



**Let's start today**

# **Tobacco Cessation**

**Your guide to help you quit!**

**CENTRAL  
CARE  
CANCER CENTER**

**HEARTLAND  
CANCER CENTER**

# Central Care Cancer Center is ready to help you Quit!

Don't wait. Ask for help today. A nurse, doctor, or tobacco counselor can give you information and medication to help with your treatment plan.

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## Benefits of Quitting and Cancer Treatment

- Longer Survival
- An improved chance of successful treatment
- Fewer and less side effects from all types of cancer treatment:
  - Surgery
  - Chemotherapy
  - Radiation Therapy
- Faster recovery from treatment
- Lower risk of infection
- Better quality of life
- Decreased risk of secondary cancers



### Benefits on the body are almost instant

#### Within minutes to hours of quitting

- Blood pressure drops to a level similar to a level before tobacco use
- Carbon monoxide level in blood drops to normal
- Chance of heart disease decreases

#### Within weeks to months of quitting

- Circulation and lung function improve
- Coughing, sinus congestion, feeling tired, and shortness of breath decreases
- Lungs regain normal functions

#### After years of quitting

- After 1 year the additional risk of heart disease is half that of a tobacco user.
- 5 to 15 years the stroke risk is reduced to that of a nontobacco user.
- After 10 years lung cancer death rate is about half of a tobacco user. The risk of cancer of the mouth, throat, and other body parts decreases.
- At 15 years the risk of coronary heart disease falls to that of a nontobacco user.

### You save money after you quit.

If you spend \$5.00 a day on tobacco products, you will save:

\$35.00 a week

\$150.00 a month

\$1825.00 a year

## TIPS FOR YOUR TOBACCO TREATMENT PLAN

### Change Your Environment

- Get rid of cigarettes, ashtrays, and lighters
- Clean your home, car, and clothes
- Talk to your friends and family about your goals
- Ongoing support/counseling doubles chances of quitting

### Make the Most of Your Medications

- Medications curb urges to use tobacco
- It doubles your chances of staying tobacco free
- Follow instructions to maximize results

### Dealing with Difficult Situations and Urges

- Think about what worked in the past and what didn't
- Stress is common. Learn new ways to handle it
- Change your routine to break the habit
- Distract yourself, take deep breaths
- Avoid alcohol, coffee, and other triggers

### What Should You Do if You Slip?

- Forgive yourself. Learn from you mistakes and keep going!
- Keep taking your tobacco medication
- Remind yourself why it is important to change

**Quit**  
smoking



## MEDICATIONS DOUBLE SUCCESS

**Using medication can at least double your chances of quitting smoking.**

**Combining medications are more effective than one medication alone.**

- Nicotine patch and other nicotine replacement (gum or lozenge) may be used longer than 14 weeks
- Nicotine patch and nicotine inhaler
- Nicotine patch and bupropion

**If you have health insurance, medications to help you quit tobacco use may be covered.**

**Nicotine replacement therapy (NRT):** These medication lessen the symptoms of nicotine withdrawal and cravings. They have mild side effects and are available over the counter and by prescription. NRT comes in several forms:

- Gum
- Lozenges
- Skin patches
- Inhalers
- Nasal sprays

**Bupropion (Wellbutrin, Zyban):** This medication can reduce withdrawal symptoms. Common side effects include dry mouth and difficulty falling asleep or staying asleep.

**Varenicline (Chantix):** This medication reduces withdrawal symptoms and keeps you from enjoying nicotine if you start smoking again. Single most effective medication to reduce withdrawal. Common side effects include nausea, vivid dreams, constipation, and drowsiness. Best to take with food to avoid nausea.



## INSURANCE COVERAGE FOR MEDICATIONS AND COUNSELING

Insurance Source	Counseling (99406/99407)	Covered Medications	Duration	# of supported quit attempts
Medicare	4 sessions	All FDA approved prescription medications  (covers everything but patch, gum, lozenge)	90 days	2
Kansas Medicaid (Pregnant)	4 sessions	none	--	1
Kansas Medicaid (18+)	none	Chantix/Inhaler	180 days	1
		Patch/gum/lozenge/Zyban	90 days	1
Kansas Medicaid (Youth)	?	none	--	
ACA Marketplace	4 sessions	All FDA approved	90 days	2
*Private/employer-based	4 sessions	All FDA approved	90 days	2

*\*for grandfathered plans—before 2014—coverage varies*



Patients with no prescription insurance or who cannot afford medication: **Pfizer RxPathways** pharmacy assistance program covers Chantix and Nicotrol inhaler.

<https://www.pfizerrxpathways.com/> or [1-844-989-PATH](tel:1-844-989-PATH)

## DEALING WITH STRESS

*Stress is a normal part of life. Learning to better manage stress can be a big step in quitting smoking.*

Here are some tips for dealing with stress:

**Breathe** Take a few slow, deep breaths, in through your nose, out through your mouth. You will feel your body start to relax.

**Relax** Find ways to help reduce your stress, such as taking a warm bath or listening to soothing music.

**Exercise** Being active sends our natural chemicals that lift your mood and reduce your stress. Sometimes a short walk is all it takes to reduce stress.

**Talk** You don't have to deal with stress alone. Share your feeling with friends, family, or a counselor to get the support you need.



## HANDLING TRIGGERS

*Triggers are identified as situations where smokers used to smoke. Common triggers include: Coffee, alcohol, after a meal, being around other smokers, and breaks at work.*

Here are some ways for dealing with triggers:

**Change your routine** Try ice coffee or tea, get up and brush your teeth right after a meal, take a work break with other nonsmokers.

**Ask others not to smoke around you** Consider letting family and friends know you are trying to quit and consider making your home and car a no smoking area.

**Reduce the amount of alcohol you drink** Alcohol reduces your resistance to stay smoke free. Consider drinking less often and avoid drinking with friends who smoke.

**Use smoking cessation medication** Try putting on a nicotine patch first thing in the morning, have a piece of nicotine gum or a nicotine lozenge at the time you would normally have a cigarette.

**Using medications will help with all of these symptoms.**

<b>SYMPTOM</b>	<b>CAUSE</b>	<b>DURATION</b>	<b>TRY THESE</b>
Irritability	Body's craving for nicotine	2 to 4 weeks	Walks, hot baths, relaxation methods, or medication may help
Fatigue	Nicotine is a stimulant	2 to 4 weeks	Do not push yourself; take naps; try medication
Insomnia	Nicotine influences sleep patterns; dreams about using tobacco are common	1 week	Avoid caffeine after 6 p.m.; use relaxation methods
Cough, dry throat, nasal drip	Body getting rid of mucous which has blocked airways and restricted breathing	A few days	Drink plenty of fluids; try cough drops
Dizziness	Body is getting extra oxygen	1 or 2 days	Take extra caution; change positions slowly. Medication may help
Lack of concentration	Body is adjusting to not having constant stimulation from nicotine	A few weeks	Plan workload accordingly; avoid additional stress during first few weeks; medication may help
Soreness of chest muscles	Can be due to tension created by body's need for nicotine; may be caused by sore muscles from coughing	A few days	Relaxation methods, especially deep breathing; medication may help
Constipation, gas, stomach pain	Intestinal movement decreases for a brief period	1 to 2 weeks	Drink plenty of fluids; add fruits, vegetables and whole grain cereals to your diet
Hunger	Craving for tobacco can be confused with hunger pangs; oral craving, desire for something in the mouth	Up to several weeks	Drink water or low-calorie liquids; eat low-calorie snacks; medication may help
Craving for a cigarette	Withdrawal from nicotine, a strongly addictive drug	Most frequent first 2 or 3 days; can happen occasionally for months or years	Wait out the urge. Urges last only a few minutes. Distract yourself. Exercise; go for a walk around the block; use medication



## RESOURCES TO HELP YOU QUIT

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**KanQuit Quitline:** 1-800-QUIT NOW or <https://www.quitnow.net/kansas/>

Provides free one-on-one coaching to help you quit. Services include free support, information and encouragement, a personalized quit plan, self-help materials and information about medication to help you quit.

**Text messaging: either text to join or go to** <https://smokefree.gov>

Sign up from your mobile phone! Send a text message with the word QUIT to 47848, answer a few questions, and you'll start receiving text messages from SmokefreeTXT. The program provides encouragement, advice, and tips 24 hours a day, 7 days a week.

### **Apps:**

<https://smokefree.gov/tools-tips/apps>

QuitSTART, NCI QuitPal, and QuitGuide are all free smartphone apps that offer help for you to become and stay smoke free. See which works best for you.

### **Websites:**

<https://smokefree.gov> - This site offers step-by-step information on quitting, as well as a wide range of information and resources, including specialized information.

<https://www.becomeanex.org/> – This high-tech website has tips, even videos on effective ways to quit.

<https://quitnet.meyouhealth.com/#/> - This site offers an online quit tobacco program with a quit guide, up to date tobacco news and expert support.

### **Group curricula for people in recovery, including those not interested in quitting:**

*Learning About Healthy Living:*

[http://rwjms.rutgers.edu/departments\\_institutes/psychiatry/divisions/addiction/community/choices.html](http://rwjms.rutgers.edu/departments_institutes/psychiatry/divisions/addiction/community/choices.html)

*Breathe Easy, Live Well:* <http://www.ncebpcenter.org/breathe-easy-live-well/>