



Smoking Cessation

JOURNEY TO SMOKING
CESSATION

Program Overview

Steps to Completing Virtual Smoking Cessation Program

- **Step 1** Make an appointment thru Acuity “Smoking Cessation- Initial Consult.” Attend the visit with our Workforce health NP! If you prefer a virtual appointment- you may email QuitSmoking@chesapeake regional.com to request.
- **Step 2** At the appointment you will be scheduled your next assignment. You will receive an email with instructions to complete week 1’s content. The content will be completed in FIT Thumb.
- **Step 3** Once you complete week 1’s content in FIT Thumb, week 2’s content will open. You will complete a total of 6 weeks of assignments in subsequent order in FIT Thumb. You can complete at your own pace!
- **That’s IT Receive Your Credit and get your \$35 per pay period back!** (You can receive credit back for up to 1 year unless you permanently quit smoking) have questions? Email QuitSmoking@chesapeake regional.com

4 Presentations

1. Knowledge

- Why is Nicotine so Addictive?
- Benefits to Quitting
- Health Effects of Smoking
- Facts About Quitting

2. 5 Steps to Quitting

- Steps 1 & 2
 - Prepare
 - Choose a Method

3. 5 Steps to Quitting

- Steps 3 & 4
 - Get Support
 - Replace Old Habits

4. 5 Steps to Quitting

- Step 5
 - Quit & have a Relapse Plan

Why Is Nicotine So Addictive?

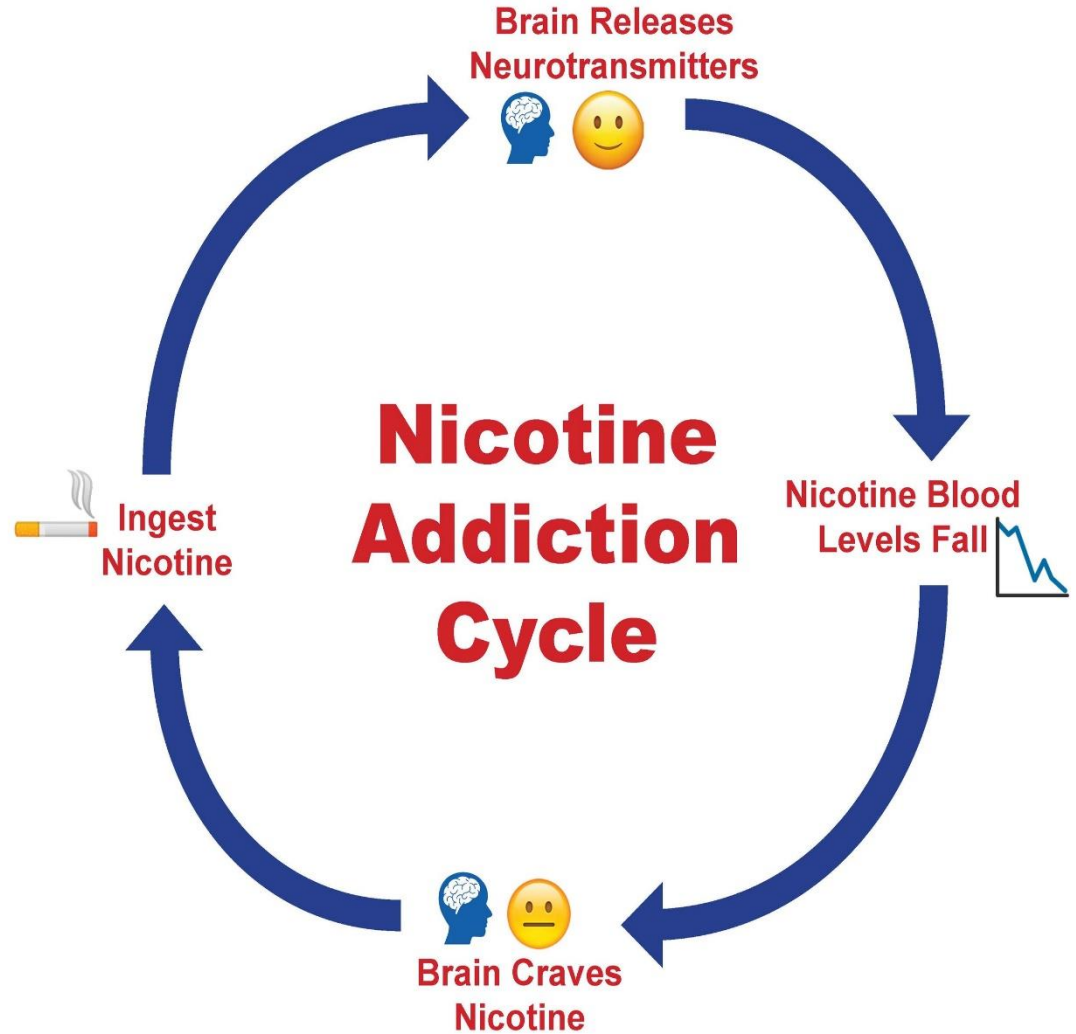
3 CHAINS OF ADDICTION

1. PHYSICAL
2. SOCIAL
3. MENTAL



Review: <https://youtu.be/XCibiAnJ6Ts>

Nicotine Addiction Cycle



Physical Addiction

Know Your Withdrawal Symptoms!

- Irritability
- Restless
- Insomnia
- Muscle Aches
- Flu-Like Symptoms
- Headaches
- Dizziness
- Nausea
- Anxiety and Depression
- Hunger and Weight Gain



Fast Facts - Smokers

1 in 5 Deaths!

2-4x higher risk of
Stroke and Coronary
Artery Disease (Heart
Attack)

12-13x more likely to
die from COPD

1 in 3 Cancer Related
Deaths!

Leads to
Osteoporosis,
Diabetes, Rheumatoid
Arthritis

Low birth weight,
stillbirth, and birth
defects

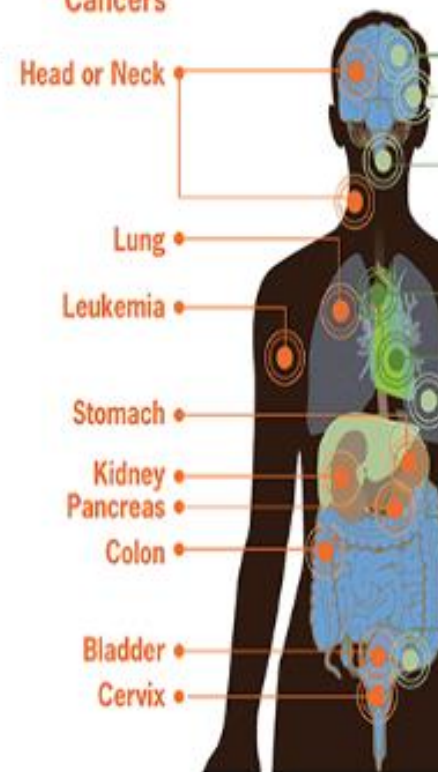
Costs the US More
than \$600 Billion a
Year!

25x more Likely to
Get Lung Cancer!

Risks from

Smoking can damage every

Cancers



Risks from Smoking

Smoking can damage every part of the body

Cancers

Head or Neck

Lung

Leukemia

Stomach

Kidney
Pancreas

Colon

Bladder

Cervix

Chronic Diseases

Stroke

Blindness

Gum infection

Aortic rupture

Heart disease

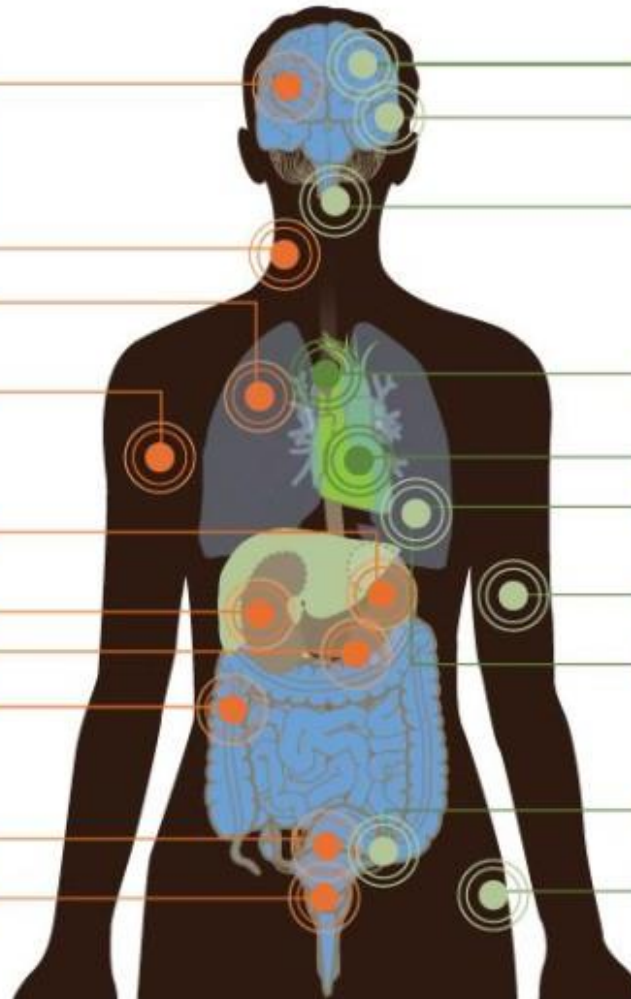
Pneumonia

Hardening of the arteries

Chronic lung disease
& asthma

Reduced fertility

Hip fracture



Smoking



If you smoke, stopping is the best thing you can do for your heart

AFTER



Your blood pressure starts to **lower**

8
HOURS

Your risk of heart attack starts to **fall**

15 YEARS

Your risk of heart attack drops to that of someone who has **NEVER** smoked



It is easier for your heart to pump

1 YEAR

Your risk of heart attack falls to $\frac{1}{2}$ that of someone who smokes



Smoking is one of the risk factors for heart attack and stroke. Ask your health professional what your overall risk is

Benefits of Quitting:

- MORE ENERGY AND LESS STRESS
- NO MORE SMOKER'S COUGH
- FEWER COUGHS, COLDS, AND FLUS
- SENSE OF TASTE AND SMELL IMPROVE
- START TO FEEL BETTER WITHIN TWO WEEKS
- IMPROVE YOUR OVERALL HEALTH
- INCREASE YOUR LIFE EXPECTANCY

SMOKING CESSATION BY THE NUMBERS

*Smoking Cessation:
A Report of the Surgeon General*



About **34 million** U.S. adults currently smoke cigarettes.



▶ Smoking is the leading cause of preventable disease and death in the United States

▶ **480,000** Americans die from smoking each year, accounting for nearly 1 in 5 deaths



▶ **16 million** Americans live with a smoking-related disease

▶ Smoking-related death and disease cost the United States over **\$300 billion** each year





You Can Quit!

- ▶ **Nearly 70%** of adults who smoke say they want to quit
- ▶ Each year, **over 50%** of adults who smoke try to quit
- ▶ **3 in 5** adults who ever smoked have quit

Set Yourself up for Success!

1. YOU NEED TO BELIEVE QUITTING IS POSSIBLE.
2. YOU NEED TO REALLY WANT TO QUIT.
3. YOU NEED TO FIND THE BEST WAY TO QUIT FOR YOU.



Believe  in yourself

Quit  smoking

Helpful links 1800- Quit NOW

[HTTPS://WWW.COMMITTOQUITCT.COM/](https://www.committoquitct.com/)



Are You Ready to Quit?

Activity: Answer Yes or No to the following

1. Do you want to quit smoking for yourself?
2. Is quitting smoking a number one priority for you?
3. Have you tried to quit smoking before?
4. Do you believe smoking is dangerous to your health?
5. Are you committed to trying to quit even though it may be tough?
6. Are your family, friends, and co-workers willing to help you quit?
7. Besides health reasons, do you have other personal reasons for quitting?
8. Will you be patient and keep trying if you slip or backslide?

If you answered “Yes” to 4 or more, this is a good indicator that you ready to quit smoking!

References

- American Heart Association, last reviewed 2018

<https://www.heart.org>

- Centers for Disease Control, last reviewed 2021

<https://www.cdc.gov/tobacco/>

- U.S. Department of Health and Human Services, last reviewed 2014

<https://www.hhs.gov/surgeongeneral/reports-and-publications/tobacco/consequences-smoking-factsheet/index.html>