WHY THE NEED TO QUIT?

Smoking is quite costly, physically and financially. With the average pack of cigarettes costing approximately $5, even a pack a day smoker spends over $1800 yearly and that drastically increases the heavier you smoke. More importantly, smoking will lead to serious health conditions such as COPD, heart disease, stroke, emphysema, and various types of cancer.

But the wonderful news is that when you choose to quit smoking, your body can begin to heal and recover from a lot of the damage that smoking has caused your body. Some healing begins as quickly as 20 minutes after smoking.

After just 20 minutes...
- Your pulse rate returns to normal
- The oxygen in your blood returns to a normal level

Within a few days…
- Your sense of taste and smell are better
- You begin to breathe easier
- Your “smoker’s cough” goes away

After one year…
- Your excess risk of heart disease is cut in half

After 5 years…
- Your risk of developing cancer or having a stroke begins to drop

Catrina’s Corner  This month we look at the topic of smoking.

It’s something so many of us do but comes with such an immense price. So, why do we smoke? Out of habit, for fun, addiction, whatever the reason the price is the same. Smoking can cause long-term damage to our bodies often times resulting in death. Not to mention the very high cost of smoking. With the increase cost in just the basic necessities of life, our budgets have little room for this indulgence. In this newsletter, you will find some advantages for quitting smoking and also some helpful strategies for quitting. Read the articles and thoughtfully consider what your decision will be.
**I’M READY TO QUIT - NOW WHAT?**

As we see from the other article, quitting smoking can be one of the best decisions that you can make in your lifetime, but it certainly can be quite a challenge. Here are some steps and strategies that might help once you decide you’re ready.

1. Think really hard about what is motivating you to quit smoking: cost, health concerns, etc. Keep this list nearby to refer back to when you feel the urge to smoke. You’ll have a positive reminder of the reasons you want to quit.

2. Be prepared by setting a date to quit; telling family and friends who will hold you accountable for your goal; anticipating the challenges you will face and how to deal with them; removing tobacco products from your home, car, etc.; and talking to your doctor about products that may help you quit.

3. There are many products that can help you along your road to cessation. The first week is the hardest as withdrawals symptoms will be most intense during this time. Using products during this time can improve your chances of quitting for good.

   * Nicotine gum, patches, lozenges, inhalers, and sprays are all referred to as nicotine replacement therapy. These products work by replacing the nicotine that your body is craving thereby helping with symptoms of withdrawal. Some of these are available by prescription so talk to your doctor if you think they may be right for you others are available over the counter.

   * Prescription medications such as Zyban and Chantix can work by blocking the effects of nicotine on your body (making it not pleasurable) and by reducing nicotine withdrawal symptoms.

4. Sometimes seeking out support can make a big difference when it comes to successfully quitting. Support groups or the Michigan quit line can give you positive support and feedback during your transition. Call the quit line 24 hours a day, 7 days a week at 1-800-QUIT-NOW.

Now that you have a plan in place, what can you expect the day you quit?

1. You will be tempted by your withdrawals so be sure to stay busy. Go places where smoking isn’t allowed.

2. Replace the physical habit of holding a cigarette with using toothpicks, chewing gum, using a lollipop, etc.

3. Avoid alcohol and bars as they can trigger intense desires to smoke.

4. Avoid other triggers that will remind you of times that you usually smoked like long car drives or lingering at the table after eating.

No matter what, remember to not give in to cravings. You’ve worked so hard to get here and you definitely don’t want to go back. If you do slip up and begin smoking again, don’t give up. Try again. Don’t ever quit quitting.

Information taken from the CDC website

**Support Group**

June 10, 2013

July 8, 2013

August 12, 2013

September 9, 2013

October 14, 2013

Support Group meets 1:30-2:30pm. Call Catrina at 989-539-6731 ext. 8221

**Websites**

www.thebody.com

www.cmdhd.org

www.aidswalkmichigan.org/centralmichigan

**Questions? Comments? Concerns?**

Catrina Weber, Case Manager

Phone: 989-539-6731, Ext. 8221

Questions, comments, or concerns can be directed to the case manager at 989-539-6731 ext. 8221