

Kicking

THE HABIT FOR



LIFE

*Information and Resources for
Tobacco and Smoking Cessation*



UNIVERSITY of MARYLAND
MEDICAL CENTER



CONGRATULATIONS!

Congratulations, you have made the big decision to quit smoking or using tobacco products! You have made the single best choice for your health. You can quit in lots of different ways, but you will be the most successful when you combine a cessation class or counseling with medications. A cessation class helps you learn how to quit using tobacco products. Think about joining a smoking cessation class, like those offered at the University of Maryland Medical Center (UMMC) Patient Resource Center, University of Maryland Medical Center Midtown Campus, or at your local health department. The important thing is to **START**.

S = Set a quit date.

T = Tell family, friends and co-workers that you plan to quit and enlist their support.

A = Anticipate and plan for the challenges you'll face while quitting.

R = Remove cigarettes and other tobacco products from your home, car and work.

T = Talk to your doctor about getting help to quit.

This handbook gives you very important information on why and how to quit smoking or using tobacco. Resources are listed in the back to help you either online, by phone, by mail or in person. At University of Maryland Medical Center University and Midtown Campuses, we want to promote your health and your family's health and continue our mission to ...

Heal, Teach, Discover and Care.

WHY QUIT?

You've smoked for years, why stop now?

Very simply, you will greatly improve your health and improve your chances for a long life. There are over 70 carcinogens (chemicals known to cause cancer) in cigarettes. These greatly increase your chances of getting some type of cancer. But, there are other health problems that can come from smoking. Heart disease, stroke, emphysema, asthma, loss of bone density and many others are all caused by smoking. Today, 18% of American adults smoke, and that number has been dropping over the years. Most public places are non-smoking, so it is harder to find a place to smoke outside your home or car.

If you need another reason to quit, think of the money you will save! Your health and life insurance rates may even go down once you have quit. Based on a one pack per day habit at \$8 per pack, you will save:

- \$56 per week
- \$2,880 annually
- \$240 per month
- \$28,800 over 10 years

Pipes, Cigars and Chewing Tobacco

If you smoke a pipe or cigar or chew tobacco, you are also at risk for the same health hazards as smoking cigarettes. If you chew tobacco, you are addicted to the same nicotine that is in cigarettes, making it hard for you to quit chewing. You are more likely to get cancer in your mouth or stomach, and you will also be more likely to have heart disease or a stroke. Any form of tobacco, (pipes, cigars, chewing tobacco or cigarettes), is not healthy. Kicking the habit is important for anyone who uses tobacco in any form.

Electronic Cigarettes

Electronic cigarettes, also known as e-cigarettes or vapes, are designed to look like cigarettes, right down to the glowing tip. When the smoker puffs on it, a vapor is inhaled into the smoker's lungs. The smoker inhales it like cigarette smoke, and nicotine is absorbed into the lungs. The e-cigarette is usually sold as a way for a smoker to get nicotine in places where smoking is not allowed. Some people think they can be used to help people give up tobacco.

The makers of e-cigarettes say that the ingredients are "safe," but this only means the ingredients have been found to be safe to eat. Inhaling a substance is not the same as swallowing it. There are questions about how safe it is to inhale some substances in the e-cigarette vapor into the lungs. Electronic cigarettes are not labeled with their ingredients, so the user doesn't know what's in them. It's best to stay away from e-cigarettes, because we don't know enough about them yet to say that they are safe.

Secondhand Smoke

Secondhand smoke is no joke! Secondhand smoke is more than just a drag to be around. There is no safe level of secondhand smoke. Even a little secondhand smoke can be harmful to your health.

What is secondhand smoke? It is the smoke you breathe when someone around you is smoking. It is the smoke that comes from the end of a burning cigarette and the smoke breathed out by the smoker. Both types of smoke are harmful to babies, children, adults and seniors.

For babies and children, secondhand smoke can cause them to get sick more often with asthma, ear infections and pneumonia. Secondhand smoke can also put a baby at more risk for Sudden Infant Death Syndrome (SIDS). When adults breathe secondhand smoke they are more likely to have lung cancer and heart problems. There is no safe level of secondhand smoke.

Whatever your reason to quit—your health, family, friends or money—let it motivate you along your path to a smoke-free life!

THE GOOD NEWS — AFTER YOU QUIT!

- **In 20 minutes:** Blood pressure, body temperature and heart rate drop to normal
- **In 8 hours:** Smoker's breath disappears, carbon monoxide levels drop and oxygen levels rise to normal
- **In 24 hours:** Chance of heart attack decreases
- **In 48 hours:** Nerve endings start to recover
- **In 3 days:** Breathing is easier
- **In 2–3 months:** Circulation improves, walking becomes easier, lung capacity increases by 30%
- **In 1–9 months:** Sinus congestion improves, shortness of breath decreases, energy increases
- **In 1 year:** Excess risk of heart disease is half that of a smoker
- **In 5 years:** Lung cancer death rate decreases by half, stroke risk reduced, and it just keeps getting better!

Source: US Surgeon General's Report, 1998 and 2000

HOW TO QUIT

Mark Twain once said, “Quitting smoking is easy. I’ve done it a thousand times.” Why is it so hard to quit smoking or chewing tobacco? Nicotine (the addictive drug in cigarettes) is the answer. Nicotine stimulates the “pleasure centers” of your brain and make you feel relaxed, happy or less tense, and over the years you have learned to associate smoking with a sense of well-being. Sadly, the nicotine is very addictive and is one of over 7,000 poisons in cigarettes and chewing tobacco. It’s those other thousands of poisonous chemicals that are so toxic to your body and can lead to cancers, emphysema and heart disease. You know it’s unhealthy to use tobacco, so **let’s learn how to quit one step at a time. You will be most successful if you use medications with a class or counseling.**

MEDICATION OPTIONS TO HELP YOU

Chantix Therapy: Chantix is a medication used only for smoking cessation. It was especially designed for this purpose. It is an oral pill taken daily, and it greatly reduces the withdrawal symptoms. As always, talk about your plan with your health care team to see what is best for you. Since Chantix is a prescription medication, you must contact your doctor first if you would like to try this method.

Nicotine Replacement Therapy: Nicotine Replacement Therapy (NRT) provides nicotine to the smoker without the other thousands of poisons in the cigarette smoke. There are many nicotine substitutes such as: the nicotine patch, gum and nasal spray. NRT should not be used as the only treatment for smoking cessation. Studies show that cessation programs or therapy coupled with NRT will double the chances of success rates for the smoker. As always, talk about your plan with your healthcare team to see what is best for you.

Zyban/Wellbutrin Therapy: Zyban or Wellbutrin are other types of medications often used to help smokers kick the habit. They are anti-depressants that reduce the effects of withdrawal symptoms. They can be used alone or with other NRTs. Since both are prescription drugs, you must contact your doctor first if you would like to try this method.

BEHAVIORAL OPTIONS TO HELP YOU

Smoking Cessation Classes: Studies have shown that the best smoking cessation program includes individual or group counseling. When thinking about a program, ask about the following:

- **Session length:** It needs to be at least 20–30 minutes long.
- **Number of sessions:** It's best to attend at least 4–7 sessions.
- **Number of weeks:** Attend for at least 4 weeks.
- **Leader Certification:** Your leader should be certified to teach a smoking cessation class.

The American Cancer Society, American Heart Association, American Lung Association or your local health department may hold smoking cessation classes in your community. Check out the listing at the end of this booklet for classes in your community.

Nicotine Anonymous Support Group: This group is like Alcoholics Anonymous groups, with a 12-step approach. To find a local meeting, look in the business section of the phone book for a local listing or search www.nicotine-anonymous.org for more information. There are several local meetings in the Baltimore area you can attend, or you can enter a cyber session online or join one of their many phone meetings throughout the day.

SYMPTOMS OF RECOVERY

Be positive and think of “withdrawal symptoms” as your symptoms of recovery! Your body is healing and getting over an addiction. These feelings or symptoms may not bother you at all or you may have only a few of them, especially if you take medications. Having some of these symptoms is actually good! It means your body is getting rid of the bad chemicals. Coping with these symptoms may be tough, but the good news is that they usually only last a couple weeks. Exercise and relaxation can help with many of them. Very few people have all of these symptoms. Some symptoms include:

- Anger or irritability
- Anxiety
- Coughing: Sip warm tea or suck on cough drops or sugarless candy to soothe your throat. Your lungs and airways are working better, and your body is “cleaning house” by coughing up mucus and accumulated toxins.
- Constipation: Eat plenty of fruits, vegetables and whole grains, which add fiber to your diet.
- Difficulty concentrating
- Dry or sore gums: Drink cold water or chew sugarless gum.
- Feeling unhappy or depressed
- Headaches
- Increased appetite or hunger
- Trouble sleeping and/or vivid dreams: Avoid drinks with caffeine after 6 pm each night.

DEALING WITH CRAVINGS

Once you quit, you may have times when you really want to smoke or chew. Sometimes, you may be “triggered” by a memory or a routine where you used to smoke. These are called cravings. Cravings usually last 1–2 minutes and can be managed several ways. Some medications help a lot with cravings, but there are things you can do to help you get through the rough spots. **The four Ds can help!**

Delay: Do not act on your urge to smoke or chew. It will pass in a minute or two. Do not give in—use your willpower!

Deep breathing: Take slow, deep breaths to relax you. Breathe in slowly and deeply through your nose and release the breath through your mouth. Keep breathing until you relax and forget about the urge to smoke.

Drink water: It helps to flush the toxins from your body and gives you something to do with your hands and mouth.

Distract: Take your mind off smoking. Get up and move around. Take a walk. Call a friend. Listen to music. Start a new hobby. Balance your checkbook. Meditate. Pray. Chew gum. Brush your teeth.

GIVE YOURSELF A PAT ON THE BACK

Way to go! You're on the way to becoming a non-smoker. Get support from others and do things to help you stay a non-smoker.

- Avoid or limit old activities, places, or people that trigger the urge to smoke for a while.
- Get active: Staying active, even through walking, releases “feel good” chemicals in your brain which boosts your mood and helps you feel better.
- Keep your list of reasons why you quit smoking with you and look at it often.
- Talk to your friends and family daily. Their support will help you to have the willpower to stay smoke-free.
- Do things with your hands: Knitting, needlepoint, crossword puzzles, gardening, washing the car, playing with pencils/pens, or a stress-relief “squeeze” toy may help.
- Track your success every day on the calendar.
- Reward yourself every day and every week. It will keep you positive and successful.
- Save the money you would have spent on cigarettes and use it for weekly, monthly, or yearly rewards. A new CD, a special dinner out, a new camera, or cleaning service—they all are compliments of your new healthy lifestyle!
- If you do have a slip and smoke, **don't give up! Get right back on track, forgive yourself and stay smoke-free.**

RESOURCES

Think about joining one of the smoking cessation classes offered at one of the many programs listed in the Resource Directory below. Call or stop by the University of Maryland Medical Center's (UMMC) Patient Resource Center or at the Community Health Education Center (CHEC) at the University of Maryland Medical Center Midtown Campus, for free information and resources to help you kick the habit for life.

UMMC's Patient Resource Center
410-328-WELL (9355)

UMMC KICK the Habit
www.umm.edu/kickthehabit

UMMC Midtown Campus
443-552-CHEC (2432)

US Government Tobacco Cessation
www.smokefree.gov

American Lung Association
www.lungusa.org

American Cancer Society
www.cancer.org

Nicotine Anonymous
www.nicotine-anonymous.org or
www.nicamar.homestead.com

Centers For Disease Control (CDC)
www.cdc.gov/tobacco

Maryland Tobacco Quit Line
1-800-QUIT-NOW (784-8669)

SMOKING CESSATION RESOURCE DIRECTORY

ALLEGANY COUNTY

**American Cancer Society
Fresh Start Program**
Call for dates, times and locations
1-800-227-2345, Option #3
Free

Allegheny Health Department
12503 Willowbrook Road
Cumberland, MD 21502
Tobacco (Individual cessation programs)
Group sessions are done on as
needed basis
Call for dates and times
Contact: Kathy Wallace-Dudley at
301-759-5266
Free

Anne Arundel Medical Center
2001 Medical Parkway
Annapolis, MD 21401
Become Smoke Free Adults
6-week program
Sign-up online at www.aamcevents.org
Ask AAMC: 443-481-5555

**University of Maryland Baltimore
Washington Medical Center**
301 Hospital Drive
Glen Burnie, MD 21061
Freedom from smoking program
Anne Arundel County Adult residents
Call for dates and times
Contact: 410-553-8103
Free

ANNE ARUNDEL COUNTY

**American Cancer Society
Fresh Start Program**
Call for dates, times and locations
1-800-227-2345, Option #3
Free

BALTIMORE CITY DOWNTOWN

**University of Maryland
Medical Center**
Patient Resource Center,
First Floor - Weinberg
22 S. Greene Street
Baltimore, MD 21201

410-328-WELL (9355)
Call for information packet

**University of Maryland
Medical Center Midtown Campus
Professional Building**
Community Health Education Center
821 N. Eutaw Street
Baltimore, MD 21201
443-552-CHEC (2432)

**American Cancer Society
Fresh Start Program**
Call for dates, times and locations
1-800-227-2345, Option #3
Free

**American Heart Association
Baltimore Stops Classes**
410-246-6700 for dates, times
and locations

Baltimore City Health Department
1001 E. Fayette Street
Baltimore, MD 21202
410-396-4398
Tobacco Use Prevention Program
Adults and Adolescents
Contact: Mary Gardner at
410-361-9765
Free

Baltimore Medical System
Free patches, group therapy and
behavior modification.
Call Earline Washington: 410-703-3689
for dates, times and locations

CEASE Today, For a Healthy Tomorrow!
Group smoking cessation classes led
by Peer Motivators are held at various
locations throughout SW Baltimore
and the Waverly Community. Nicotine
replacement therapies are provided
when appropriate. Call 443-814-9145
for more information.

Chase Brexton Health Services, Inc.
1111 N. Charles Street
Baltimore, MD 21201
Some services also offered at:
4000 Old Court Road
Pikesville, MD 21208
Program: The Last Drag
Participants: Gay, Lesbian, Bisexual

and Transgender
410-837-2050, ext. 2617
Call for fee
MedStar Good Samaritan Hospital
5601 Loch Raven Boulevard , 2nd Floor
Baltimore, MD 21239
Tuesdays at 6:30 pm
must call to schedule
Contact: Debbie Bengledorf at
443-444-4799
Free

BALTIMORE COUNTY

**American Cancer Society
Fresh Start Program**
Call for dates, times and locations
1-800-227-2345, Option #3
Free

**Baltimore County Health
Department/Baltimore County
Anti-tobacco Coalition**
6401 York Road, 3rd Floor
Baltimore, MD 21212
Group Classes, acupuncture and
hypnosis sessions
Contact: Tobacco Referral Line to
enroll 1-800-QUIT-NOW (784-8669)
Free

**Baltimore County Stop Smoking
Hypnosis Clinic**
8910 Harford Road
Parkville, MD 21234
2 Sessions, groups of 16 at a time
Contact: James White at 410-661-1111
Call for fee

Dr. Mark Young
5430 Campbell Boulevard
White Marsh, MD 21162
Alternative Advantage, Adults
Call for appointment: 410-933-8800
Debra Walters, Office Manager
Single sessions: Combining both
acupuncture and hypnosis
Call for fee

**Franklin Square Hospital Center
Crawford Conference Center**
9000 Franklin Square Drive
Rosedale, MD 21237
Stop Smoking Today Sessions: Free

Contact: Karen Polite-Lamma at
443-777-7900
Call for registration

CARROLL COUNTY

American Cancer Society Fresh Start Program

Call for dates, times and locations
1-800-227-2345, Option #3
Free

Carroll County Health Department

290 South Center Street
Westminster, MD 21157
410-876-4429
410-876-4443

Carroll Hospital Center

200 Memorial Avenue
Westminster, MD 21157
Quit Together
5-week Education & Support-based
Program
Call for dates and times
410-871-7000
CarrollHospitalCenter.org
Free

CHARLES COUNTY

American Cancer Society Fresh Start Program

Call for dates, times and locations
1-800-227-2345, Option #3
Free

Charles County Health Department

4545 Crain Highway
White Plains, MD 20695
10-week Program (Patches are
worn for the first 8-weeks)
Call for dates and times
Contact: Mary Beth Klick at
301-609-6932
Free

DORCHESTER COUNTY

American Cancer Society Fresh Start Program

Call for dates, times and locations
1-800-227-2345, Option #3
Free

Dorchester County Health Department

3 Cedar Street
Cambridge, MD 21613
One-on-One Counseling
Call for dates and times
Contact: Miranda Lecompte at
410-901-8129
Free to Dorchester Residents
Nicoderm CQ Patch available; Chantix
will become available in the future

FREDERICK COUNTY

American Cancer Society Fresh Start Program

Call for dates, times and locations
1-800-227-2345, Option #3
Free

Frederick County Health Department

350 Montevue Lane
Frederick, MD 21702
Self-help, one to one counseling,
smoking cessation classes, and
educational programs
Call for dates and times
Sessions: 3 – 6-week sessions
Patches are available
Contact: Todd Crum at 301-600-3293
Free

GARRETT COUNTY

American Cancer Society Fresh Start Program

Call for dates, times and locations
1-800-227-2345, Option #3
Free

Garrett County Health Department

1025 Memorial Drive
Oakland, MD 21550
Individual and Group Counseling
Call for class schedule
Contact: Mike Wilburn at 301-334-7730
Free

HARFORD COUNTY**American Cancer Society
Fresh Start Program**

Call for dates, times and locations
1-800-227-2345, Option #3
Free

**Harford County Health Department
Tobacco Cessation Classes**

120 S. Hays Street
Bel Air, MD 21014
Call for schedule
Adults and Youth
Contact: Linda Pegram at 410-612-1781
Free

HOWARD COUNTY**American Cancer Society
Fresh Start Program**

Call for dates, times and locations
1-800-227-2345, Option #3
Free

Howard County General Hospital

5755 Cedar Lane
Columbia, MD 21044
Program: American Lung Association
8-week program and ongoing support
groups
Call for dates and times
Contact: Sandy Roemer at the
Wellness Center, 410-740-7601
Call for fee

NICOTINE ANONYMOUS

Held in four locations:

Dupont Circle Club

1623 Connecticut Avenue NW #2009
Washington, DC 20036
Thursdays at 6 pm
must call to schedule
Contact: Dale at 410-964-2180
Free

MedStar Good Samaritan Hospital

5601 Loch Raven Boulevard, 2nd Floor
Baltimore, MD 21239
Tuesdays at 6:30 pm
must call to schedule
Contact: Debbie Bengledorf at
443-444-4799
Free

**The Talbott Springs Neighborhood
Center, The Serenity Center**

9650 Basket Ring Road
Columbia, MD 21045
Wednesdays at 6:30 pm
must call to schedule
Sundays at 5:30 pm (as requested)
must call to schedule
Contact: Dale at 410-964-2180
Free

Nicotine Anonymous available online
at www.nicotine-anonymous.org or
www.Nicamar.homestead.com





UNIVERSITY *of* MARYLAND
MEDICAL CENTER

**DEPARTMENT OF
COMMUNITY HEALTH IMPROVEMENT**

1-800-492-5538

umm.edu/community

umm.edu/kickthehabit