

Smoking Cessation

Presented by
CIGNA Employee Assistance Program



- Understand your smoking habit
- Learn health consequences of smoking
- Become familiar with smoking cessation assistance and methods
- Create a personal plan for quitting

- Nearly 1/5 of U.S. deaths result from tobacco use
- Smokers have two to four times the risk of heart attack and sudden cardiac death
- Smokers are 13-23 times more likely to die of lung cancer
- Smoking causes 30% of all cancer deaths
- Smoking is a major causal factor in emphysema, chronic bronchitis, cerebrovascular disease

Source: American Cancer Society

The Three Components of a Smoking Habit

- Physical
- Behavioral
- Psychological

- Mood altering drug
- Mild euphoria
- Stress reduction
- Weight control
- Improved performance on some tasks

- Decreases skin temperature
- Increases heart rate
- Increases blood pressure
- Increases respiration
- May aggravate or mask symptoms of other illnesses

- Can be tougher than physical aspect
- First cigarette often when smoker wakes up, last cigarette often before smoker goes to bed
- Re-learn routines and activities

- Physical Settings: social events, work, home
- Emotional Events: anger, anxiety, stress
- Behavioral Setting: reward, habit, relax

- P = Prepare alternatives in advance
- L = Look for pleasant, smoke-free activities
- A = Avoid temptation whenever and wherever possible
- N = Never allow smoking to be an option

- Restrict smoking access or locations
- Set a specific quit day
- Identify and practice coping skills
- Enlist support
- Build and maintain your motivation
- Reward yourself

- Money
- Health
- Self-Esteem
- Social Pressure
- Family Pressure

- A targeted “quit day”
- Education and preparation prior to “quit day”
- Ongoing support following “quit day”

- Non-Prescription Methods:
 - Brand-switching
 - Nicotine filters
 - Nicotine gum

- Non-Prescription Methods:
 - Nicotine patches
 - Nicotine lozenges

- Prescription Methods:
 - Nicotine inhaler
 - Nicotine nasal spray
 - Bupropion
 - Chantix

- Alternative Methods:
 - Hypnosis
 - Acupuncture
 - Acupressure
 - Laser treatments
 - Over-the-counter pills

- Health consequences of smoking
- Products, programs and strategies to quit smoking
- Remember to PLAN
- Keep trying!!!