

# Fagerstrom Test for Nicotine Dependence

**Instructions:** Answer the following questions. Nicotine dependence is based on the total score.

1. How soon after you wake up do you smoke your first cigarette?
  - After 60 minutes (0)
  - 31 – 60 minutes (1)
  - 6 – 30 minutes (2)
  - Within 5 minutes (3)
2. Do you find it difficult to refrain from smoking in places where it is forbidden?
  - No (0)
  - Yes (1)
3. Which cigarette would you most hate to give up?
  - The first in the morning (1)
  - Any other (0)
4. How many cigarettes per day do you smoke?
  - 10 or less (0)
  - 11 – 20 (1)
  - 21 –30 (2)
  - 31 or more (3)
5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?
  - No (0)
  - Yes (1)
6. Do you smoke even if you are so ill that you are in bed most of the day?
  - No (0)
  - Yes (1)

**Total score:** .....

**Level of nicotine dependence:**

- 0 – 2 = very low dependence
- 3 – 4 = low dependence
- 5 = moderate dependence
- 6 – 7 = high dependence
- 8 – 10 = very high dependence

Those with lower levels of dependence might not need quit smoking medications. Support, information and resources help everyone quit smoking.

*(Source: Heatherton TF, Kozłowski LT, Frecker RC, Fagerstrom KO. The Fagerstrom Test for Nicotine Dependence)*

# Tracking Form

## Instructions:

1. Print this form.
2. Cut it out and carry it with you.
3. Record every cigarette you have for the next few days.
4. Print off the questions and answer them.

G If your mood was good or happy before you smoked

B If you were in a bad mood, angry or sad before you smoked

? If you're not sure how you felt before you smoked

On a scale of 1 – 5 how would you rate your need for that cigarette

1= I could have done without this cigarette

5= I really had to have this cigarette

Cigarette #	Time	Place	Who with?	Mood (G/B/?)	Rate (1-5)
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
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20					
21					
22					
23					
24					
25					

# Tracking Form

After you have filled in the tracking form, answer these questions. They will help you understand what you need to know to make your quitting plan.

Questions about Smoking	Answers
How much do you smoke each day?	
When do you usually smoke your first cigarette of the day?	
What time of day do you smoke the most cigarettes?	
Where do you usually smoke or does it vary?	
Do you smoke alone or with other people?	
What mood are you in when you smoke?	
Are you aware of your smoking while you are doing it?	
What are you doing when you smoke? What's happening when you smoke?	
List any cigarettes you crave more than others?	
Are there any cigarettes you don't crave much or at all? Do you just have these cigarettes out of habit?	
Are you aware of any patterns as to when, why, or with whom you smoke?	
How does it feel when you smoke each cigarette?	
How does it feel after you smoke each cigarette?	
Other observations:	

*Adapted from On The Road to Quitting, Health Canada*

# Tips for Being Active

## Being active at home

- ✧ Create a new morning routine. Start your day with **10 minutes** of movement indoors or outdoors. Some stretching and a short walk first thing in the morning can be better than caffeine.
- ✧ Go for a bike ride.
- ✧ Trade in your power mower for a push mower.
- ✧ Park the car 10 minutes away from the store you are going to. Better yet, leave the car at home.
- ✧ If you live in a seniors' residence, start a hall-walking group. Add to your route each week and pick up friends along the way.
- ✧ Parents – play catch or fly a kite with your kids.
- ✧ Dance to your favourite up-beat music for 10 minutes a day.
- ✧ Do a physical activity routine with leaders on TV.

## Activities you can do at work

- ✧ Take stretch breaks.
- ✧ Take the stairs. Pretend the elevator is out of service.
- ✧ Replace your coffee break with a walking/wheeling break.
- ✧ Contract your stomach and back muscles while standing, sitting in your chair or on the bus.
- ✧ Take a walk at lunch time.
- ✧ Roll your shoulders and stretch your neck often.

## Getting there

- ✧ Walk, cycle, in-line skate, or wheel to work or school.
- ✧ Get off the bus two stops early and walk home.
- ✧ Leave the car in a parking lot 10 minutes from work and walk the rest of the way.
- ✧ Take your bike. You'll save on gas as well as help to protect the environment and your health.
- ✧ If your job involves a lot of driving, plan several short stops in your day. Get out of the car and walk for 10 minutes or more whenever you can.
- ✧ Make a personal or family commitment to try a new activity each season: snowshoe, curl, hike, bike, dance, bowl, fish, camp, ice-skate, ski, swim, in-line skate, walk, run, skip rope, play tag with your kids, or play ball in the park.
- ✧ Join a club or organization that coordinates active living events.

## Other activities

- ✧ Get in the garden and dig, prune, rake and weed.
- ✧ See how many different 10-minute walking, wheeling or cycling routes you can find in your neighbourhood.
- ✧ Hit a tennis ball with a friend.
- ✧ Arrange to meet a couple of friends for a walk every day at the same time.
- ✧ Join a Tai Chi or yoga class or other classes at a local community centre.
- ✧ Go line dancing, folk dancing, or square dancing.

*(Source: Physical Activity Unit at the Public Health Agency of Canada)*

# Top Ten Reasons to Stop Smoking

## **Your health**

Improved health is the number one reason to quit smoking. As soon as you quit your body starts to heal.

## **Your breathing**

Smoking affects your breathing. Quitting will help you breathe better.

## **Appearance**

Quitting will improve how you look by preventing lines and wrinkles caused by smoking.

## **Role model for children**

You will be a positive role model for your own children, and for everyone else's children. Studies show that children with at least one parent who smokes are more likely to take up smoking themselves.

## **No more second-hand smoke**

If you quit smoking you will help protect your friends and family from the dangers of second-hand smoke.

## **Better smell**

When you quit smoking your sense of smell will increase and everything will smell better – including yourself, your house and your car!

## **Fewer places to smoke**

With new laws in place, there are fewer places to smoke these days.

## **Smoking is expensive**

You will save hundreds or thousands of dollars each year if you quit smoking. Buy yourself a reward with some of the money you save.

## **Smoking is a fire hazard**

Cigarettes are one of the leading causes of deaths due to house fires.

## **It is never too late**

It is never too late to quit smoking. If you have tried to quit before, take this as a positive sign, not a failure. It often takes several quit attempts to quit for good – each time you try to quit smoking you are closer to your goal. Keep trying and don't get discouraged!

## **Add your own reasons to quit**

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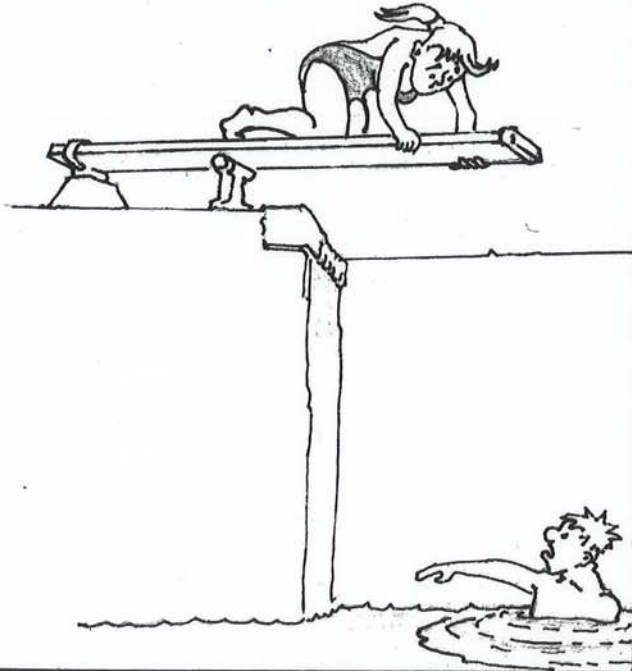
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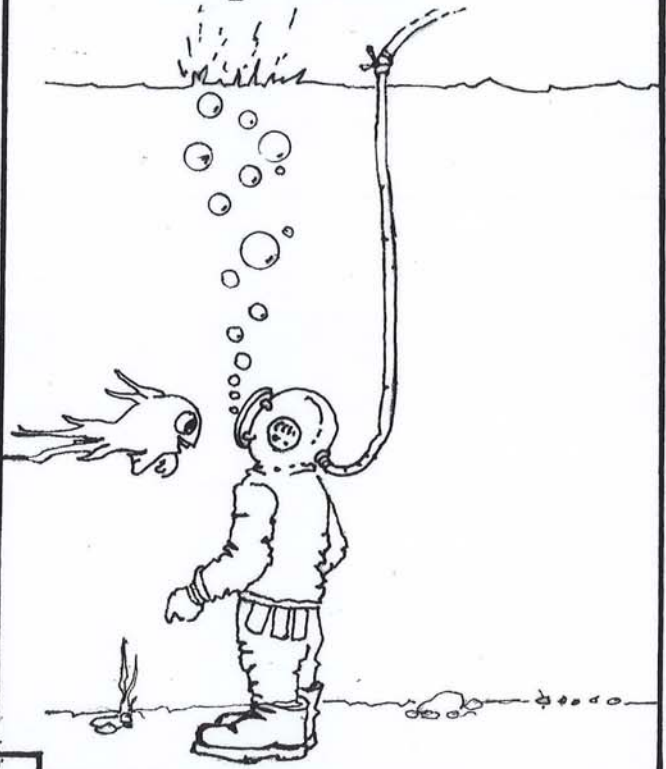
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# the 4 'D's

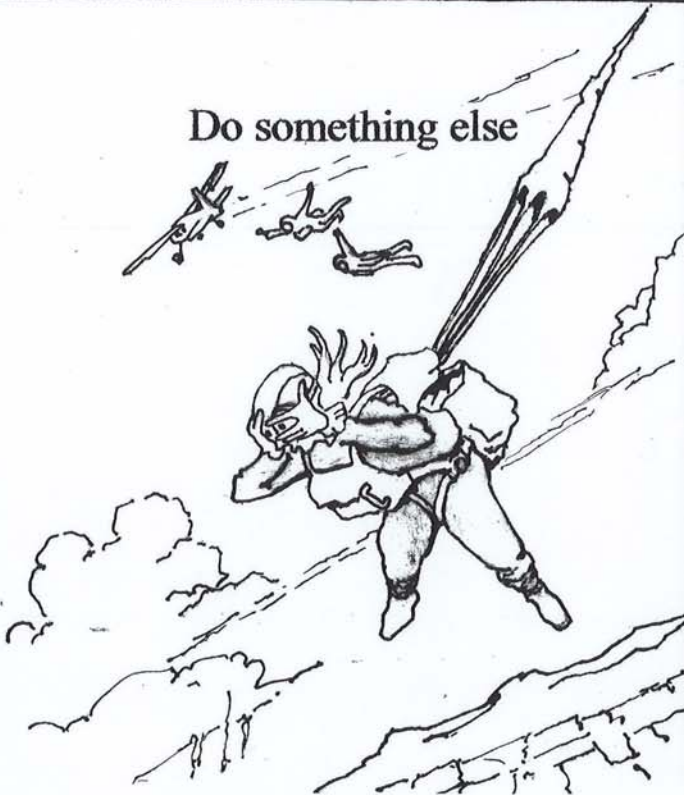
Delay for five to seven minutes



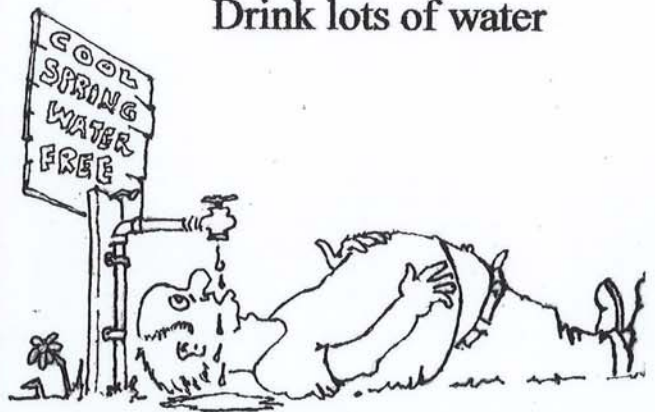
Deep breathe



Do something else



Drink lots of water



## Tips for Dealing with Cravings

### Other tips

- ✧ In the short-term, stay away from social situations where others will be smoking, and ask friends not to smoke around you.
- ✧ Keep your home, car and workplace smoke-free.
- ✧ Only go to coffee shops and other public places that have smoke-free policies.
- ✧ Avoid alcohol and coffee. Choose water or fruit juices instead.
- ✧ Change your routine when you get up in the morning.
- ✧ Get up immediately after you eat and brush your teeth if it helps.
- ✧ Try to avoid situations that you find stressful.
- ✧ Continue to visualize yourself as a non-smoker.
- ✧ Remind your family and friends that you have quit smoking and you need their support.
- ✧ Remind yourself of why you quit smoking and the positive things you have experienced since you have quit. Remind yourself you can do it.
- ✧ Go for a walk or do some other physical activity.
- ✧ Reward yourself for not smoking by going to a movie or buying yourself a treat.
- ✧ Chew on a toothpick, chew gum or munch fresh veggies.
- ✧ Do an activity that will take your mind off your craving, such as playing cards, listening to music, doing a crossword puzzle, doodling or watching TV.

# Possible High-Risk Situations

Using the problem-solving model handout to help you, write down the ways you would deal with the following situations.

✧ **You are offered a cigarette.**

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✧ **A friend or co-worker lights up a cigarette.**

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✧ **You are having a family problem.**

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✧ **When you meet new people who smoke.**

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✧ **You spend the evening with an old friend who is a smoker and who would like you to join her.**

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✧ **You are stressed at work.**

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✧ **You intend to have an alcoholic beverage.**

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## Relapse Self-Talk

Most relapses occur as a result of negative self-talk, or because you tell yourself something that gives you permission to return to the comfortable, old habit.

Be aware of your self-talk whenever you feel tempted to have a cigarette. Here are some examples of self-talk that can lead to a relapse:

- ✧ “I’ve been smoking for so long that the damage has already been done.”
- ✧ “I’m too addicted to stop smoking.”
- ✧ “My uncle lived to be 90 and he smoked a pack a day.”
- ✧ “I’d be better off smoking than the way I feel right now.”
- ✧ “We’re all going to die sometime!”
- ✧ “So smoking is bad for me. Everyone is entitled to some vices.”
- ✧ “Maybe I could just smoke at parties.”
- ✧ “I’ll just have one.”
- ✧ “I’m dying for a cigarette.”



If you feel tempted to smoke again, notice what your self-talk is saying. Challenge it and then change it!

If you do have a slip, it doesn’t need to be a disaster. It can be just that – a slip. Beware of self-talk that says, “Well, that’s that, I’ve blown it now.” Having one cigarette does not mean that you are once again a full-blown smoker. It simply means that you have had one cigarette. You have done something or said something to yourself that led you to smoke that cigarette. It is a problem that can be solved.

# Slips and Relapse

## Learning from Them and Getting Back on Track

### Slips

A slip is when you have a cigarette or two after you have quit smoking. A slip or two does not mean that you have failed. If you slip, the best thing to do is to keep it minor, and go back to quitting as soon as you can. Look at what led up to the slip and figure out how to handle it differently next time. A slip will not prevent you from quitting successfully – you just have to get back on track.

Tips for preventing slips:

- ✧ Reinforce why you want to quit.
- ✧ Continue positive self-talk; do not get discouraged.
- ✧ Get help and support from friends.
- ✧ Ride out the temptation; the urge passes quickly.
- ✧ Look at what caused you to smoke and how you plan to get back on track.
- ✧ Develop a plan to deal with the situation in the future.

### Relapse

A relapse is when you start smoking again on a regular basis. A relapse will not prevent you from quitting successfully. Quitting smoking is a process and most people make more than one quit attempt before they quit for good. Don't feel discouraged. As long as you learn something positive with each quit attempt, you will be further ahead than before you made the attempt. Relapse only becomes a negative thing if you let it get you down.

How to overcome relapses:

- ✧ Do not beat yourself up.
- ✧ Think of the relapse as a learning experience and one more step in your journey to becoming smoke-free.
- ✧ Be proud of the time you were smoke-free.
- ✧ Start planning a new quit attempt right away, including developing a plan to prevent relapse.

### Plan to Prevent Slips and Relapse

The key to staying smoke-free is to be aware of the people, places, situations, thoughts, and emotions that trigger you to smoke. Then plan ahead what you will do to cope with each trigger. You may have to keep thinking about your triggers for a long time after you quit because some situations, especially unexpected ones such as crises, can catch you by surprise. If you figure out ahead of time how you will deal with difficult situations, you are more likely to stay quit.

*(Source: Adapted from materials from Health Canada's [www.gosmokefree.ca](http://www.gosmokefree.ca) and Capital District Health Authority.)*

# Preventing a Relapse

## Common Causes of a Relapse or Slip:

- ✧ Social celebrations
- ✧ Drinking alcohol
- ✧ Pressure from friends and family
- ✧ No Quit Plan
- ✧ Stressful events
- ✧ Feeling sorry for yourself
- ✧ Negative self-talk
- ✧ Withdrawal symptoms
- ✧ Weight Gain
- ✧ Craving
- ✧ Habit triggers (e.g.- telephone calls, coffee, etc.)
- ✧ Loss of confidence or not focusing on your goal of being a non-smoker

## How to Deal With Slips

You can prevent slips by planning ahead. You can:

Make a list of situations (people, places, things) that might make you want a cigarette.

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For each situation, list ways to prevent yourself from slipping

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- ✧ If you slip, don't give up - try a new way of dealing with the cause of your slip.
- ✧ Give yourself credit for wanting to quit. Don't focus on the slips.
- ✧ Ask your family and friends for help.
- ✧ Visit a drop-in centre for support
- ✧ Call the smokers helpline 1-877-513-5333

**NEVER GIVE UP!**

## Quit Smoking Medications Compared

Quit Smoking Aid	How to use	How long to take it	Possible side effects	Cautions	When not to take it	Advantages
<b>Nicotine gum</b> (Available from pharmacists or drugstore)	<ul style="list-style-type: none"> <li>• Bite and park 1 piece every 1–2 hours</li> <li>• 2 mg if a light smoker (&lt; 20 cigarettes per day)</li> <li>• 4 mg if a heavy smoker (&gt; 20 cigarettes per day)</li> <li>• Stop smoking before starting</li> </ul>	Several weeks to several months or longer if necessary	<ul style="list-style-type: none"> <li>• Burning in throat</li> <li>• Hiccups</li> <li>• Dental problems</li> </ul>	Absorption of acidic beverages (eg. Coffee, juices, soft drinks) interfere with the absorption of nicotine. Avoid eating and drinking anything except water for 15 minutes before and during chewing.	Have irregular heartbeat or palpitations	<ul style="list-style-type: none"> <li>• Can control when to take nicotine and how much</li> <li>• Satisfies oral cravings</li> <li>• Delays weight gain</li> </ul>
<b>Nicotine patch</b> (Available from pharmacists or drugstore)	<ul style="list-style-type: none"> <li>• Light smoker starts at 14 or 7 mg</li> <li>• Heavy smoker starts at 21 mg for 4–8 weeks</li> </ul>	8–12 weeks or longer if necessary	Local skin reaction Disturbed sleep		Have irregular heartbeat or palpitations	<ul style="list-style-type: none"> <li>• Only apply once a day</li> <li>• Can control cravings for 24 hours</li> <li>• Delays weight gain</li> </ul>
<b>Bupropion</b> (Requires prescription)	<ul style="list-style-type: none"> <li>• 150 mg once a day (a.m.) for 3 days</li> <li>• Then twice a day (a.m. and p.m. with at least 8 hours in between)</li> <li>• Start 7–14 days before quit date</li> </ul>	7–12 weeks or longer if necessary	Dry mouth Insomnia	For clients who: <ul style="list-style-type: none"> <li>• Drink &gt; 4 alcoholic beverages / day</li> <li>• Take St. John's wort</li> <li>• Take drugs that reduce seizure threshold*</li> </ul>	<ul style="list-style-type: none"> <li>• Pregnant or breastfeeding*</li> <li>• Have a seizure disorder</li> <li>• Have an eating disorder</li> <li>• Take MO inhibitor*</li> </ul>	<ul style="list-style-type: none"> <li>• Inexpensive</li> <li>• Improves depression</li> <li>• Minimal weight gain</li> </ul>
<b>Nicotine Inhaler</b> (Available from pharmacist or drugstore)	6-16 cartridges a day	Up to 6 months	Local irritation of mouth and throat			May help with the oral and handling aspects of smoking

\* If you are taking any medication, or if you are pregnant or breastfeeding tell your doctor.

(Adapted from information from *Wilson DM. Steps of smoking cessation: steps of change. Patient Care Canada 1999: 10:44-57*)

# Handling Recovery Symptoms

## Recovery Symptom

Craving

## Tips

Wait and let it pass. Initially the craving will last only as long as it would take to have a cigarette. The desire will pass, whether you have a cigarette or not. Pay attention to your self-talk when you're having a craving. Arrange to do things that do not involve smoking, with friends who do not smoke.

Bad Breath

Brush your teeth more often, drink lots of water. This will pass as your lungs clean themselves out and old smoke leaves your lungs.

Coughing, dry mouth, need to spit

This will go on for a while, as your lungs clean themselves out, but will get better with time

Sore Throat

You may experience a sore throat and other cold symptoms. This might go on for a little, but will get better with time.

Trouble sleeping

Try relaxing at bedtime with a glass of warm milk, a hot bath, and deep breathing exercises.

Boredom

Try new things. Get involved in activities that require you to use your hands, e.g., carpentry, knitting, gardening, sewing, etc. Keep yourself busy.

Constipation

Drink lots of water, go for walks and eat high-fibre foods, e.g. bran, fruit, etc.

Hunger

Try some healthy low-calorie snacks, e.g., raw fruit, vegetables, unbuttered popcorn, melba toast, etc.

Down-in-the-dumps, weepy,  
(grieving the loss of smoking)

Deal with your emotions. Call your support buddy. Change your self-talk. It's normal to feel sad or angry in the first few smoke-free weeks. These feelings will pass.

Restlessness, difficulty  
concentrating and sleeping,

Relax. Take some deep breaths; do more physical activity; cut down on coffee and cola drinks.

Wiped out (feeling tired)

Walk or try some other type of physical activity. Make sure you get enough sleep. Drink at least 6 to 8 glasses of water a day to speed up the healing process. Take extra good care of yourself.

Occasional Dizziness

Wait and let it pass. It usually only lasts one or two seconds. It is happening because you are absorbing more oxygen through your lungs.

Nervousness, headaches, irritability

Relax. Use relaxation techniques such as deep breathing or an exercise program.

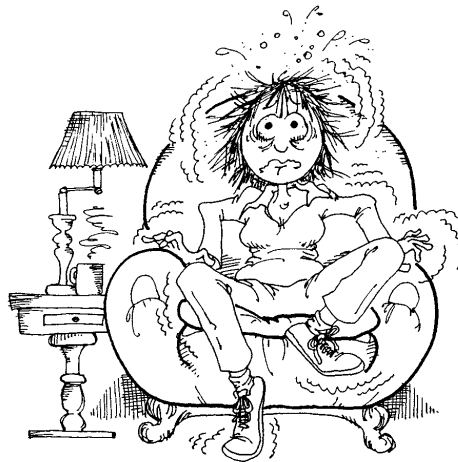
# Handling Craving

Craving is the feeling you get when the urge to have a cigarette is not satisfied in the usual way. This is the most frequent and troublesome side effect reported by smokers who are trying to quit. The most important thing to remember about craving is that even if you do nothing, it will pass. In the beginning, craving lasts about as long as it would take to have a cigarette. As you get further and further from your last cigarette, the craving gets shorter and shorter.

## What to Do When You Get the Cravings

- ❖ **Keep your hands occupied.** Doodle when you are talking on the phone; get up right away after supper and do the dishes; take up knitting, carpentry, painting; carry a worry-stone, etc.
- ❖ **Take a deep breath.** Take a few deep breaths! Visualize clean air entering your lungs as you slowly inhale. Let tension flow out of your body as you slowly exhale.
- ❖ **Pay attention to your self-talk.** Are you creating extra tension for yourself by saying things like, “I can’t stand this any more” or “I have to have a cigarette”? Say to yourself, “If I do nothing about it, the craving will pass.”

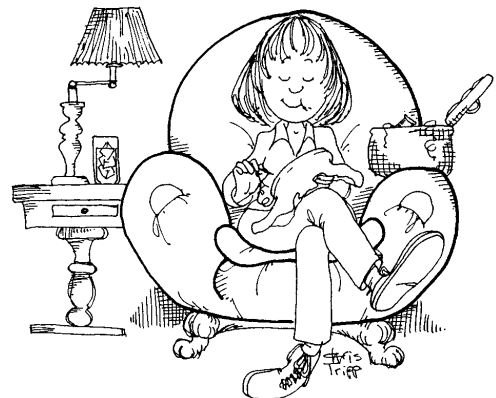
- ❖ **Put something in your mouth.**  
Snack on something that is low in calories and crunchy or chewy, such as vegetable sticks or sugar-free gum. Chew on a toothpick or inhale through a straw the same way you would inhale a cigarette. Drink water.



- ❖ **Get support.** Call a friend you know is sympathetic to your situation. Express your feelings, and then avoid talking about smoking.

- ❖ **Put yourself in a smoke-free environment.** Go to the movies, go to the museum, or visit a friend who doesn’t smoke.

- ❖ **Do something physical.** Go for a walk, stretch, shower.



## How I Would Like to be Supported

Ask me about the ways you can be most helpful,  
then follow through such as\_\_\_\_\_.

Encourage me to remember the benefits –  
extra money, health, freedom, self-confidence (circle the ones that count most).

Don't lecture me. Keep a sense of humour and make me laugh.

Praise my attempts to quit. Never focus on my "slips"; focus only on my successes.

Practice relaxation exercises with me, e.g., deep breathing, visualization.

Go for walks, work out, skate, ski with me.

Help me plan how I will deal with urges. Plan something special for quit day.

Be there when I want to talk – either in person or by telephone.

Prepare healthy snacks for me, such as  
sugarless gum, mints, fruit, vegetables, or diet pop.

Celebrate with me when I become smoke-free,  
perhaps lunch or a new paperback or CD.

Don't smoke in my car, home or around me at all.

Believe in me – I can do this with your support.

And especially\_\_\_\_\_.

# Support Is... Support Is Not

## Support is a person who:

- ✧ empathetic
- ✧ cares
- ✧ helps
- ✧ shows respect
- ✧ is reliable
- ✧ is understanding
- ✧ asks questions (what worked, what didn't, what's next?)
- ✧ shows patience
- ✧ stays on topic
- ✧ praises or stays positive
- ✧ shares what worked from their own experience
- ✧ believes in you.



## Support is not a person who:

- ✧ brags about how well she is doing
- ✧ gives advice ("you should" or "you should not")
- ✧ shows impatience
- ✧ pities you
- ✧ criticizes you.





# I Support You Contract

I, \_\_\_\_\_

agree to support \_\_\_\_\_

during her quitting process.

I agree to listen and to be positive and understanding.

I agree to support her because I believe in her and I believe in her  
ability to quit smoking.

I agree to support her by

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Signed \_\_\_\_\_

Date \_\_\_\_\_

# Advice for the Friend of a Quitter

Surveys show that the support of a friend or family is one of the most important things to help smokers stay smoke-free. Before you offer to help, you need to understand her and her reasons for smoking, especially if you have never smoked. Remember that quitting smoking is a process that may take many attempts. You must not expect change to come right away or for quitting smoking to be easy.

Keep in mind that we all have 'habits' and may be addicted to coffee or something else, such as biting our nails or eating high-calorie snacks. We can all relate to tobacco addiction by remembering how difficult it may have been for you to change habits.

Your support is especially important when the person first stops smoking especially in the first few weeks. The following are sure ways of being supportive

## Being Supportive

- ✧ Help the smoker avoid situations where she will be tempted to smoke, especially during the first weeks. Suggest, "Instead of going to that party tonight where everyone will be smoking, let's go to a movie."
- ✧ Turn setbacks into learning experiences. Say, "Okay, so you slipped once. That's not unusual. Let's see why you smoked this time and think of ways to keep it from happening again."
- ✧ Encourage healthy alternatives, especially physical activity. Suggest, "How about a bike ride? It's a great way to get out of the house and away from cigarettes."
- ✧ When temptation strikes, stress the benefits of quitting. Say, "What did you decide you'll buy with all the money you are saving from quitting?" or "Won't it be great to wake up without that morning cough?"
- ✧ Be sympathetic, especially during tough times. Show concern by saying, "I've heard that being edgy is normal, especially at first. Let's take a walk; it may help."
- ✧ Check in daily, especially during the first weeks. Be understanding, not accusing or suspicious. Say, "I know what it must be like. Look how hard it is for me to stay away from fattening food."
- ✧ Take a positive, rather than a negative, approach. The smoker will feel less defensive. Say, "Millions have kicked the addiction. You can too, and I'll see you through."
- ✧ Reward successes and follow through on your promises to be supportive. Say, "Remember that I promised I'd treat you to a movie when you quit smoking for a week? Well, let's go."
- ✧ Believe in her. Say, "I know it's rough sometimes. But if we work together, I bet we can find a way to deal with every smoking urge."

# Sample Quit Day Plan

Check off the things you could do.

## Morning

- Get up one-half hour earlier so I have time for a leisurely breakfast.
- Take special care with my appearance and wear something I feel good in.
- Poach an egg on brown toast to eat with orange juice for breakfast.
- Drink a cup of herbal tea instead of coffee, or a glass of hot water with lemon juice.
- Step outside immediately after breakfast and take five slow, deep breaths. Appreciate clean air going into my lungs.
- Make sure I have vegetable munchies in the fridge.
- Take a different route to work and notice the scenery.
- Tell three people that I am quitting smoking.
- Wear an elastic band on my wrist and snap it gently every time I have the urge to smoke.
- Avoid drinking coffee and go for a walk after breakfast.
- Do jumping jacks or stretches every time I have an urge to smoke.
- Use the patch or gum as suggested .

## Afternoon

- Eat lunch in the park and go for a short walk.
- Every time the phone rings, take a deep breath before I answer it.
- Phone a friend who is a former smoker.
- Go to a museum where there's no smoking.
- Keep a bottle of water handy and sip frequently.
- Phone my support partner.
- Get up and get moving.

## Evening

- Re-read my reasons for quitting.
- Congratulate myself on my first day of being smoke-free!
- Evaluate the day and plan tomorrow.
- Drop change into the money jar to equal the amount of money I would have spent on cigarettes.
- Practice breathing exercises until I fall asleep.
- Practice stretching.
- Remove the patch if it is causing sleep disturbances.

## In case of strong urges I will:

- Take three deep breaths, change my self-talk, and phone my support partner.
- Chew a piece of gum (nicotine replacement therapy).

## Remember the 4 D's of dealing with cravings:

Drink lots of water – between six and eight glasses per day.

Delay for five to seven minutes. The urge will pass.

Do something else.

Deep breathing.

## Planning for My Quit Day Checklist

After you have decided what you will do on your quit day, it will be important to make the necessary preparations for your first smoke-free day. Below is a list of suggestions. Tick off the ones that you like and add any others that come to mind.

- List reasons for quitting and put them on the bathroom mirror.
- Buy fresh vegetables and make a good supply of vegetable sticks for snacking.
- Buy two cans of unsweetened fruit juice.
- Get rid of all ashtrays and matches.
- Remind family of the big day and ask them not to mention the word smoking. Also, tell them you want to be treated with tender loving care. (See Advice for the Friend of A Quitter in the Support module.)
- Get money jar ready. (Save change you would normally spend on cigarettes. It sounds great when you drop it in the jar.)
- Buy my supply of patches or gum
- Make an appointment to see your doctor to discuss your medication and quitting smoking.
- Others

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# Myths and Facts About Stop-Smoking Medications

Speak to a health professional before you start using any medication.

**Myth 1** Nicotine is the harmful substance in cigarettes.

**Fact** It is not just nicotine, but the thousands of chemicals in tobacco and its smoke, which are responsible for most of tobacco-related disease.

**Myth 2** Addiction to nicotine is the same if it comes from nicotine gum, the patch or cigarettes.

**Fact** Cigarettes are far more addictive than nicotine gum or the patch because nicotine reaches the brain much faster through inhaling it.

**Myth 3** Nicotine replacement therapy is dangerous for smokers.

**Fact** Nicotine replacement therapy is typically safe for smokers, but they can have side effects. Check with your doctor if you are concerned.

**Myth 4** Smoking while on the patch increases the risk of a heart attack.

**Fact** Use of the patch while smoking does not increase the smoker's risk for a heart attack.

**Myth 5** Patients with heart disease should not use the nicotine patch or gum.

**Fact** It is more dangerous for patients with heart disease to continue to smoke than to use the nicotine patch or gum. Check with your doctor.

**Myth 6** Pregnant women should not use nicotine gum or the patch.

**Fact** The nicotine patch and gum are thought to be safer than smoking for the pregnant woman and her baby. Pregnant women who cannot quit should be considered for the nicotine patch or gum. If you are pregnant or breastfeeding, always check with your doctor before using the nicotine patch or gum.

**Myth 7** Smokers under 18 should not use the nicotine patch or gum.

**Fact** Most daily smokers begin smoking before age 18. The nicotine patch and gum are far safer than smoking. The nicotine patch or gum should be considered for all smokers who need them to quit, including those under 18.

**Myth 8** Stop-smoking medications are not effective in helping people quit.

**Fact** The nicotine patch or gum and Zyban are effective, government-approved medications available to help smokers and have been found to double the quit rate for smokers.

**Myth 9** The nicotine patch and gum should not be used at the same time as Zyban.

**Fact** The nicotine patch and gum may be used at the same time as Zyban.

**Myth 10** Banning smoking during a hospital stay often results in quitting.

**Fact** Banning smoking during a hospital stay is unlikely to result in sustained quitting. Smokers should be encouraged to start stop-smoking medications before or during their hospital stay.

**Myth 11** The nicotine patch or gum should not be used for longer than three months.

**Fact** The nicotine patch and gum should be used as long as needed to stay smoke-free.

*(Source: Helping Smokers Quit: Skills for Future Facilitators, Program Training and Consultation Centre adapted from information from Rethinking Stop-Smoking Medications: myths and facts, Ontario Medical Association.)*

# I Quit Contract

I, .....  
(your name)

agree to stop all cigarettes on

..... at .....  
(day/date) (time)

I have many personal reasons for wanting to quit, including:

.....  
.....  
.....  
.....

I hereby state my personal commitment to work very hard,  
to use new skills and to remain an ex-smoker.

.....  
Your signature

.....  
Date

.....  
Signature of Witness

.....  
Date

.....  
Signature of Witness

.....  
Date

# This Is It – My Quit Day Plan!

My Quit Day is

.....

Morning Plan

.....

.....

.....

.....

Afternoon Plan

.....

.....

.....

.....

Evening Plan

.....

.....

.....

.....

In case of strong urges I will

.....

.....

.....

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# 8 Things to Do When You Quit Smoking

## 1. Stay positive

Think about all of the positive changes you're creating in your life. Don't look at past quit attempts as failures. Focus on your purpose. Remind yourself:

- ✧ I can stop smoking
- ✧ I will stop smoking
- ✧ I love myself too much to smoke
- ✧ I want to get healthier and live longer
- ✧ I will be so proud of myself
- ✧ Others have quit and I can too
- ✧ This will get easier over time
- ✧ I had to learn to smoke, after all I wasn't born that way, so I have to be patient with myself and learn to be a non-smoker

## 2. Be patient

When you quit smoking, you are letting go of a habit that you've had for many years. It will take time for the cravings and triggers to go away. Be patient with yourself, and the process.

## 3. Keep your mouth and hands busy

It might be helpful to keep your hands and mouth busy. Ideas include:

- ✧ Eating foods that take a long time to chew (like apples, celery, carrots, etc.)
- ✧ Drinking water (or another low calorie beverage)
- ✧ Chewing gum
- ✧ Brushing and flossing
- ✧ Chew on a toothpick, cinnamon stick or pretzel
- ✧ Draw, sew, paint or do needlework

## 4. Change you old triggers

Identify your old triggers and come up with alternative ways of dealing with these triggers instead of smoking. Eventually, these better alternatives will become natural and automatic.

## **5. Remember the reasons you are quitting**

Stay focused on why you are quitting. It can be helpful to write down your reasons. These statements are reminders of what you want to change by quitting smoking. Post this list where you will see it often.

I am quitting smoking because I want to:

- ✧ Be healthier
- ✧ Live longer
- ✧ Save money
- ✧ Be happier
- ✧ Feel good about myself
- ✧ Smell better
- ✧ Have the respect of my family and friends

## **6. Focus on today**

Pay attention to your thoughts, and stay positive. Stay focused on the day in front of you and any challenges you might have to face.

## **7. Focus on yourself**

Eat a well-balanced diet, get plenty of rest, drink lots of water and try to exercise.

## **8. Ask for help**

Spend time with the friends and family who support you in your efforts to quit smoking. Visit local drop-in cessation support groups or call a quit-line for support.

# Quitting and Pregnancy

If you are pregnant or planning to get pregnant, there are many great reasons to quit smoking – for you and for your baby.

## The Risks

There are many risks with smoking at any time, but some specific ones if you smoke while you are pregnant. If you smoke while pregnant you are twice as likely as a non-smoker to have a miscarriage. Your baby will get less oxygen and your placenta will not be as healthy as it could be. You will also not be as strong and healthy as you could be during labour and delivery.

It's a myth that quitting smoking while pregnant will cause too much stress for the baby and should be avoided. And both you and your baby will start to enjoy the benefits after just one day of not smoking. If you have concerns or questions, talk to your doctor or public health nurse

## Why Quit?

### Benefits for Your Baby

- ✧ Quitting smoking during your pregnancy:
- ✧ Increases the amount of oxygen your baby will get.
- ✧ Increase the chances that your baby's lungs will work well.
- ✧ Lowers the risk that your baby will be born too early.
- ✧ Increases the chances of having a normal weight, healthy baby.
- ✧ Increases the chances your baby will be healthy enough to come home from the hospital with you.
- ✧ Carbon monoxide and other chemicals from cigarettes get into the baby's blood. They can harm your baby and limit the baby's growth.
- ✧ Once your baby is born he or she will not be exposed to second-hand smoke that is very harmful and can be a factor in sudden infant death syndrome (crib death).

### Benefits for You

- ✧ Quitting smoking during pregnancy:
- ✧ Gives you more energy – energy that you will need with a new baby.
- ✧ It helps you breathe easier and keep up with a running toddler.
- ✧ Saves you money that you can spend on other things, for yourself and your baby.
- ✧ Makes your clothes, hair, and home smell better.
- ✧ Makes your food taste better.
- ✧ Lets you feel good about what you've done for yourself and your baby.

Quitting smoking early in pregnancy is best, but quitting at any time has benefits for you and your baby. It's never too late to quit smoking during your pregnancy.

(Source: Alberta Alcohol and Drug Abuse Commission at <http://tobacco.aadac> and *Asking to Listen*)

## What's in a Smoke?

Cigarettes contain over 4,000 chemical compounds including:

- ✧ carbon monoxide – poisonous gas in car exhaust
- ✧ formaldehyde – used to preserve dead bodies, causes cancer
- ✧ arsenic – ant poison
- ✧ cyanide – poison used in gas chambers
- ✧ acetone – paint stripper
- ✧ mercury
- ✧ lead
- ✧ benzene
- ✧ phenol
- ✧ DDT – insecticide
- ✧ cadmium – used in car batteries
- ✧ benzopyrene – one of the most potent cancer-causing chemicals in the world
- ✧ vinyl chloride
- ✧ toluene – highly toxic industrial solvent.

*It's enough to make you sick.*

*(Adapted from information from the Canadian Cancer Society and the Ontario Tobacco Strategy)*

## Myths and Truths about Second-Hand Smoke

Second-hand smoke is the smoke that comes from the tip of a burning cigarette, and when a smoker exhales. It contains over 4,000 chemical compounds, 60 of which are associated with, or known to cause cancer.

**MYTH #1:** If I smoke in another room, I'm not harming anyone.

**THE TRUTH:** Second-hand smoke spreads from one room to another even if the door of the smoking area is closed. In addition, harmful chemicals can cling to rugs, curtains, clothes and other materials and can usually remain in a room long after someone has smoked there.

**MYTH #2:** If I open a window in my home or car, I can get rid of most of my second-hand smoke.

**THE TRUTH:** You may think that by opening a window you are clearing the smoke from a room or your car, but that is not the case. To effectively remove cigarette smoke, you need to increase the air-exchange rate a thousand times to something equal to a gale force wind! Also, opening a car or room window can result in air flow back into the room or car which may cause the smoke to be blown directly back at non-smokers.

**MYTH #3:** If I smoke when my children aren't home or in the car, it can't hurt them.

**THE TRUTH:** Many parents think that it's alright to smoke when their children aren't around. What they may not know is that second-hand smoke lingers long after they finish a cigarette. In a recent study, researchers found that second-hand smoke can remain in contaminated dust and surfaces, even if smoking took place days, weeks or months earlier.

**MYTH #4:** If I use an air filter or a fan, my second-hand smoke won't hurt anyone.

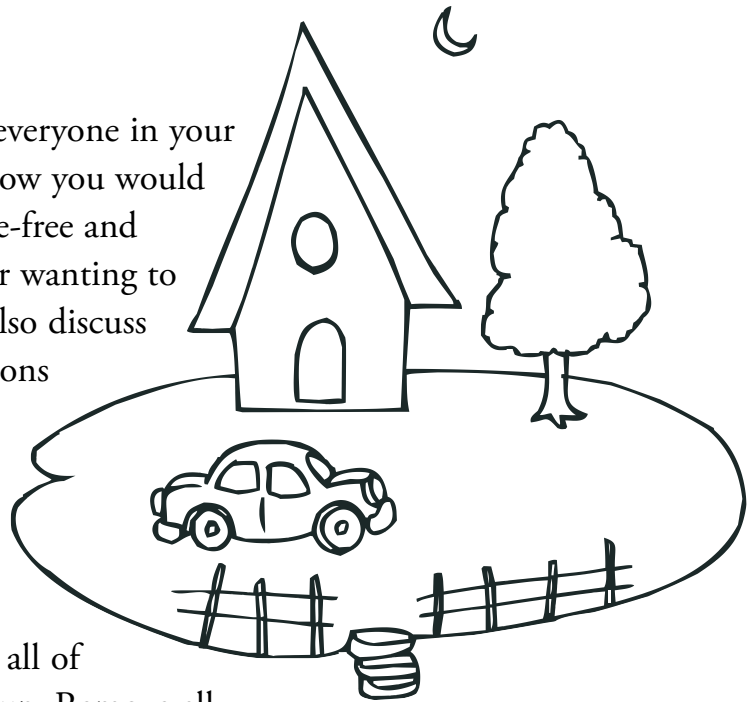
**THE TRUTH:** The sad truth is that even air filters, air purifiers and ventilation systems are not enough. After a smoker leaves a room, chemicals from the second-hand smoke remain behind in the air, on food, furniture, curtains and skin. Most ventilation systems are designed to limit the build-up of carbon monoxide and keep odour down, not to remove smoke.

*(Source: Make your home and car smoke-free: A guide to protecting your family from second-hand smoke, Health Canada at [www.gosmokefree.ca](http://www.gosmokefree.ca))*

## Tips for Making your Home and Car Smoke-Free

A smoke-free house means that no one smokes inside the home. One of the easiest and most effective ways to help yourself stay smoke-free is to make your home smoke-free. Having a smoke-free home also protects your family and friends from second-hand smoke.

**Talk about it.** Sit down with everyone in your home and talk openly about how you would like to make your home smoke-free and why. List everyone's reasons for wanting to have a smoke-free home and also discuss the challenges. Work on solutions together.



**Get ready.** Set a date for making the house smoke-free. Make sure you have addressed all of the challenges that may come up. Remove all ashtrays and put a no-smoking sign up on your door or window. Clean out the ashtray in your car and put a no-smoking sticker in the window. Set up an area outside where people can smoke.

**Ask smokers to take it outside.** Be polite but firm. Thank your visiting friends and family members for not smoking in your home.

For more information on how to make your home and car smoke-free get a copy of Health Canada's *Make your home and car smoke-free: A guide to protecting your family from second-hand smoke* at [www.gosmokefree.ca](http://www.gosmokefree.ca) or call 1-800 O-Canada.

*(Adapted from information from the Program Training and Consultation Centre and Health Canada.)*

# Health Effects of Second-Hand Smoke

- ✧ Second-hand smoke is the smoke that comes from the tip of a burning cigarette, and when a smoker exhales.
- ✧ Two thirds of smoke from a cigarette is not inhaled by the smoker, but enters the air around the smoker.
- ✧ Second-hand smoke is more dangerous than smoke that is directly inhaled. It has twice the nicotine and tar as the smoke inhaled by the smoker.
- ✧ Second-hand smoke releases over 4,000 chemical compounds, 60 of which are associated with, or known to cause cancer.
- ✧ Second-hand smoke causes disease and death in healthy non-smokers and promotes the formation of blood clots that can lead to heart attacks and strokes.
- ✧ Second-hand smoke increases a non-smokers risk of getting either lung cancer or heart disease by 20%
- ✧ Infants exposed to second-hand smoke are more likely to die from Sudden Infant Death Syndrome (SIDS)
- ✧ Children regularly exposed to second-hand smoke are at least 50% more likely to suffer damage to their lungs and breathing problems such as asthma.

Short-term effects of Second-Hand Smoke include:

- ✧ eye irritation
- ✧ headache
- ✧ nasal discomfort and sneezing
- ✧ cough and sore throat
- ✧ nausea and dizziness
- ✧ increased heart rate and blood pressure
- ✧ increased risk for people with heart disease (angina), asthma, allergies

Exposure to second-hand smoke **CAUSES** the following diseases and conditions:

## **Children:**

- ✧ Sudden Infant Death Syndrome (SIDS)
- ✧ Low birth weight
- ✧ Bronchitis, pneumonia and other respiratory infections
- ✧ Asthma
- ✧ Chronic respiratory symptoms
- ✧ Ear infections

## **Adults:**

- ✧ Heart disease
- ✧ Lung cancer
- ✧ Nasal sinus cancer
- ✧ Asthma

Exposure to second-hand smoke **IS ASSOCIATED** with the following diseases and conditions:

## **Children:**

- ✧ Impacts learning and behavioral development
- ✧ Decreased lung function
- ✧ Exacerbation of cystic fibrosis
- ✧ Brain cancer and lymphomas

## **Adults:**

- ✧ Stroke
- ✧ Breast cancer
- ✧ Cervical cancer
- ✧ Miscarriages
- ✧ Chronic respiratory symptoms