



WISEWOMAN UPDATE

October 2004

Revised Forms

As a reminder, all agencies must be using the revised Screening Form (dated 7/2004), Screening Result Pamphlet (dated 6/2004), and Medical Care Case Management Form (dated 6/2004) by October 1, 2004. Please discard ALL old versions of these forms.

Incentives

If you run out of any incentives, please contact Patty Ferry at (517) 335-9966 or ferry@michigan.gov to request replacements. We have quite a few incentives on hand right now, and we can send you more when needed.

November is Tobacco Cessation Month

Did you know that 22 percent of Michigan women smoke cigarettes? In fact, Michigan residents more likely to smoke are those with lower household incomes, lower education levels, and younger ages.

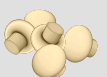
November is Tobacco Cessation Month. Please visit the Michigan Cancer Consortium's website at <http://www.michigancancer.org/members/membercalendar.htm> for tobacco cessation activities and resources.

Lifestyle Counselors' Role with NRT

As a reminder, Lifestyle Counselors are NOT expected to provide NRT aids to the clients interested in smoking cessation. The provision of these resources is the responsibility of the individuals actually conducting the smoking cessation counseling.

FY04 WISEWOMAN Claims

Please note that Nationwide must receive all original FY04 claims (dates of services October 1, 2003 – September 30, 2004) by December 31, 2004. Any original FY04 claim that Nationwide receives after December 31, 2004 will be rejected. There will be NO exceptions.



The Big Three Ingredients in Cigarette Smoke

1. Nicotine

This is a powerful poison. When you inhale nicotine in cigarette smoke, it narrows your blood vessels and puts a strain on your whole system.

2. Tar

This is what is left after you burn a cigarette. It gets through even the best filters and coats your lungs with soot, which contains the most harmful chemicals found in cigarettes. Tar is the major cause of lung cancer other smoking-related cancers.

3. Carbon Monoxide

This is the same gas that comes out of your car's exhaust pipe. When your blood is loaded with carbon monoxide, it cannot carry enough oxygen to the organs that need it. It is a leading cause of heart attacks and strokes.

It's Never Too Late to Quit

If you are like most smokers, you know all of the reasons for quitting. You've heard them over and over, and you probably even know that they all make sense. However, for every reason to quit, you have most likely justified a reason for not quitting – reasons like these:

"I feel sick when I don't smoke."

You aren't sick. The physical withdrawal symptoms you feel during the healing process will pass within a week or two. They can be very uncomfortable, but the worst of them usually pass within a couple of days and they certainly won't kill you.

"If I quit now, it will probably be too late."

It's never too late! Your body has a great capacity to fix itself. Within a year, your risk of smoking-related heart disease will be cut in half. There is increasing evidence that no matter how long you've smoked, quitting reduces your risk of developing coronary heart disease, getting lung cancer, or having a stroke.

"If I quit, I will gain weight – so I will just be trading one health problem for another."

People who quit gain less than 10 pounds on average, if they gain weight at all. However, being a few pounds heavier for a while has nowhere near the risk to your health as continuing smoking!

"Quitting is just too hard."

Some people quit on their first try, but many do not. Most ex-smokers had to try more than once to quit. Quitting is hard. However, 40 million Americans have done it, including 13 million heavy smokers. You can too!



What to Expect When You Quit

For a Few Days:

You may notice slight dizziness or light-headedness, a cough, or a runny nose. These symptoms are the first to pass.

For a Week or Two After Quitting:

This is when you can expect physical withdrawal symptoms such as headaches, sleepiness or trouble sleeping, increased phlegm, increased hunger, or digestive changes.

For a Month or Two After Quitting:

Psychological cravings or urges to smoke usually last for a month or more, until the habit of smoking starts to fade. You will develop your defenses against these urges.

You will probably also feel increased stress and emotional pressure. Feelings of irritability and trouble concentrating are common. But if you are prepared, they won't overwhelm you. And remember, there are plenty of positive emotions associated with quitting. It's not an easy task, and you should be proud of yourself for having the courage to take it on.

Remember the Three R's

You may find that one of the most difficult tasks is to start thinking of yourself as a non-smoker. You may find yourself thinking dangerous thoughts like "one cigarette won't hurt" or "I don't have to quit right now – I'll try again in a few weeks." At times like these, it's helpful to remember the three R's:

Remind yourself why you're quitting.

Refuse to let negative thoughts take over your brain. For instance, if you find yourself thinking, "One puff won't hurt," push that thought away – remember you are a non-smoker.

Rehearse difficult situations ahead of time. Remember the plan you made for dealing with those situations and practice what you're going to say out loud.

It's Worth It

Quitting may be difficult at times, but think of all you get in return: a longer and much healthier life and more money. Try not to think about what you're giving up – think about what you are giving yourself.

