

## So you want to quit tobacco? Outstanding!

No matter how difficult it may have been in the past, if you want to break free of tobacco, this practical booklet will provide you with the tools you need. You will understand your nicotine addiction and how to prepare for success, including building a support team around you. The authors condensed these steps from decades of clinical experience with "hard to treat" addicts. Every concept is based on reliable evidence from clinical research, and additional resources are suggested.

Quitting tobacco isn't an event that happens on a magical "quit day." It's a journey that begins with self-discovery about the reasons why you smoke and why nicotine addiction is so compelling. Once you are empowered with knowledge, tailor the treatment steps to your situation, and get the professional help you need, then you can banish tobacco from your life and enjoy the freedom you desire.

So turn to page 2 and start your journey of recovery from tobacco addiction today!

### About the authors

This booklet was prepared by Pacific Press® in consultation with the Loma Linda University School of Medicine and School of Public Health. Linda Hyder Ferry, M.D., M.P.H., Associate Professor of Family Medicine and Preventive Medicine at the Loma Linda University School of Medicine, Loma Linda, California, served as the primary consultant. Dr. Ferry has turned 25 years of experience treating tobacco and other addictions into a practical guide for people who feel defeated by tobacco addiction. Her pivotal research led to the approval in 1997 of bupropion, the first FDA-approved, non-nicotine, pharmacological treatment for tobacco dependence.

Co-consultants were Mickey Ask, M.D., an Addiction Medicine specialist; and Douglas Plata, M.D., M.P.H. and Joon Rhee, M.D., M.P.H., Preventive Medicine specialists. All three have a major interest in improving health through effective lifestyle changes.

ISBN-0-8163-2012-8



9 780816 320127

\$22.95  
\$1.99

# TOBACCO You Can Be Free!

**A PLAN FOR RECOVERY FROM ADDICTION TO NICOTINE**

By specialists in the treatment of addiction at Loma Linda University



A Proven Strategy That Works

# **TOBACCO**

## **You Can Be Free!**

**A Plan for Recovery  
From Addiction to Nicotine**



**Pacific Press® Publishing Association**  
Nampa, Idaho

# So You Want to Quit

Quitting is easy. Staying quit is the hard part. A common mistake smokers make is to throw away their cigarettes, cigars, pipe, or chewing tobacco immediately after deciding to quit. These spontaneous efforts usually result in failure.

On the following pages we're going to explore methods that have helped millions of people to break free, and we'll lead you through a step-by-step process that will help you to quit. After preparing carefully, you'll set a quit date, then follow the plan you develop from this brochure.

**Charting your recovery:** Go to page 15, and in the line under item 1 indicate

how much tobacco you've been using each day.

## Nicotine is the problem

It's important to remember right from the start that you aren't just breaking a habit. As a regular tobacco user your brain has adapted to the power of nicotine, a drug that's ten times more addictive than heroin or cocaine!

So how do you overcome the power of nicotine? A good way to begin is to understand your level of addiction. Take the quiz below, then total your score. The higher your score, the more nicotine controls your life.

## Fagerstrom Test for Nicotine Dependence

- How soon after you wake up do you smoke your first cigarette?  
After 60 min.: 0 points, 31-60 min.: 1 point, 5-30 min.: 2 points, within 5 min.: 3 points.
- Do you find it hard not to smoke in places you shouldn't?  
No: 0 points, Yes: 1 point
- Which cigarette would you hate most to give up?  
The first one in the morning: 1 point. Any other than the first one: 0 points.
- How many cigarettes do you smoke each day?  
10 or less: 0 points, 11-20: 1 point, 21-30: 2 points, 31 or more: 3 points.
- Do you smoke more the first hours after waking than the rest of the day?  
No: 0 points, Yes: 1 point.
- Do you smoke even if you're sick in bed for the day or have the flu or a cough?  
No: 0 points, Yes: 1 point.

## Scoring Your Nicotine Dependence Test

Total: \_\_\_\_\_ points. 0-2 points=Low nicotine addiction. 3-6 points=Moderate nicotine addiction. 7-10 points=High nicotine addiction.

**Charting your recovery:** Circle the level of your nicotine addiction on page 15, line 2.

# The Reasons You Smoke

The survey below will help you identify reasons why you smoke. Answer each question with a number from 1 to 5 as follows: 1=newer; 2=seldom; 3=average; 4=often; 5=always.

## Why I Smoke

- |  |          |
|--|----------|
| A. I smoke cigarettes in order to keep myself from slowing down.                         | A. _____ |
| B. Handling a cigarette is part of the enjoyment of smoking it.                          | B. _____ |
| C. Smoking cigarettes is pleasant and relaxing.  | C. _____ |
| D. I light up a cigarette when I feel angry about something.                             | D. _____ |
| E. When I have run out of cigarettes I find it almost unbearable until I can get them.   | E. _____ |
| F. I smoke cigarettes automatically without even being aware of it.                      | F. _____ |
| G. I smoke cigarettes to stimulate myself, to perk myself up.                            | G. _____ |
| H. Part of the enjoyment of smoking a cigarette comes from the steps I take to light up. | H. _____ |
| I. I find cigarettes pleasurable.  | I. _____ |
| J. When I feel uncomfortable or upset about something, I light up a cigarette.           | J. _____ |
| K. When I am not smoking a cigarette I am very much aware of that fact.                  | K. _____ |
| L. I light up a cigarette without realizing I still have one burning in the ashtray.     | L. _____ |
| M. I smoke cigarettes to give me a "lift."   | M. _____ |
| N. When I smoke a cigarette, part of the enjoyment is watching the smoke as I exhale.    | N. _____ |
| O. I want a cigarette most when I am comfortable and relaxed.                            | O. _____ |
| P. When I feel "blue" or want to take my mind off cares and worries, I smoke cigarettes. | P. _____ |
| Q. I get a real gnawing hunger for a cigarette when I haven't smoked for a while.        | Q. _____ |
| R. I've found a cigarette in my mouth and didn't remember putting it there.              | R. _____ |

## Scoring the Test

Enter below the number you wrote beside each space above. (Line "A" is for question A, etc.) Total the scores following the = sign. The higher scores indicate your primary reasons for using tobacco.

- |  |  |                |
|--|--|----------------|
| A. _____ + G. _____ + M. _____ = _____ | D. _____ + J. _____ + P. _____ = _____ | Stress reducer |
| B. _____ + H. _____ + N. _____ = _____ | E. _____ + K. _____ + Q. _____ = _____ | Craving        |
| C. _____ + I. _____ + O. _____ = _____ | F. _____ + L. _____ + R. _____ = _____ | Habit          |

Your challenge will be to find substitutes for your reasons to smoke. The categories with the highest scores will often be the reason why you're tempted to use tobacco again. If your highest scores were relaxation and/or reducing stress, finding substitute coping skills may be your key to success.

**Charting your recovery:** Write the three top reasons you use tobacco on page 15, line 3.

# Why You'd Like to Quit

People also have a variety of reasons for wanting to stop using tobacco. Two of the most common are the financial and health consequences. The sidebar below will help you calculate the amount of money you're spending on tobacco.



## The health reasons for quitting

Fifty percent of all adult smokers will die prematurely of a tobacco related disease. The most common diseases are lung and other cancers, heart disease, emphysema, and strokes. Many people begin developing symptoms of these diseases after 10 or 15 years of smoking. Among these are deepening voice, cough, shortness of breath, poor circulation (cold hands or feet), wrinkling skin, and dental or gum disease.

## Freedom from addiction

Every day you are manipulated by nicotine addiction. Wouldn't it be satisfying to wake up and not have to reach for tobacco? One reason to quit is freedom from your nicotine jail cell.



## A financial motivation

### How Much Money Do You Burn on Tobacco?

Price per pack	X	Packs per day	X	Days in a Year	= \$	Total
----------------	---	---------------	---	----------------	------	-------

If you use cigars, a pipe, or chewing tobacco, estimate your cost per day and multiply times the number of days in a year.

Use the spaces that follow to write three ways you'd like to use all this money.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

# Barriers to Quitting

You may experience some negative reactions when you quit using tobacco. If you expect them and learn how to avoid them, recovery will be easier.

- Nicotine withdrawal symptoms mean that your brain is returning to a nonaddicted state. Several medications can make your withdrawal symptoms easier to deal with. (See page 10). Ask your doctor which ones are right for you.

- Some people cough more the first few weeks—a sign your lungs are opening up anyway that have been plugged for a long time.

- Some people gain five to eight pounds when they stop using nicotine, but their weight usually returns to normal after the first year. If you've gained more than 15 pounds in the past, talk to your doctor about medications (NRT or bupropion) to limit future weight gain. Diseases that are especially worsened by moderate weight gain are

diabetes mellitus, high cholesterol, hypertension, heart disease, and vascular disease.

**Charting your recovery:** Indicate the following items on page 15.

- Under item 6 list the barriers you've experienced or anticipate.
- On line 7 indicate the longest time you did not use tobacco and why you started again.



## Why Some People Gain Weight

about increasing exercise levels in the weeks prior to your quit date.

- **Oral gratification.** Some smokers have a strong need to feel something in their mouth. You can try substituting ice cold water that you drink through a straw, putting a coffee stirrer or cinnamon stick in your mouth, or chewing on sugar-free gum.

- **Hand-to-mouth routine.** Years of moving their hand to their mouth with tobacco develops a habit that quitters sometimes replace with food, but this can add 400 to 800 calories each day.

- **Appetite wakes up.** Nicotine curbs the appetite. When you quit, a healthy appetite returns, making you think you're hungry.

- **Sense of smell returns.** Much of what you "taste" in food comes from your sense of smell. Instead of eating more tasty food, revel in the new sensations with aromas like cologne, flowers, or scented candles.

- **Metabolic rate stabilizes.** Nicotine causes your body to burn energy faster. When you quit, your metabolism slows, and that unused food energy turns to fat. Consult your doctor

**Charting your recovery:** On page 15, line 8, enter the amount you gained in the past.

# The Power of Addiction

Addiction to tobacco involves three issues: Brain Chemistry, Attitudes, and Habits. Every addiction has all three parts, and the barriers to quitting usually involve one or more of these.



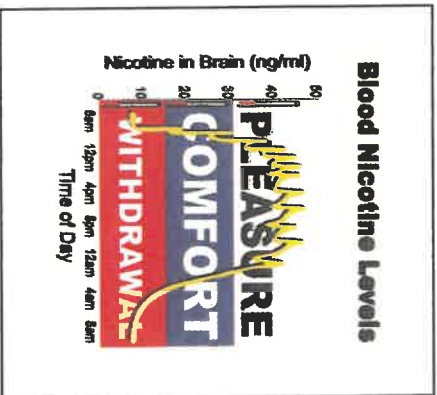
Addiction is based on chemical reactions in your brain that distort the way it's supposed to work, and this is especially true of nicotine addiction. Almost 95 percent of regular tobacco users become addicted to nicotine compared to 10 percent for alcohol users. Understanding how your brain is "hooked" to nicotine can make your recovery easier.

When nicotine reaches your brain it triggers the release of many "feel good" chemicals, including a special chemical called dopamine that creates a pleasurable "high" that you enjoy. Other chemicals released by tobacco may at first create unpleasant side effects such as nausea or dizziness, but some people find the pleasure from dopamine so powerful that they'll use tobacco again in spite of the unpleasantness. The problem is that as the effect of the "high" wears off, the brain begins to experience an opposite "low" that's very unpleasant, so you use tobacco again to feel good. This sets up

a cycle that continues until you cannot escape the repetitive "highs" and "lows," which is the essence of addiction.

The lowest level of nicotine is just before you wake up, which is why that first morning puff or chew of tobacco gives such a rush. You are going from a "low" of nicotine withdrawal to your desired "high" that feels better.

As your brain slowly adapts to nicotine addiction, less dopamine is released, requiring you to use more tobacco to get the same effect. This is called tolerance. If you feel like you



have to use tobacco even when you don't want to, or if you have increased the amount of tobacco you use just to feel normal, you're experiencing nicotine addiction.

Addiction involves tolerance to a drug plus withdrawal symptoms (e.g.: when nicotine levels fall too low or when you finally stop). But withdrawal symptoms disappear within minutes when your brain gets another nicotine rush.

# Chemistry



## What you can do

The good news is that you can repair your addicted brain pathways if you commit yourself daily to the recovery process. Nicotine withdrawal symptoms are temporary and may start to decrease after five to seven days. During the withdrawal phase your brain will return to a nonaddicted chemical balance. When this happens, you will discover the "real you."

## CHEMISTRY

Consult with your physician about your plan to recover from nicotine addiction. Authorities advise the use of medications unless their doctor advises otherwise. If you have any psychiatric disorders or other addictions, your doctor will modify your treatment plan appropriately.

### Charting your recovery:

- Indicate the following items on page 15:
  - Write the date of your doctor's appointment on line 10.
  - Write your quit date on line 11.
  - Write the medication your doctor recommended on line 12.



## Medications for Nicotine Addiction

Brain chemical balancers  
bupropion (Zyban,  
Wellbutrin), varenicline  
(Chantix)  
Nicotine replacements  
Nicotine patches, gum,  
oral puffiers, lozenges,  
and nasal sprays

Ask your doctor which medications are best for you (see page 10).

## Nicotine Withdrawal Symptoms

Do you have any of these symptoms after 24 hours without nicotine? Many people have four or more. Indicate each one by: 1=none, 2=mild, 3=moderate, 4=severe.

- |   |   |                                       |
|---|---|---------------------------------------|
| <input type="checkbox"/> Irritable or angry       | <input type="checkbox"/> Excessive hunger | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Anxious or tense         | <input type="checkbox"/> Insomnia         | _____                                 |
| <input type="checkbox"/> Impatient or restless    | <input type="checkbox"/> Drowsiness       | _____                                 |
| <input type="checkbox"/> Difficulty concentrating | <input type="checkbox"/> Depressed mood   | _____                                 |

**Charting your recovery:** On page 15, line 9, list three of the most bothersome withdrawal symptoms you've experienced in past efforts to quit or cut down.



**The problem.** In the past you've used tobacco to solve problems such as stress, anger, boredom, or frustration to the point that tobacco seemed like your "best friend." However, tobacco provided only a temporary solution that glossed over these emotions so you could feel better. If you come to see tobacco is an "assassin in disguise," your emotional attachment will fade.

**The solution.** To be successful, you must believe you don't need nicotine either to cope with negative emotions or as a reward for a job well done. That confidence will come as you practice developing an attitude for success. Begin

- Charting your recovery:** Indicate the following items on page 15:
- On line 13 record any emotional issues you may be experiencing.
  - Choose a slogan and write it on line 14.

## Negative Mood Symptoms

Which of the following have troubled you most when you tried quitting tobacco in the past? Indicate with 1=none; 2=mild; 3=moderate; 4=severe:

- \_\_\_ Sadness, anxiety, or feeling empty.
- \_\_\_ Hopelessness and pessimism.
- \_\_\_ Guilt, worthlessness, helplessness.
- \_\_\_ Thoughts of death or suicide (sometimes with suicide attempts).
- \_\_\_ Sleep disturbances, restlessness, and irritability.
- \_\_\_ Decreased energy, fatigue, insomnia, difficulty concentrating, remembering or making decisions.
- \_\_\_ Loss of interest or pleasure in hobbies or activities.
- \_\_\_ Loss of interest in sex.

**Charting your recovery:** On page 15, line 15, record the mood symptoms you found most bothersome after quitting tobacco in the past.



Sunday	Monday	Tuesday	Wednesday
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28

Habits are things that you do without even thinking. Over the years you've developed a lot of tobacco habits of which you probably aren't even aware.

Your objective is to replace these habits with new ones. You'll be surprised at how quickly you can gain control over the habit part of nicotine addiction.

**• "Why I Smoke."** Go back to the "Why I Smoke" quiz on page 3 and look at your score on the "Handling" and "Habit" lines. Change your routines (places and times) when you use tobacco or find another "handling" device such as a toothpick.

**• Monitor your use of tobacco.** Even before your quit date you can track your use of tobacco. Record the amount you smoke or chew each day on a calendar or chart.

**• Reduce your access.** Not everyone is able to dramatically reduce their use of tobacco before the quit date, but doing so will make withdrawal symptoms easier to tolerate. Quit smoking in your car or in one room at home (and eventually the whole house). As you become more aware of how much tobacco you use, you may find you can cut back 10 to 30 percent.

## • No automatic tobacco use.

Keep your tobacco materials out of reach, including matches and lighters. Make yourself get up and find them when you really want to smoke or chew. This makes your use of tobacco more of a conscious act and disrupts automatic habits.

## • Take a two-minute timeout.

The nicotine alarm in your brain will turn on every time the level of nicotine in your system begins to fall. But this alarm will turn off by itself within a few minutes, whether or not you use tobacco.

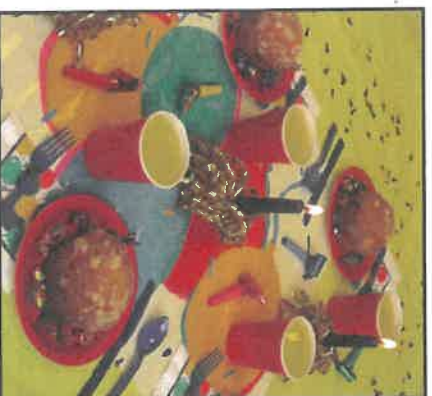
Use the six Ds to break the power of the urges for nicotine (see page 11).

## • Think of yourself as a nonuser.

Imagine yourself refusing tobacco, and practice in your mind how you'll respond when someone offers you a cigarette or other tobacco product.

## • Celebrate on your quit date.

Select the most stress-free day of the week. Plan the whole 24 hours to protect yourself from influences to use tobacco. Then reward yourself at each milestone of one day, one week, and one month of freedom from tobacco.



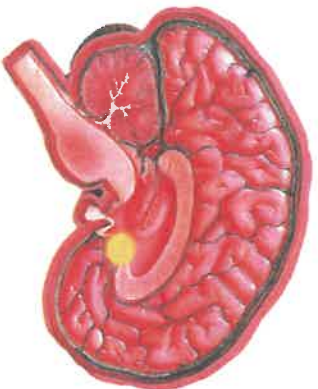
# Medications

Medications play a major supporting role in your recovery from addiction to nicotine. Three different kinds have been approved to control nicotine withdrawal symptoms. Discuss the potential benefits and side effects of these medications with your physician before deciding which product is best for you.

## **Bupropion (Zyban, Wellbutrin).**

These two medications stabilize the levels of the chemicals norepinephrine and dopamine in your brain, making nicotine withdrawal symptoms easier to tolerate. The taste of tobacco smoke may become unpleasant. Benefit: helps control weight gain that some people experience after they stop smoking. Start one to two weeks before you stop date and continue for eight to twelve weeks or longer at the dose prescribed by your doctor. Can be combined with nicotine replacement therapy (see below).

**Varenicline (Chantix).** This medication interferes with nicotine's activity in the brain's pleasure/reward system by



Medications reduce craving in the "reward center" of the brain.

## How to Use Nicotine Replacement Therapy

- Begin on, or just before, your stop date.
- Start with a daily dose that equals the amount of nicotine you've been using (1 cigarette = 1 mg. of nicotine) and reduce the dose every two to four weeks.

## Nicotine replacement therapy

(NRT) delivers pure nicotine to your body without all the 4,000 chemicals in tobacco smoke. You'll taper down the use of NRT every two to four weeks as the strength of addiction gradually fades. When NRT is stopped, nicotine withdrawal symptoms may occur, but they are generally tolerable, lasting only one to two weeks. Patches, oral lozenges, and gum are available over-the-counter. Oral puffers and nasal sprays are available by prescription only.

All tobacco users are encouraged to use medications to stop smoking, since this will increase the chances of success. It is much safer to use these medications than to continue smoking or chewing tobacco. Even the cost of these medications is a bargain when you consider all the money you will save after only a few weeks of not smoking!

# Coping With Cravings

One of your most important strategies will be to handle your cravings without using tobacco. Even with medication, most people experience some withdrawal symptoms, just not as intensely. But cravings can impair your recovery if you aren't alert. Following are Six Ds that will help you deal with the craving.

**Delay.** If you wait, the craving will begin to weaken by itself. So tell yourself, "I can hang on for three minutes" and practice one of the Ds below instead of dwelling on the craving. When three minutes are up, if you still feel the craving, you can decide whether to continue waiting until the craving leaves or go for the nicotine. ✓



**Deep breathing.** Take a deep breath slowly through your nose and exhale through your mouth. Do this ten times. This will produce a calming effect and begin to reverse some of the irritable brain chemistry sensations.

**Discuss with a friend.** Call a friend who knows you're trying to quit and talk about the withdrawal feelings you're experiencing. This is especially helpful if the friend is an ex-tobacco user.

**Do something else.** Find something to do that will distract you

from thinking about tobacco. If you're at home, is there a project you want to complete? If you're at work, is there a task to do?

**Drink water.** Drink a glass of ice-cold water through a straw. For one thing, water is just plain good for you,



and drinking it will keep your hands and mouth busy. And there are other bonuses: Water releases the feel-good chemicals in your brain that counteract the craving and flushes nicotine out of your system.

**Depend on a higher power.** One of the key elements of the Twelve Steps of Nicotine or Smoker's Anonymous is trust in a higher power. A simple statement is enough, such as: "I need help now to cope with this craving. Thank you for empowering me to choose victory!" (See page 12 for more about trusting in a higher power.)

**Charting your recovery:** Indicate the following items on page 15:

- On line 16, write 3 of the Six Ds you think will be most helpful when you crave tobacco.
- On line 17 write the name and phone number of a friend you can call when you need support.

## How to Use Prescription Oral Medications

- Begin one to two weeks before your stop date while still smoking or chewing tobacco.
- Continue for three to six months until withdrawal symptoms are over.

relieving symptoms of nicotine withdrawal and craving, as well as decreasing the rewarding effects of nicotine. It does not limit weight gain after you stop smoking. Start one to two weeks before you stop smoking and continue for twelve to twenty-four weeks at the dose prescribed by your doctor. Nicotine replacement therapy is not generally combined with this medication.

# Depend on a Higher Power

Your life has a special purpose. Addictions may have clouded that vision or filled a void in your life. But now that you're ready to tackle the recovery process, have courage! Your brain has the amazing ability to recover from chemical addictions no matter how strong they've been. You can become healthy and stable again! Every time you ask for spiritual help to conquer the power of nicotine addiction, a way of escape will come to you.

Here are some helpful suggestions from other tobacco users who've made this trust a key to their recovery:

- Carry motivational reading material where you used to keep cigarettes or chewing tobacco.
- Write your favorite sayings on 3 x 5 cards and read them during your three-minute timeout.
- During a situation that makes you want to use tobacco, turn your thoughts to a higher power and ask for spiritual help.
- Sing or hum comforting songs when the craving seems strong.
- Meditate on spiritual themes while

**Charting your recovery:** On page 15, line 18, list two ways to enlist spiritual power.

## Building Your Team

Most people who try to quit on their own end up failing. Then they become discouraged and stop trying. You'll be more likely to succeed if you'll build a team who can help you through the process. So what kind of people do you need?

**Your doctor.** We've already discussed the help you can get from medications. With a couple of exceptions, you'll need a prescription for these. Your doctor can help you decide which medication is best

doing your deep-breathing exercises.

- Attend a support group and ask others for help.
- Call a spiritual mentor or friend who can help you when you need a distraction from craving.
- Go for a short walk in nature and take deep breaths of fresh air, even if it's just your garden or a downtown park. Consider the beauty of nature.
- Count your blessings.

- In addition to asking for spiritual help to handle the craving, be grateful for the help you are receiving.
- Stay connected to your higher power.



for you, the proper dose that you will need, and when to start and stop using it. Health professionals are a vital part of your recovery team.

**A support person.** When the going gets tough, you'll find it extremely helpful to have a person you can call to discuss your feelings. This person should be able to help you through a slip without judging or condemning. It'll be especially helpful if you can find someone who's already succeeded in overcoming tobacco

addiction. And if you're spiritually inclined, you'll find it helpful to have a spiritual support person to help you.

**Family.** If you live with one or more people, you'll find quitting easier with their cooperation. Even if one or more of these people smoke and don't care to quit right now themselves, ask them to help by not smoking in your presence or leaving their tobacco out for you to see.

**Colleagues.** Inform the people you work most closely with and ask for their cooperation during the two weeks you're experiencing nicotine withdrawal.

**Friends.** Some of your friends may

**Charting your recovery:** Item 19 on page 15 provides a place where you can write the names of the people on your support team.

## What About Slips?

Addicts often experience several detours before they succeed in overcoming their addiction. The desire for tobacco may overpower you, or you may use tobacco without even thinking. How should you relate to these "slips"?

**Keep going.** Don't let minor setbacks ruin your journey. Affirm your commitment to recovery and keep going.

**Give yourself time.** It probably took you several years to develop your addiction. It isn't realistic to expect it to disappear overnight. Be patient. If you persist, you will win.

**Keep in touch.** This is when your recovery team can be the greatest help to you. Especially keep in touch with your doctor and your support person.

**Avoid guilt trips.** It's easy to feel guilty when you have a slip, but this isn't the time for that. Talk to your support person if you feel guilty, or share your feelings with a support group such as Nicotine Anonymous, where you can

make light of your efforts to quit tobacco. If this happens, spend time with friends who don't use tobacco.



learn how others have coped with guilt. Don't let guilt sabotage your recovery.

**Keep striving.** You may feel guilty when you slip and give in to your craving for tobacco. But, instead, be proud that you want to overcome your addiction and are still trying. This will give you the strength and power you need to engage in your recovery plan again.



# Special Situations

While this brochure is designed to cover common situations you will face, your case may be special.

**Pregnancy.** If you still smoke after discovering you are pregnant, talk to your doctor about a quit date prior to the twenty-fourth week. Stop all use of nicotine during the last 12 weeks of pregnancy (28th to the 40th weeks), if possible. If you feel you cannot cope with your mood changes or emotions without smoking, ask for an evaluation by a mental health provider.

Your baby's brain rapidly develops during that time, and nicotine creates addiction pathways in the newborn brain. Another serious problem is that carbon monoxide and nicotine deprive the fetus of oxygen and nutrition in the womb, putting the fetus at risk for prematurity and low birth weight.

**Teens.** Have you already tried to quit and found it was harder than you thought? If you think you're addicted and have cravings or withdrawal that keep you from being able to quit, talk to your doctor. Especially ask for help if you think you may be self-medicating an underlying mood problem or

using tobacco to curb your appetite. Trained clinicians can prescribe medications for teens who clearly have nicotine addiction.

**Spit tobacco (chew or snuff).** While you don't ignite and inhale tobacco to get the kick from nicotine the way smokers do, constant levels of nicotine are going into your bloodstream while tobacco is in your mouth.

Therefore, you don't usually have the typical "nicotine ups and downs" that create craving—except in the morning after you wake up or when you don't replace fresh tobacco regularly. Slowly cut back the amount you use until you begin to have withdrawal feelings. Then start your medications (NRT or bupropion) as your doctor advises.



## More help is available at the following Web sites:

- [www.findhelp.com](http://www.findhelp.com): Linda Hyder Ferry, M.D., M.P.H., the primary consultant in the development of *You Can Be Free!* has developed a Web site with more in-depth information and resources about quitting.
- [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org): This Web site will help you find out if a Nicotine Anonymous group meets near you.
- [www.quitnet.org](http://www.quitnet.org): This site offers practical suggestions to develop your quit plan and a chat room that allows you to share ideas with nicotine addicts everywhere.
- [www.smokefree.org](http://www.smokefree.org): National Web site for a free telephone "hotline" support counselor in your state and other information about quitting smoking. You can also call 1-800-784-8669 (1-800-QUIT-NOW).

# Charting Your Recovery

The number in parentheses before each item refers to the page with the information you need to respond. Use this form when discussing your recovery with your doctor.

## Understanding my addiction

- (2) My daily use of tobacco now is: \_\_\_\_\_
- (2) My nicotine addiction is:  
Low Medium High
- (3) Why I use tobacco:  
\_\_\_\_\_  
\_\_\_\_\_

- (4) My top reasons to quit are:  
\_\_\_\_\_  
\_\_\_\_\_

- (4) Tobacco-related disease symptoms I've noticed are:  
\_\_\_\_\_  
\_\_\_\_\_

- (5) My barriers to quitting are:  
\_\_\_\_\_  
\_\_\_\_\_

- (5) The longest I was off tobacco was:  
\_\_\_\_\_

I relapsed because:  
\_\_\_\_\_  
\_\_\_\_\_

- (5) The weight I gained before was (pounds or kilos): \_\_\_\_\_

- (7) My withdrawal symptoms are:  
\_\_\_\_\_  
\_\_\_\_\_

## Planning my recovery

- (7) My doctor's appointment is:  
Date: \_\_\_\_\_ Time: \_\_\_\_\_
- (7) My quit date is: \_\_\_\_\_

- (7) The medication I'll use is:  
\_\_\_\_\_

- (8) Emotional issues I'm having:  
\_\_\_\_\_  
\_\_\_\_\_

- (8) My anti-craving slogan is:  
\_\_\_\_\_

- (8) Mood symptoms when I quit are:  
\_\_\_\_\_  
\_\_\_\_\_

- (11) My most helpful three D's are:  
\_\_\_\_\_  
\_\_\_\_\_

- (11) A friend I can call is:  
Name: \_\_\_\_\_

Phone: \_\_\_\_\_

- (12) Ways I'll access spiritual help:  
\_\_\_\_\_  
\_\_\_\_\_

- (13) My support team includes:  
My doctor: \_\_\_\_\_

A support person: \_\_\_\_\_

Family members: \_\_\_\_\_

Friends and work associates:  
\_\_\_\_\_  
\_\_\_\_\_

A counselor: \_\_\_\_\_

Group support: \_\_\_\_\_

# What Successful Quitters Are Saving

The strategies in this brochure for overcoming tobacco addiction were developed by a team of preventive medicine and addiction specialists at Loma Linda University in Loma Linda, California. Read what the former smokers whose pictures appear below have to say about this recovery program.



**William Tufts,  
Chino, California**

After smoking heavily for 48 years and getting progressively more short of breath, you'd think I'd have understood about tobacco addiction. But

this program gave me the honest truth about the power of nicotine so I could defeat the addiction. Combining medications to control the withdrawal symptoms and developing a strong support system were the keys to my success. Now I no longer have to get up in the middle of the night to smoke!



**Duane Magee,  
Compton, California**

My biggest obstacle to quitting was my own bad attitude. I could not accept that I needed treatment. The program helped me to develop an open and willing attitude, and showed me how prayer gives the strength to resist the desire to smoke again. The lessons made me aware of my habitual smoking behavior so I didn't just smoke automatically. I'm glad to be free from bondage to tobacco.



**Heather Shover,  
M.D., Redlands,  
California**

I quit smoking 15 years ago. It's great to be smoke free myself, and now I have the privilege of helping other tobacco

users follow the strategies recommended in this brochure. From personal experience, I can say that success increases dramatically for those who fully adopt these methods.



**Leslie Bramson,  
R.N., M.P.H.,  
Crestline, California**

This program helped me to identify the reasons why I smoke, and it provided me with the practical help I needed to deal with them. I'm glad I quit smoking, because I married a man who would never kiss an ashtray. I will never again stare at the second-hand on my watch, waiting for break time so I can run to the only place at work where smoking is allowed. Now, when I wake up each morning I can face my husband and snuggle close, instead of coughing out all of my phlegm.

"You Can Be Free!" was developed by Pacific Press® in cooperation with specialists in the treatment of tobacco dependence at the Loma Linda University School of Medicine, Loma Linda, California 92354. Copyright © 2004 by Pacific Press® Publishing Association. For quantity pricing, write to Pacific Press®, P. O. Box 5353, Nampa, Idaho 83653. Printed in U.S.A.