



Smoking Cessation

Airel Harte
DH 305

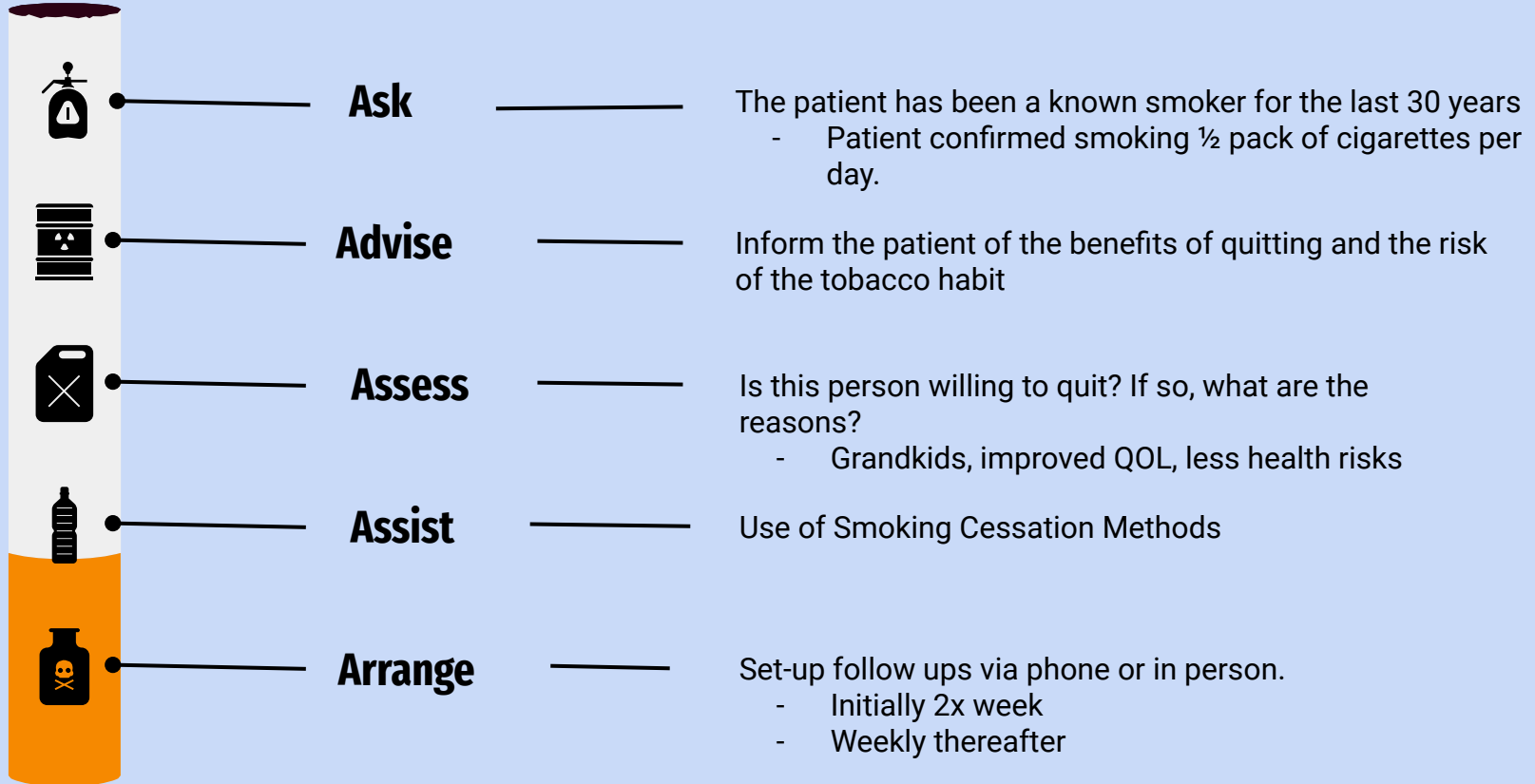
Patient Profile



- 61 Years Old
- Hispanic
- Male
- Height: 5'10
- Weight: 152 lbs.
- Self-employed mechanic
- Medical conditions: unknown
- Coffeeholic (drinks 4+ cups per day)
 - Drinks Coca-Cola when not drinking coffee
- Has smoked roughly ½ pack of cigarettes daily for the past 30 years
- Triggers to smoke: Stress, coffee, social situations

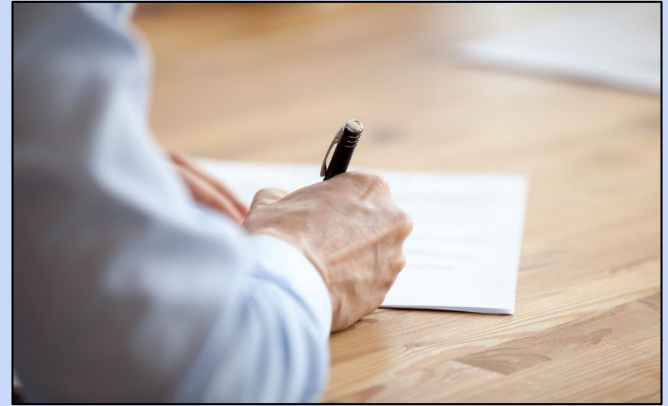
Motivation to Quit: Grandkids

5 A's of Smoking Cessation



Why do you want to quit?

1. Write a letter to yourself or grandkids
 - a. state the reasons why they motivate you to want to quit, why it's important to quit, and how you will quit.
 - b. Make a smoking cessation plan
 - c. Set a Quit date (or start date to quit)
2. Eliminate temptations by getting rid of all cigarettes
3. Place letter on fridge, desk, or take a photo and make it your wallpaper on your mobile device as a constant reminder of your motivation and plan to quit.



Smoking Cessation Methods



1	2	3	4	5	6
See Physician	Counseling 1-800-QuitNow	Nicotine Patches	Nicotine Lozenges	Reduce Coffee Consumption	Family Support
Overdue for full physical. Smoking Cessation.	Phone appointments help with busy commute	Provide steady levels of nicotine to help lessen withdrawal symptoms	FDA approved medicine. Helps relieve cravings as they happen. Use every 1-2 hrs (up to 20/day)	Coffee, like nicotine, is a stimulant. Often triggers urge to smoke making cessation more difficult.	Sister - together they can hold each other accountable

Educational Tools





Quit Tobacco

WE CAN HELP, AND IT'S FREE.

Because we know how hard it is to quit, we have options you can choose from to best fit your quit plan and give you the best chance to succeed.



Free Cessation Aids

Nicotine patch, Chantix, Nicotine gum, Nicotine lozenges, Zyban



Classes

Join others just like you who are trying to quit. Classes meet once a week for 6 weeks.



Individual Counseling

Meet with Health Department instructor one-on-one for 6 sessions.

Call today! 301-334-7730

If phone counseling would work better for you, call the Maryland Quit Line at 1-800 QUIT-NOW for help 24 hours a day, 7 days a week.

Check us out at KickingTobacco.com!

Now is the perfect time to stop smoking

You'll have the **best chance of quitting** for good if you:



Know your triggers to smoke and plan for them



Manage your physical and mental health



Create new habits instead of smoking



Ask your doctor for low-cost NRT or stop-smoking medicine


AND




Talk to Quitline to find strategies that work for you

Call Quitline. 137848 quit.org.au/coronavirus


HEALTH BENEFITS OF QUITTING SMOKING




IMPROVES health and **INCREASES** life expectancy




LOWERS risk of 12 types of cancer




LOWERS risk of cardiovascular diseases




LOWERS risk of chronic obstructive pulmonary disease (COPD)



LOWERS risk of some poor reproductive health outcomes



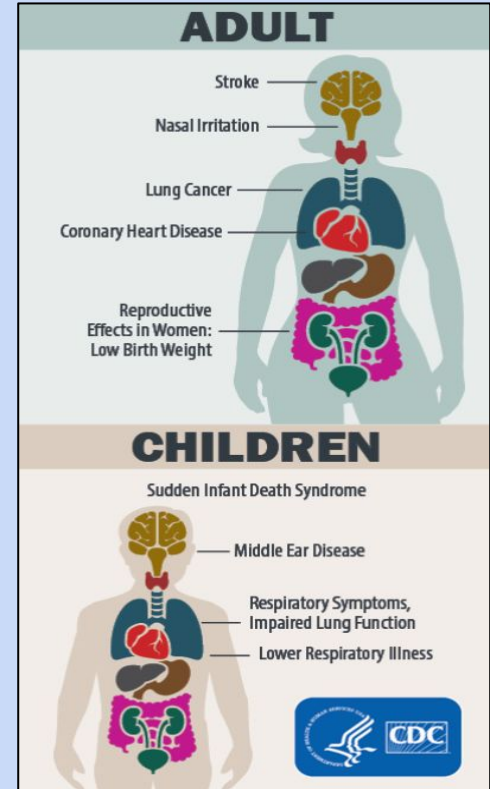
BENEFITS people who have already been diagnosed with coronary heart disease or COPD



BENEFITS people at any age - even people who have smoked for years or have smoked heavily will benefit from quitting

Risks of Secondhand Smoking

- No amount of exposure is safe
- Adults
 - a. coronary heart disease
 - b. Stroke
 - c. lung cancer
 - d. premature death.
 - e. Women: reproductive health effects
- Children
 - a. respiratory infections
 - b. ear infections
 - c. asthma attacks
- Babies
 - a. sudden infant death syndrome (SIDS)
- Effects (inflammatory & resp.) occur almost immediately (within 60 minutes of exposure)

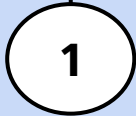


Results



Quit all at once

He decided to quit cold turkey.
First month was challenging.
Restarted 2x.



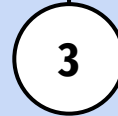
Improved QOL

When he quit he took up new hobbies such as soccer and meditation. He feels healthier and happier.



Saved Money

With the money saved he spends more time with his grandchildren taking them out for fun activities.



Soccer

Makes time to play soccer with his grandson which also helps him to relieve stress.

References

Duarte, P. M., Nogueira, C. F. P., Silva, S. M., Pannuti, C. M., Schey, K. C., & Miranda, T. S. (2021, February 27). Impact of Smoking Cessation on Periodontal Tissues. *International Dental Journal*, 72(1), 31-36. Retrieved October 22, 2022, from <https://www.sciencedirect.com/science/article/pii/S0020653921000356>

Force, U. S. P. S. T. (2021, January 19). USPSTF RECOMMENDATION: Interventions for tobacco smoking cessation in adults. *JAMA*, 325(3), 265-279. Retrieved October 23, 2022, from <https://jamanetwork.com/journals/jama/fullarticle/2775287#:~:text=Physician%20advice%2C%20nurse%20advice%2C%20individual,increase%20cessation%20of%20cigarette%20smoking>.

Jonathan B. Bricker, P. D. (2020, November 1). Efficacy of Smartphone Applications for Smoking Cessation. *JAMA Internal Medicine*, 180(11), 1472-1480. Retrieved October 22, 2022, from <https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2770816>

Taylor G.M., Lindson N., Farley A., Leinberger-Jabari A., Sawyer K., Te Water Naudé R., Theodoulou A., King N., Burke C., Aveyard P., (2021). Smoking Cessation for Improving Mental Health. *The Cochrane Database of Systematic Reviews*, 3(3). Retrieved October 22, 2022, from <https://pubmed.ncbi.nlm.nih.gov/33687070/>

Treloar, H. R., Piasecki, T. M., McCarthy, D. E., & Baker, T. B. (2014, September 1). *Relations among caffeine consumption, smoking, smoking urge, and subjective smoking reinforcement in daily life*. *Journal of caffeine research*. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4158991/>

