

POWER to **quit smoking**



FirstChoice
by Select Health of South Carolina
Your Hometown Health Plan

Healthy Connections 

My Quit Smoking Workbook

Name: _____

My primary care provider (PCP): _____ Phone: _____

If you need help reading this, please call **1-888-276-2020**.

Si usted necesita ayuda para leer este documento, por favor llame al **1-888-276-2020**.

Important First Choice phone numbers

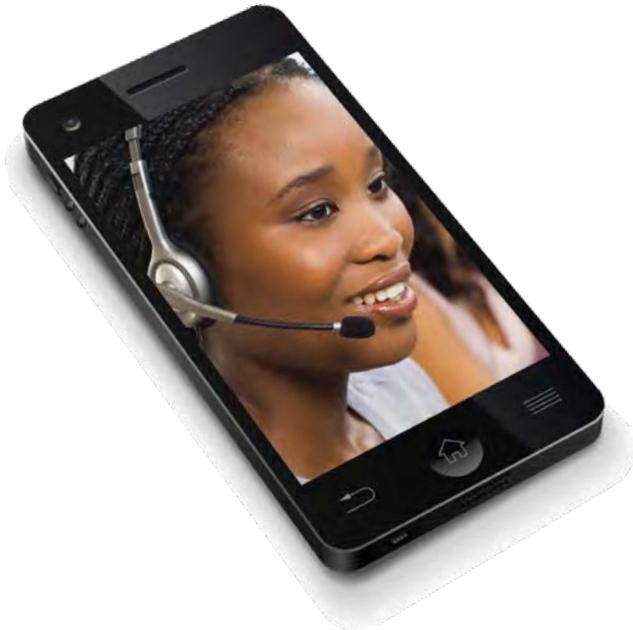
Member Services: 1-800-276-2020

Rapid Response and Outreach: 1-866-899-5406

Care Management: 1-888-276-2020, ext. 55251

24-Hour Nurse Call Line: 1-800-304-5436

South Carolina Healthy Connections: 1-888-549-0820



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What's your reason to quit

Everyone has reasons for quitting smoking. Maybe you want to be healthier, save some money or keep your family safe. As you prepare to quit, think about your own reasons for quitting. Remind yourself of them each day. They can inspire you to stop smoking for good. Whatever your reasons, you will be amazed at all the ways your life will improve when you become smoke free. Here are a few reasons to quit:

Health and appearance

- + My chances of having cancer, heart attacks, heart disease, stroke, cataracts and other diseases will go down.
- + I will be less likely to get sick.
- + I will breathe easier and cough less.
- + My blood pressure will go down.
- + My skin will look healthier. I will look more youthful.
- + My teeth and fingernails will not be stained.

Lifestyle

- + I will have more money to spend.
- + I can spend more time with family, catch up on work or dive into my favorite hobby.



- + I won't have to worry about when I can smoke next or where I can or can't smoke.
- + My food will taste better.
- + My clothes will smell better.
- + My car, home and kids won't smell like smoke.
- + I will be able to smell food, flowers and other things better.

Loved ones

- + I will set a great example for my kids. It takes a lot of strength to quit.
- + My friends, family, coworkers and other loved ones will be proud of me.
- + I will protect my friends and family from the dangers of secondhand smoke.
- + My children will be healthier.
- + I will have more energy to do the things I love with friends and family.
- + I will get healthy to make sure I am around to share in my family's special moments.

Write them down

Make a list of all of the reasons you want to become smoke free. Keep it in a place where you will see it often, like your car or where you kept your cigarettes. When you feel the need to smoke, look at the list to remind yourself why you want to quit.

Questions, notes and goals:

Women and smoking

Many women smoke to deal with stress. A lot of stress can come from the many jobs women can have at one time: wife, mother, daughter, employee and caregiver. Women also have health issues that men do not have, like menstrual periods, pregnancy, the pill and a higher risk for osteoporosis (thin bones).

Reasons for women to quit

Quitting smoking is stressful because it's hard to stop. You may have to try and try again...and again. But once you quit, you will be healthier. Think about these reasons women should quit:

- + **Very busy life:** Smoking reduces energy levels. If you quit smoking, you will have more energy for all the jobs you do.
- + **Cancer:** Smoking has been linked to cancer of the cervix in addition to other cancers, like lung cancer.
- + **Early menopause:** Beginning to smoke as a teenager can put a woman at risk of starting menopause 2 to 3 years early.



Questions, notes and goals:

+ **Pregnancy:** Smoking causes a pregnancy to be high risk. Women who smoke are more likely to have:

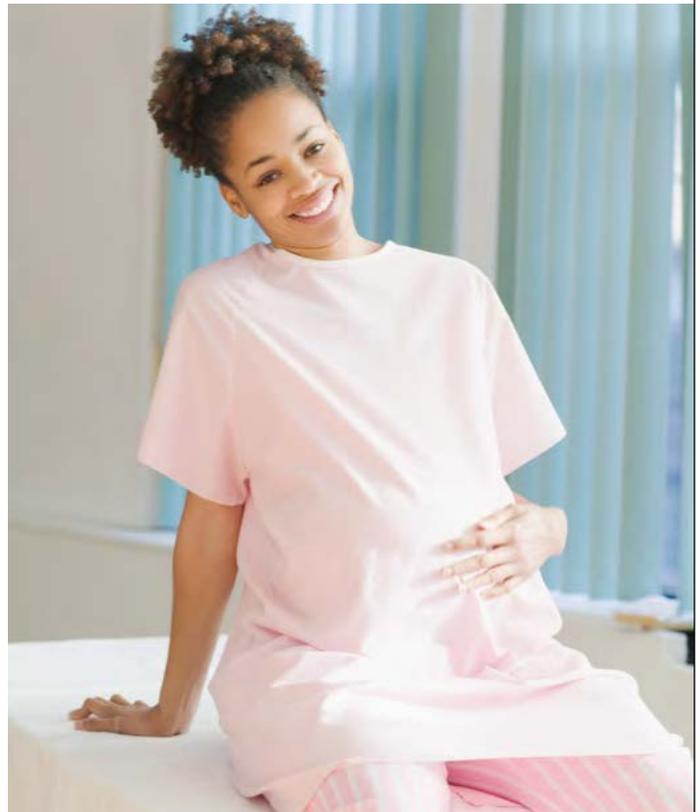
- Trouble getting pregnant.
- Premature babies and babies with low birth weight.
- Miscarriages and stillbirths.
- Babies who die of SIDS (sudden infant death syndrome).

It can be very hard to stop smoking when you are pregnant. But quitting cigarettes is the best way to give your baby a healthy start.

+ **The pill:** If you smoke, birth control pills may increase your chances for heart disease.

+ **Osteoporosis:** Smoking can lead to osteoporosis, and the risk increases after menopause. Stopping smoking can lower your risk for broken bones.

+ **Wrinkled, aging skin:** Smoking can cause premature aging of the skin, wrinkles and a leathery complexion.



Questions, notes and goals:

Smoking and children

Even though smoking is shown in movies and on TV, parents are the most influential people in children’s lives. Tell your children honestly and directly that you don’t want them to smoke cigarettes. Give them clear, consistent messages about the risks of smoking.

Why kids start smoking

Almost 70 percent of adult smokers began smoking before age 18. Most smokers try their first cigarette around age 11. Many are addicted by the time they turn 14. So why do they start?

- + Their parents are smokers.
- + Peer pressure — their friends encourage them.
- + They see smoking as a way of rebelling and showing independence.
- + They think everyone else is smoking and that they should too.
- + Tobacco advertising targets teenagers.



Questions, notes and goals:

Talk to kids about smoking

Start talking to your kids about smoking when they are 5 or 6 years old. Continue through their high school years.

- + Explain the health dangers and unpleasant physical aspects (like bad breath, discolored teeth and nails) of smoking.
- + Set a good example for your kids by not smoking.
- + Talk to your kids about how hard it is to quit.
- + Set a smoke-free policy in your home. Don't allow anyone to smoke indoors.
- + Make sure the events your children attend are smoke free.
- + Support tobacco-free schools. Insist that school health programs include tobacco-use prevention education.
- + Talk with your kids about ways to refuse a cigarette.

What to do if your child smokes

If you find out that your teen has started smoking, your first reaction may be to order him or her to quit. Teen smokers become addicted to nicotine very quickly, and that can make quitting hard. Be patient and supportive as your child goes through the quitting process.



Questions, notes and goals:

If you catch your teen smoking, try to avoid threats and ultimatums. Instead:

- + Ask a few questions to find out why your child is smoking. He or she may want to be accepted by a peer group or want attention.
- + Talk about what changes can be made to help your child stop smoking.
- + As you talk to your child about their smoking, point out that he or she is probably already addicted to nicotine. The tobacco industry spends a lot of money to make sure their products are as appealing and as addictive as possible. Ask your child to think about how they've been manipulated and used by tobacco companies. This makes many teen smokers angry and can help motivate them to quit.

The American Lung Association's Not On Tobacco (N-O-T) program helps teen smokers quit. It can give your teenager the tools he or she needs.

For more information, visit:

- + **www.lung.org**.
- + **www.tobaccofreekids.org**.

Questions, notes and goals:

The rewards of quitting

When a strong craving hits, it can be easy to lose sight of the benefits of quitting. You might lose your focus, but there is no good reason to smoke. Remind yourself of the rewards of quitting to help stay on track.

Instant rewards

When you smoke, the chemicals in tobacco reach your lungs quickly each time you inhale. Your blood carries the toxins to every organ in your body. There is no safe amount of cigarette smoke.

After you quit, your body begins to heal within 20 minutes of your last cigarette. The nicotine leaves your body within 3 days. As your body starts to repair itself, you may feel worse instead of better. Withdrawal can be hard, but it is a sign your body is healing.

Long-term rewards

Tobacco use in the United States causes about 443,000 deaths each year, or nearly 1 in every 5 deaths. Quitting can help you add years to your life. Smokers die on average 13 years earlier than non-smokers. Take control of your health by quitting. Over time, you will greatly lower your risk of death from lung cancer and other diseases like:

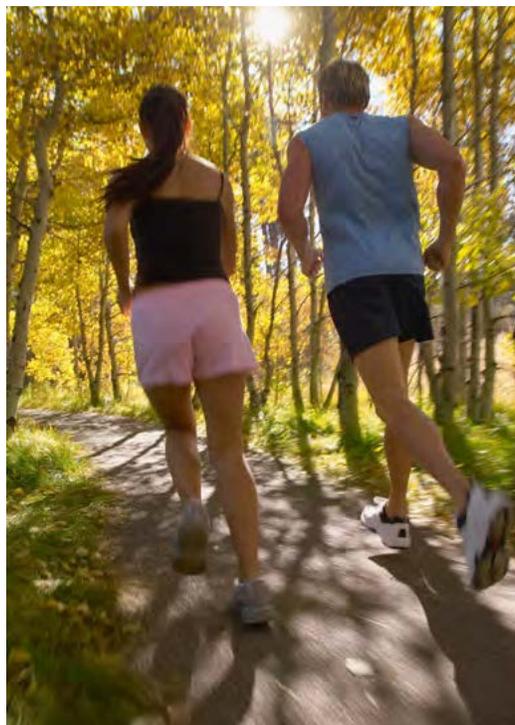
- + Heart disease.
- + Stroke.
- + Diabetes.
- + Chronic bronchitis.
- + Emphysema.
- + At least 13 other kinds of cancer.

Questions, notes and goals:

You will also cut back on dangerous secondhand smoke for your loved ones. Protect your family and set a good example. By quitting, you're showing your family and other young people that a life without cigarettes is not only healthy, but possible.

Health milestones

- + Within 20 minutes of quitting, your heart rate and blood pressure drop.
- + Within 12 hours, the carbon monoxide level in your bloodstream drops to normal.
- + Within 3 months, your circulation and lung function improves.
- + After 9 months, you will cough less and breathe easier.
- + After 1 year, your risk of coronary heart disease is cut in half.
- + After 5 years, your risk of cancer of the mouth, throat, esophagus and bladder are cut in half.
- + After 10 years, you are half as likely to die from lung cancer, and your risk of larynx and pancreatic cancers decreases.
- + After 15 years, your risk of coronary heart disease is the same as a non-smoker's risk.



Questions, notes and goals:

Plan for challenges

Quitting smoking is hardest during the first few weeks. You will deal with uncomfortable feelings, temptations to smoke, withdrawal symptoms and cigarette cravings. An important part of preparing to quit is planning for these challenges.

Uncomfortable feelings

The first few weeks after quitting, a lot of people may feel uncomfortable and will crave a cigarette. This is because of withdrawal. Withdrawal is when your body gets used to not having nicotine from cigarettes. Nicotine is the chemical found in cigarettes that makes you want to keep smoking. Some common withdrawal feelings are:

- + Feeling a little depressed.
- + Not being able to sleep.
- + Getting cranky, frustrated or mad.
- + Feeling anxious, nervous or restless.
- + Having trouble thinking clearly.

Although withdrawal can be uncomfortable, there is no health danger from nicotine withdrawal. In fact, quitting smoking is the best thing you can do for your health. Even extreme withdrawal symptoms will fade in a week or so.

You may be tempted to smoke to relieve these feelings. Just remember they are temporary. They will fade with each day you stay smoke free. Medicines and behavior changes can help manage the symptoms.

Questions, notes and goals:

Smoking triggers

For many smokers, the craving for a cigarette lasts longer than the other symptoms of withdrawal. This is because cravings can be set off by reminders of smoking. These reminders are called triggers. There are many people, places and things that trigger a craving. This means it's important to have a plan for how you'll handle a craving when it hits.

Cravings

Cravings are short but intense urges to smoke. Cravings usually only last a few minutes. Plan ahead and come up with a list of short activities you can do when you get a craving.



Questions, notes and goals:

Tips for success

Remove cigarettes from your home, car and work. Removing things that remind you of smoking will get you ready to quit. Try these tips:

- + Throw away all your cigarettes and matches. Give or throw away your lighters and ashtrays. Remember the ashtray and lighter in your car!
- + Don't save one pack of cigarettes "just in case." Keeping one pack makes it easier to start smoking again.
- + Remove the smell of cigarettes from your life. You will be less tempted to light up if you don't smell smoke. Make things clean and fresh at work, in your car and at home.
- + Have your dentist clean your teeth to get rid of smoking stains. Your teeth will look amazing.

Don't use other products with tobacco

Thinking about using other tobacco products instead of cigarettes? Think again. All tobacco products contain harmful chemicals and poisons. Despite their name, light or low-tar cigarettes are just as bad as regular cigarettes. Smokeless tobacco, pipes, cigars, cigarillos, hookahs (water pipes), bidi cigarettes, clove cigarettes and herbal cigarettes also hurt your health.

No matter how they are presented in advertisements, all tobacco products are dangerous.

Questions, notes and goals:

Medicine can help

When you first stop smoking, you may feel uncomfortable and will have the urge to smoke. Quit-smoking medicines help reduce feelings of withdrawal and cigarette cravings.

These medicines can double your chances of quitting for good.

First Choice covers medicines to help you stop smoking. These medicines are nicotine gum, nicotine patches, Zyban® and Chantix® (tablets).

We cover these quit-smoking products for a consecutive 90-day period per year with a prescription from your doctor. Talk to your doctor about the right method for you. If you are pregnant or nursing, have a serious medical condition, or are on certain medicines, you may not be able to take quit-smoking medicine.

Once you get a prescription, take it to your pharmacy to get it filled. Once you fill the first prescription, the clock starts on your 90-day benefit. After that, you will have to wait 9 months before First Choice will approve another 90-day benefit. In some cases, you may need to request an override if you have reached your monthly prescription limit.

Please call Member Services at **1-888-276-2020** if you have any questions or need help getting your medicine filled.

Questions, notes and goals:

Other resources

Phone quit lines:

- + South Carolina Tobacco Quitline:
1-800-QUIT-NOW (1-800-784-8669)

- + Cancer Information Service Quit Line:
1-800-4-CANCER (1-800-422-6237)

- + American Lung Association Freedom From Smoking Quit Line:
1-800-LUNG-USA (1-800-586-4872)

- + American Cancer Society Great Start Program (for pregnant women):
1-866-667-8278



Questions, notes and goals:

6 ways to boost your mood after quitting

Mood changes are common after you quit. You might be irritable, restless or feel down or blue. If you have these feelings after quitting smoking, try:

1. **Exercising.** Try taking a walk. If you need to, start small and build over time. This can be hard to do when you are depressed, because feeling down saps all your energy. But making the effort will pay off! It will help you feel better.
2. **Planning your day.** Create a plan to stay busy. It is important to get out of the house when you can.
3. **Talking and doing things with other people.** Having daily contact with other people will help your mood.
4. **Building rewards into your life.** It can be helpful to find little ways to reward yourself. Try reading a magazine or listening to music.
5. **Doing what used to be fun, even if it does not seem fun right now.** It may take a little time, but doing fun activities again will help improve your mood. Some people like to make a list of fun events and do at least one a day.
6. **Talking with friends and loved ones.** Your support system is key. Talking to friends and family about your concerns can help things seem less hard or scary.

Sources: CDC.gov and Smokefree.gov

Questions, notes and goals:

Care Management information

Care management nurses can:

- + Give a complete health evaluation with you or your caregiver.
- + Find specialists.
- + Help you get medicines and medically necessary equipment and supplies.
- + Connect you to community resources.
- + Give you information about your health care needs.
- + Provide transportation information for doctor visits, dialysis, X-rays, lab work or pharmacy visits.

First Choice programs

We offer many programs at no cost to First Choice members with specific conditions:



asthma



heart disease



diabetes



prenatal



weight management

Questions, notes and goals:

FirstChoice

by Select Health of South Carolina

 *Your Hometown Health Plan*

Healthy Connections 

*If you have questions, please call a nurse at our
toll-free number: 1-888-276-2020, ext. 55251.*