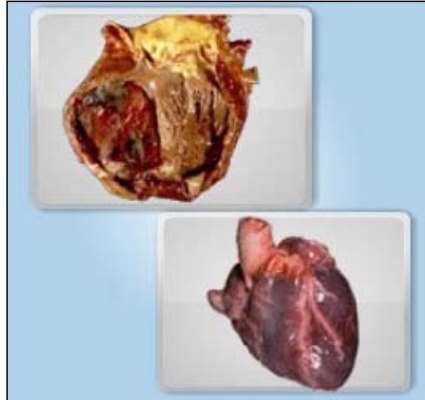
American Heart Association



How Smoking Affects Heart Disease

- Nicotine causes immediate increase in blood pressure and heart rate.
- Carbon monoxide exposure damages inner walls of arteries.
- Vessels narrow over time and harden making heart attacks and blood clots more likely.

American Heart Association



The upper image shows a damaged heart after a heart attack.

The damage happens when the blood flow through the coronary artery to the heart is blocked and not enough oxygen can get to the heart muscle.

The lower image shows a healthy heart.

Smoking causes heart disease, which is the leading cause of death.

QSL



Smoking is Expensive

Savings per year

| If you smoke (Packs per day) | You Pay (Per day) | Quitting saves (Per month) | Quitting saves (Per year) |
|------------------------------|-------------------|----------------------------|---------------------------|
| | \$5 | \$150 | \$1,800 |
| | \$10 | \$300 | \$3,600 |
| | \$15 | \$450 | \$5,400 |

QuitNow



Affects of Secondhand Smoke

- Non smokers exposed to secondhand smoke increase their risk of developing heart disease by 25 to 30 percent.
- Even brief exposure can increase risk of heart disease and affect cardiovascular health.

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Side Affects of Quitting

- Irritability
- Weight gain
- Dizziness
- Nervousness
- Hostility
- Anxiety
- Constipation
- Nightmares
- Impatience
- Sweating
- Changes in sleep

American Heart Association



How to Quit

Realize many people try several times before they quit for good.

1. Set a quit date
2. Talk to your doctor
3. Get ready
4. Get support

QuitNow



Set Your Quit Date

- No smoking after?
- Be firm with your date.
- Express it out loud.





Talk to Your Doctor

- Express your desire to quit.
- Explore options available.
 - Nicotine patch
 - Gum
 - Chantix
 - Quitplan in Minnesota 1-888-354-PLAN



Get Ready

- Write down your reason for quitting. Put them where you can see them everyday.
- Get rid of cigarettes and ashtrays in your home, work, car.



Get Ready Continued...

- Think of why you smoke and what you will do differently.
 - Do you smoke to cope with stress?
 - Are you a social smoker?
- Come up with a new habit to replace the old.
 - Keep your hands busy.
 - Exercise to cope with stress rather than smoke.



Get Support

- Tell your family and friends you are quitting.
- Ask people not to smoke in your home.
- Stay connected to the quit plan in Minnesota. 1-888-354-PLAN

QuitNow



Tips for Success

- Change your routine when you can.
- Plan for side affects.
- Stay away from situations that cause cravings.



Change Your Routine

- Do you typically have a cigarette first thing in the morning?
- Do you smoke in the car on the way to work?
- Do you take a smoke break at a certain break time during the day?



Plan for Side Affects

- How will you handle side affects?
 - If your sleep patterns change, get extra sleep when you can.
 - Constipation? Plan to eat more fiber.
 - Irritability? Drink more liquids to flush out the chemicals.



Stay Away from Situations that Cause Cravings

- If you typically go to a bar with friends who smoke, don't go outside with them for the smoke break.



Once You Quit, Don't Smoke!

- Even one puff can cause a relapse.
- Don't use any tobacco!



Staying Quit



- Review your plan and change it as needed.
- Keep your support system in tact.
- Stop and think through difficult situations.



What if You Slip?

- It can take several times to quit.
- Figure out what happened.
- Plan for the next time.
- Pick a new quit date and start again.



Questions?