



WISEWOMAN UPDATE

November 2007

Great American Smokeout: Quit Tobacco for Good!

The American Cancer Society' Great American Smokeout, sponsored annually on the 3rd Thursday in November (November 15, 2007), challenges people across the nation to stop using tobacco and raise awareness of the many effective ways to quit for good. If you are a tobacco user, this is a great time to consider quitting once and for all!

Here are a few free smoking cessation resources available to help you quit:

1) Michigan Tobacco Quit Line: 1-800-480-QUIT

A free service to help people who are ready to quit. Talk with a professionally trained smoking cessation coach 24 hours a day. Receive information, a Quit Kit, or referrals to local programs.

2) Free Michigan Quit Kits: 1-800-537-5666 or www.healthymichigan.com

3) Quit Net: www.quitnet.com

Offers information and support chat rooms.

4) American Lung Association of Michigan: www.alam.org

Includes Freedom From Smoking, an online smoking cessation program.

5) American Cancer Society: 1-800-ACS-2345 or www.cancer.org

Free materials, quit kits, and referrals

Make a commitment to wellness. Participate in the Great American Smokeout and quit using tobacco for good.



The American Heart Association's (AHA) *Go Red for Women* Healthcare Professionals website provides several different types of resources related to women and heart disease – all in one place!

Looking for continuing education opportunities? Looking for AHA statements and guidelines on women's heart health? Searching for statistics on cardiovascular disease and women? Go to www.goredforwomen.org and click on the link labeled "Healthcare Professionals" to find resources that will help you provide the best possible care to your patients.





Facing the Morning....without Smoking

What To Expect

- Expect that your morning coffee will not taste the same without a cigarette.
- Expect a strong urge to smoke soon after you wake up.

Did You Know?

- For many smokers, lighting up is the first event of the day. Part of many people's dependence on cigarettes evolves from a routine built mostly on making opportunities to smoke. The morning can set the tone for the rest of the day.

What To Do

- Plan a different wake-up routine.
- Take your attention off smoking right away.
- Be sure no cigarettes are available.
- Begin each day with deep breathing and one or more glasses of water.
- Make a list of early morning triggers and avoid them.
- Begin each day with a preplanned activity that will keep you busy for an hour or more – it will keep your mind and body busy so that you don't think about smoking.

Driving or Riding in a Car...without Smoking



What To Expect

- Expect to want to reach for a cigarette when driving a car or traveling as a passenger.
- On longer trips, you may find yourself getting more sleepy than usual.

Did You Know?

- Like many smokers, you may like to light up when driving to and from work as a means to relieve stress, stay alert, relax, or just pass the time.
- Your desire to smoke may be stronger and more frequent on longer trips.

What To Do

- Remove the ashtray, lighter, and cigarettes from your car.
- Turn your radio on or put on your favorite tape or CD and sing along.
- Clean your car and make sure to use deodorizers to reduce the tobacco smell.
- Ask friends and passengers not to smoke in your car.
- If you're not driving, find something to do with your hands.
- Take an alternate route to work.
- Try carpooling.
- For a little while, avoid taking long car trips – if you do, take plenty of rest stops.
- Keep non-fattening snacks in your car (sunflower seeds, licorice, and sugarless gum).
- Take fresh fruit with you on long trips.
- Plan stops for water or juice.





Enjoying Coffee and Tea...without Smoking

What To Expect

- Expect that your morning coffee will not taste the same without a cigarette.
- Expect to feel a strong urge to reach for a cigarette while drinking coffee or tea.

Did You Know?

- Many smokers are used to smoking when drinking coffee or tea during or after meals, during coffee/tea breaks, in the office, or in restaurants.
- You do not have to give up coffee or tea to quit smoking.

What To Do

- If you used to smoke while drinking coffee or tea, tell people you have quit so they won't offer you a cigarette.
- Between sips of coffee or tea, take deep breaths to inhale the aroma. Breathe in deeply and slowly while you count to five. Breathe out slowly while counting to five again.
- Try switching to decaffeinated coffee for a while, particularly if quitting has made your irritable or nervous.
- Try nibbling on healthy foods to keep your hands busy while you drink coffee or tea.

Enjoying Meals...without Smoking



What To Expect

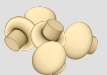
- Smoking urges may be stronger at different meal times.
- Your smoking urges may be stronger with certain foods, such as spicy or sweet meals or snacks.
- Expect you want to smoke after meals or with others at restaurants.
- Expect the urge to smoke when you smell cigarette smoke in a restaurant.
- When you no longer smoke at the table after meals, you can expect that others will be pleased.

Did You Know?

- Many smokers feel the need to smoke after meals at home, work, or a restaurant.
- Your desire to smoke after meals may depend on whether you are alone, with other smokers, or with nonsmokers

What To Do

- Know what kinds of foods increase your urge to smoke and stay away from them.
- If you are alone, call a friend or take a walk as soon as you've finished eating.
- Brush your teeth or use mouthwash right after meals.
- Wash the dishes by hand after eating – you can't smoke with wet hands!



Handling Cravings...without Smoking



What To Expect

- Cravings usually begin within an hour or two after you stop smoking, peak for several days, and may last several weeks.
- The urge to smoke will come and go. Your cravings will be strongest in the first week after you quit using tobacco. Cravings usually last only a very brief period of time.
- You may also experience cravings that follow each other in rapid succession. As the days pass, the cravings will get farther apart. There is some evidence that mild cravings may last up to 6 months.

What To Do

- Remind yourself that cravings will pass.
- As a substitute for smoking, try chewing on carrots, pickles, sunflower seeds, apples, celery, or sugarless gum or hard candy. Keeping your mouth busy may stop the psychological need to smoke.
- Try this exercise: Take a deep breath through your nose and blow out slowly through your mouth. Repeat 10 times.
- Avoid situations and activities (like drinking alcohol) that you normally associate with smoking.



Handling Irritability and Frustration ...without Smoking

What To Expect

- When you quit smoking, you may feel edgy and short-tempered.
- You may feel light-headed and be easily distracted.
- You may want to give up on tasks more quickly than usual.
- You may be less tolerant of others' behavior.
- You may get into more arguments.

Did You Know?

- Studies have found that most quitters report increased feelings of irritability, anger, and frustration within a week of quitting.
- If feelings of irritability and frustration occur, they usually begin on the first day, peak during the first couple of weeks, and disappear within a month.

What To Do

- Take a walk.
- Exercise.
- Reduce caffeine.
- Soak in a hot bath.
- Read up on relaxation/meditation techniques and use one.