



# WISEWOMAN UPDATE

November 2003

## Revised Program Forms Reminder

All old program forms should be discarded. You should have begun using the new program forms on September 2, 2003. However, we continue to receive the old forms from agencies.

Please only use the revised program forms and dispose of all old forms immediately. Thank you for your attention to this matter.

## Lifestyle Counseling Contact Forms Clarification

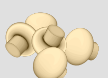
The WISEWOMAN Prescription Lifestyle Counseling Contact Form is to be used only for women in the WISEWOMAN Prescription and WISEWOMAN Prescription with Smoking Referral levels of intervention.

The WISEWOMAN Prescription Lifestyle Counseling Contact Form is used to document the optional face-to-face contact for women in both levels of intervention and the two 15-minute telephone contacts that are expected for women in the WISEWOMAN Prescription with Smoking Referral level of intervention to follow-up on their smoking cessation referral.

Women who qualify for Screening and Intervention Management (this includes women who qualify for Medical Care Case Management) are expected to receive a total of five lifestyle counseling contacts:

- One of the contacts is to develop the Lifestyle Contract. The submission of the Lifestyle Contract to MDCH is the documentation of this contact.
- The Screening and Intervention Management Lifestyle Counseling Contact Form is used to document the four additional lifestyle counseling contacts received by women in this level of intervention.

If you are not certain as to which form to use, please look at the name of the form. The form name coincides with the level of intervention. Please keep this in mind when determining which form should be used for each lifestyle counseling contact.



# What are the Benefits of Quitting Smoking?

When smokers quit, within twenty minutes of smoking the body begins a series of changes.

## 20 minutes after quitting:

- Blood pressure decreases
- Pulse rate drops
- Body temperature of hands and feet increases

## 8 hours after quitting:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

## 24 hours after quitting:

- Chance of a heart attack decreases

## 48 hours after quitting:

- Nerve endings start regrowing
- Ability to smell and taste is enhanced

## 2 weeks to 3 months after quitting:

- Circulation improves
- Walking becomes easier
- Lung function increases
- Coughing, sinus congestion, fatigue, and shortness of breath decreases

## 1 year after quitting:

- Excess risk of coronary heart disease is decreased to half that of a smoker

## 5 years after quitting:

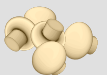
- From 5 to 15 years after quitting, stroke risk is reduced to that of people who have never smoked.

## 10 years after quitting:

- Risk of lung cancer drops to as little as one-half that of continuing smokers
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases
- Risk of ulcer decreases

## 15 years after quitting:

- Risk of coronary heart disease is now similar to that of people who have never smoked
- Risk of death returns to nearly the level of people who have never smoked



# Free Online Smoking Cessation Clinic

The American Lung Association offers a new way to stop smoking through its *Freedom From Smoking*® online smoking cessation clinic. The program is based on the American Lung Association's *Freedom From Smoking*® program, which has already helped thousands of smokers quit smoking for good.

The *Freedom From Smoking*® online smoking cessation clinic can be accessed day or night, seven days a week, on any schedule a smoker chooses.

Visit [www.ffsonline.org](http://www.ffsonline.org) to register for the **FREE** online smoking cessation clinic.

## Women and Smoking

Almost 22 percent of all American adult women (22.2 million) are smokers. Although fewer women smoke than men, the percentage difference between the two has continued to decrease year to year. The lung cancer incidence rate in women for 1999 was 50.1 per 100,000. In 1987, lung cancer surpassed breast cancer as the leading cause of cancer death among women in the United States.

- Current female smokers aged 35 or older are 12 times more likely than nonsmoking females to die from lung cancer. In 2002, an estimated 65,700 women will die of lung cancer.
- Current female smokers aged 35 or older are 10.5 times more likely than nonsmoking females to die from emphysema or chronic bronchitis.
- Cigarette smoking during pregnancy can cause serious health problems for an unborn child. Cigarette smoking not only passes nicotine on to the fetus; it also prevents as much as 25 percent of oxygen from reaching the placenta. Smoking during pregnancy accounts for up to 14 percent of preterm deliveries and about 10 percent of all infant deaths. Maternal smoking has also been linked to asthma among infants and young children.
- Since the 1920s, the tobacco industry has targeted women with images ranging from liberation, glamour, slimness, and feminism.
- Women who quit smoking relapse for different reasons than men. Stress, weight control, and negative emotions, lead to relapse among women.
- Research in the past 20 years has consistently shown that cigarette smoking causes skin wrinkling that could make smokers appear less attractive and prematurely old.

