



The "Butt" Stops

Here

12 Week Tobacco
Cessation Program

Week 1

Assessing Your Options

Assessing Your Habit

Week 1 Action Items

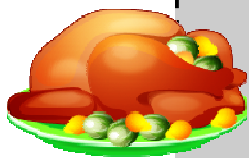
You have made the decision to achieve a healthier lifestyle and become a non-tobacco user. Although this is just the beginning of your journey, you have made the tough decision to make a commitment for change.

Congratulations, for the first week you get to continue use tobacco. This week is about assessing your options and habits. Week one introduces the choices you have when it comes to decide which nicotine alternative is the best choice for you.

- *Assessing Your Options*
- *Assessing Your Tobacco Use Habits and Routine*
- *Importance of A Supportive Network*
- *The Costs of Using Tobacco*
- *Smoking Logs*



Assessing Your Options



- *Cold Turkey*

- This term is used to describe when a user completely and all together give up tobacco.
- Usually suffer from withdrawal symptoms
- Not very effective, most will go back to using tobacco

- *Gum*

- Nicorette Gum has been shown to be the most effective vs. “knock-off” brands
- Deliver about 4 mg of nicotine at a time
- Offers the user ability to have flexible dosages
- Tendency to “under-dose”

- *Lozenges*

- Commit Lozenges have been shown to be the most effective
- Deliver about 4 mg of nicotine at a time
- Does not require chewing

- *Patches*

- Nicoderm CQ is this most effective patch available.
- Patches come in different strengths so you will be able to gradually decrease in dosages over the next 12 weeks
- Patches provide the highest level of nicotine delivered to the blood and is also the fastest source of alternative nicotine
- Side effects include possible skin irritation and vivid dreams

- *Chantex*

- Can be extremely effective
- May be covered under insurance
- May have negative side effects
 - Nausea
 - Headache
 - Depression

- *Other*

- Electronic Cigarettes
- Laser
- Hypnosis



How to Choose Your Nicotine Replacement Product

- Each cigarette (regardless of type including lights or ultra lights) contains about 1 milligram of nicotine
- After you finish filling out your smoking log for one week, you will be able to see how many milligrams of nicotine you are consuming each day
- When you make your decision, consider which product will be the most convenient, comfortable, and which choice will help you to reach your daily amount of substitution

It is common at this point to be slightly uneasy and apprehensive of what you have gotten yourself into, that is completely normal. However, it is important to understand this is a manageable feat and if you follow this program you WILL become a non-tobacco user. This is a step-down process meaning you will gradually become non-dependent on cigarettes and then on nicotine all together.

Importance of A Supportive Network

Humans for the most part are very social creatures. Therefore relationships within our lives, especially those that we value the most, have a great impact on our decisions. A strong social network will greatly impact your success in this program.

Join a cessation group

- Look online for cessation support groups in your community
- May be offered at your place of work

Start a cessation group (not every member has to be a tobacco user, some can be in the group mainly for support)

- At work
- At church
- Family Members
- Friends



Online groups

- Join an online cessation group
- Can “blog” or post comments or questions during your journey and motivate others or be motivated by others

Supportive Family and Peers (Relationships)

- Engage others on your progress
- Explain the importance of their support in your journey to become a non-tobacco user
- Being around people who use tobacco can make it more difficult for you to become a non-tobacco user, inform others on your choice and ask for support especially those who are tobacco users.
- Embarking on this journey with fellow smokers who you have close relationships with may help you to be more effective in your efforts because of the supportive relationship.

So What About the Money?



The Cost of Quitting

The cost of each tool used to become a non-tobacco user

- *Prescription medications* such as Chantex, or Nicotine inhalers may be covered by insurance. If not, these medications can be pretty pricy. (Free—\$150.00 per month depending on your coverage)
- *Nicoderm CQ Patch* usually costs around 35\$ a week
- *Nicorette Gum* costs about the same as smoking a pack and half a day of cigarettes
- *Commit Lozenge* also costs about the same as smoking a pack and a half a day

The most important thing to remember when considering the cost of your nicotine replacement choice is that whatever the up front cost is, it is **CHEAPER THAN CONTINUING TO USE TOBACCO!** If you stay with the 12 week program you will become a non-tobacco user and therefore you will eliminate the amount of money you spend on tobacco and dramatically reduce the amount of money you spend on medical costs associated with tobacco use.

Compared to the Cost of Continuing to Use Tobacco

- *How much money you will spend...*
 - *In tobacco ?*
 - Just one of the factors of costs considered in using tobacco.
 - On average a pack of cigarettes in the U.S. is around 5\$ and in some states taxes can raise that price to over 10\$ a pack!
 - *Medical Costs?*
 - Tobacco users get sick easier– increases medical costs (bronchitis, more sinus and flu infections), reduces productivity at work and results in lower income
 - Cost of chronic conditions due to tobacco use– cancer, COPD
 - *Dentist?*
 - Using tobacco reduces blood flow all over the body including the gums. Also saliva production is reduced when someone smokes. These factors increase the risk for gum disease or oral problems. People who smoke generally over a lifetime spend much more money at a dentist than that of a non-smoker.
 - *Loss in Productivity?*
 - The cost of using tobacco may go further than you had first thought and results in a loss of productivity at work, sick days, presenteeism

How Much Saved in One Year of Not Using Tobacco

Cost of cigarettes (based on just a pack a day smoker) (1,800\$)+ average medical costs for a smoker (1,623\$)+ loss in productivity (1,760\$)= **5,183\$ per year!** Just think of how much you have spent over the last years of you using tobacco . Been using for 20 years? That's over 100,000 \$ dollars! That's quite a bit to think about, just think where 100,000\$ would get you if you had saved

