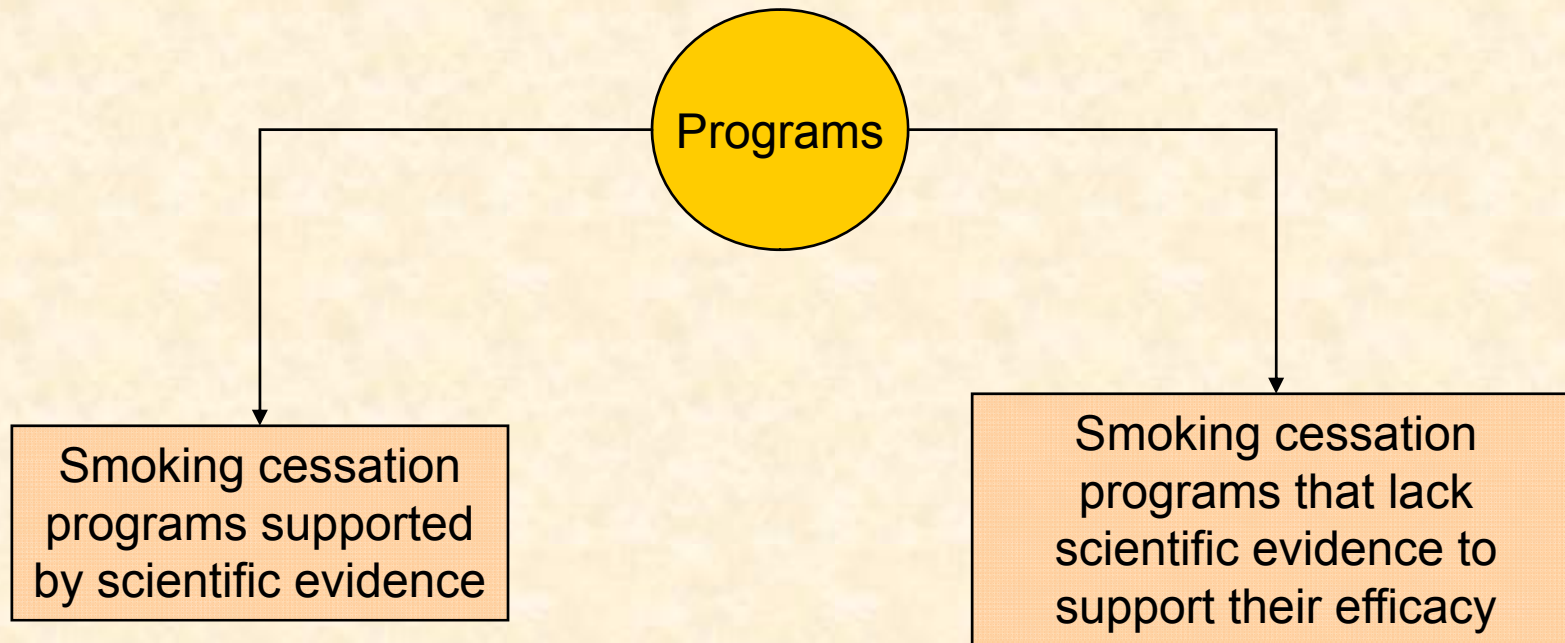


**SMOKING IS A HEALTH  
DESTRUCTIVE HABIT  
TO ONE'S SELF,  
OTHERS, & ENVIRONMENT**

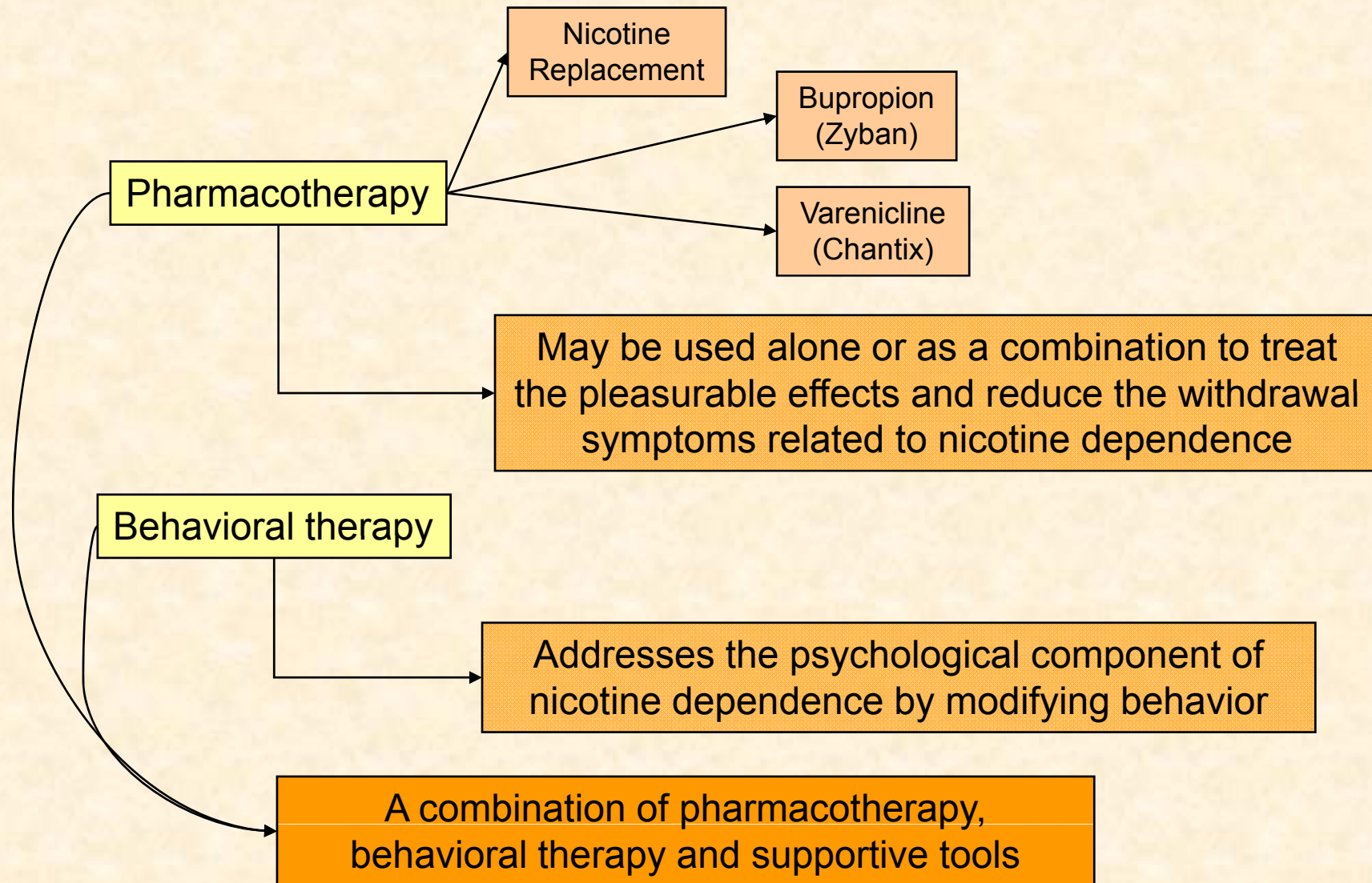
*EVERY SMOKER SHOULD BE  
OFFERED TREATMENT TO QUIT*

Juliette Jibrail  
Nov. 11, 2007

# Thorough Internet Search Variety of Smoking Cessation Programs



# Programs supported by scientific evidence



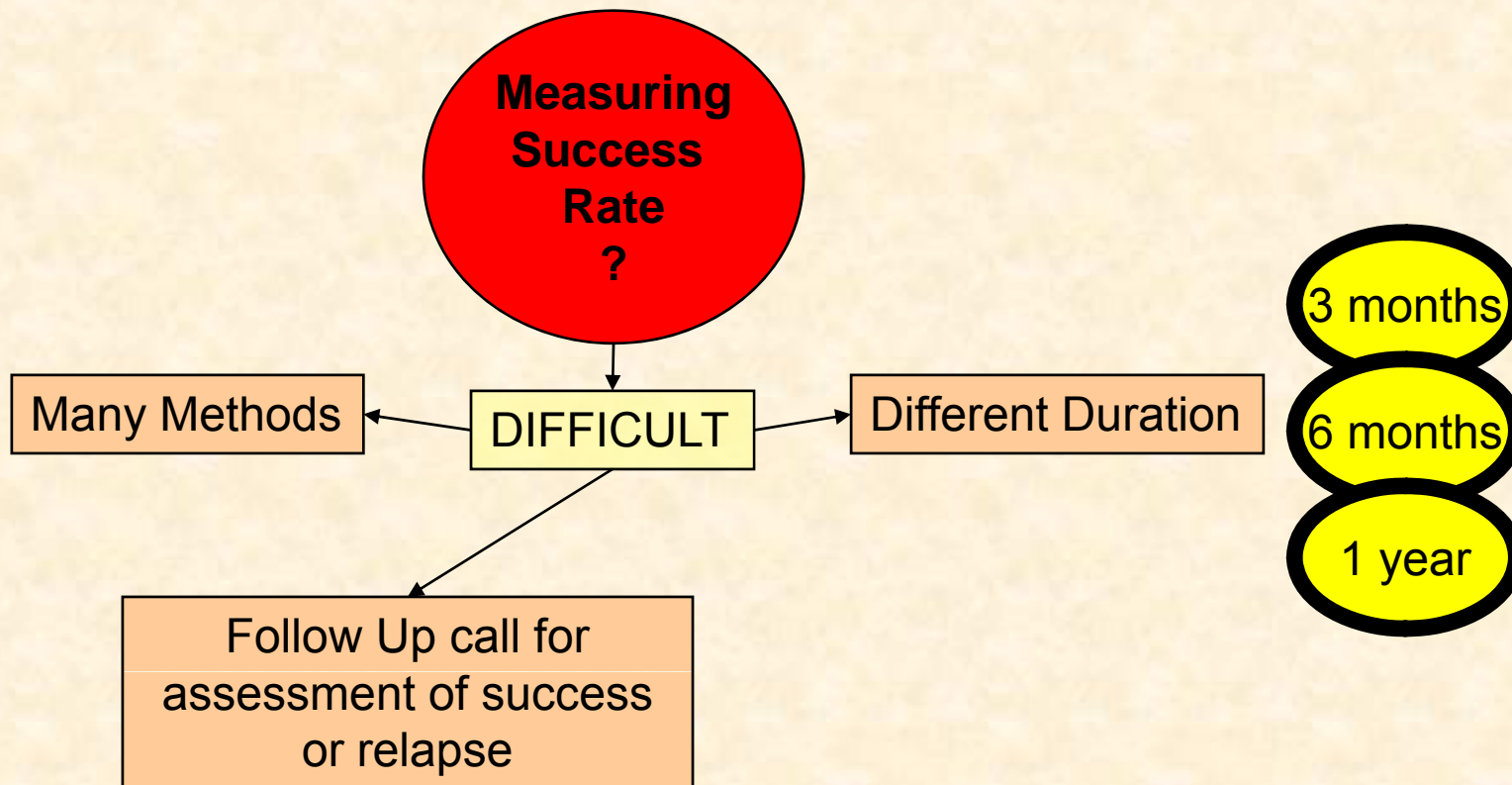
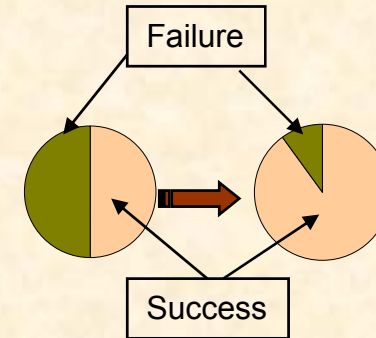
# Programs that lack scientific evidence

- Hypnosis
- Acupuncture
- Low level laser therapy
- Filters to reduce tar and nicotine in cigarettes
- Smoking deterrents that change the taste of tobacco
- Books: May have some efficacy as testified by some smokers. One example is “**How to Quit Smoking without Gaining Weight**” by the American Lung Association
  - ▶ Shows how quitting adds years to one’s life
  - ▶ Explains the importance of a fruit & vegetable diet while quitting
  - ▶ Points out which food to eat during a nicotine craving
  - ▶ How to stay motivated during tough times
  - ▶ Plus a number of strategies to stay quit and only for \$ 6

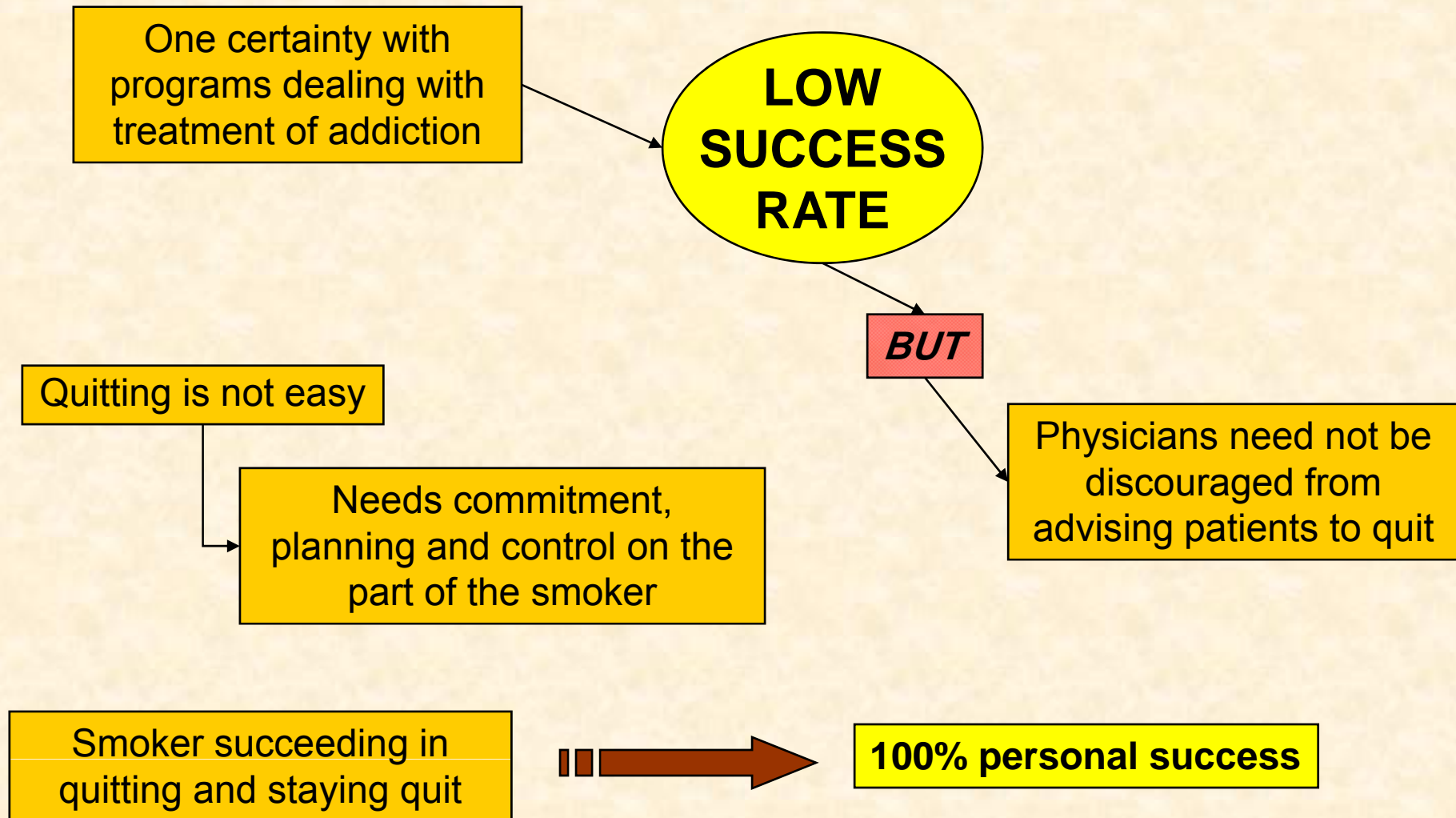


# Success of SCP

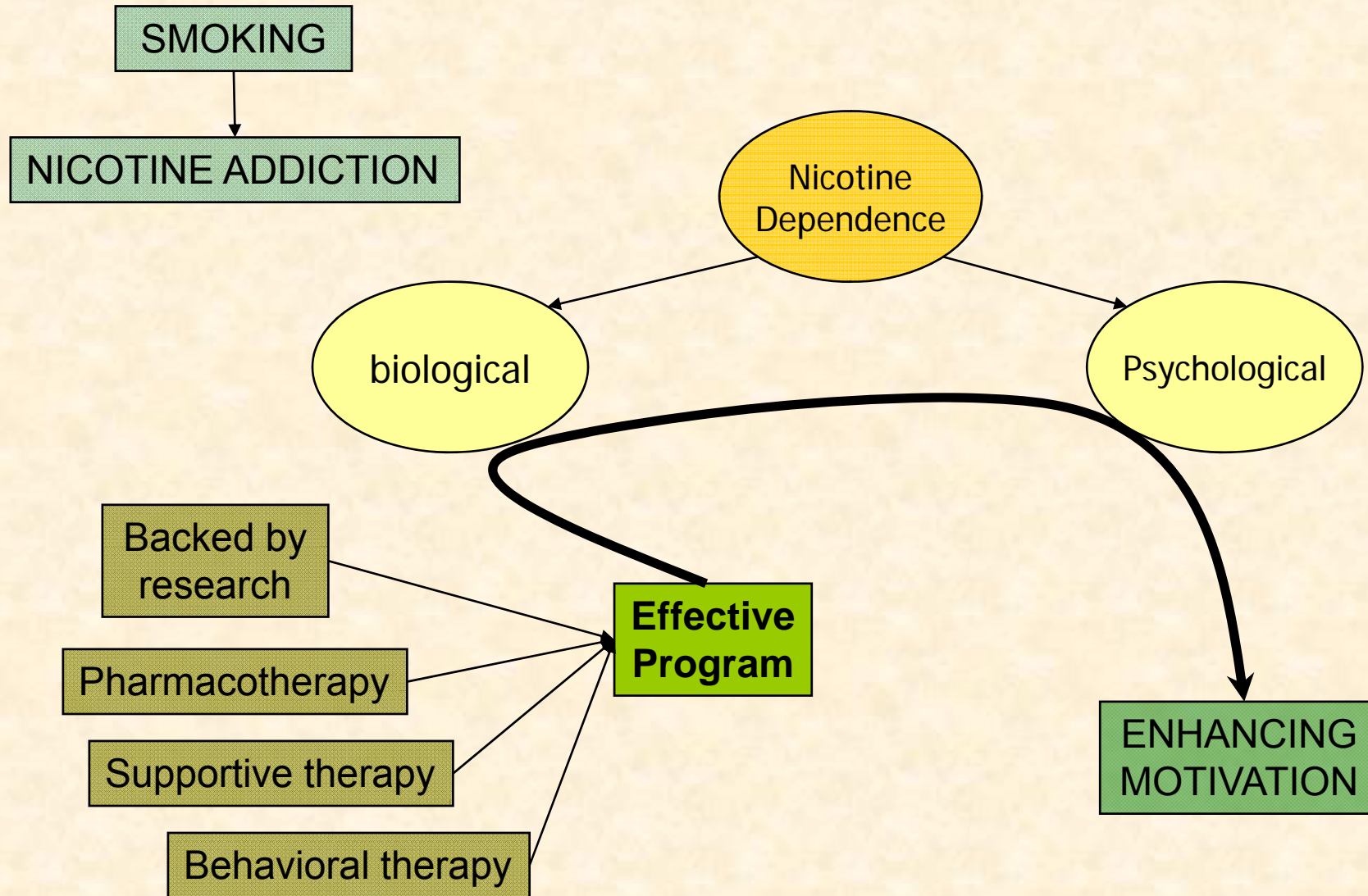
All programs claim a success rate 50-90% and some more



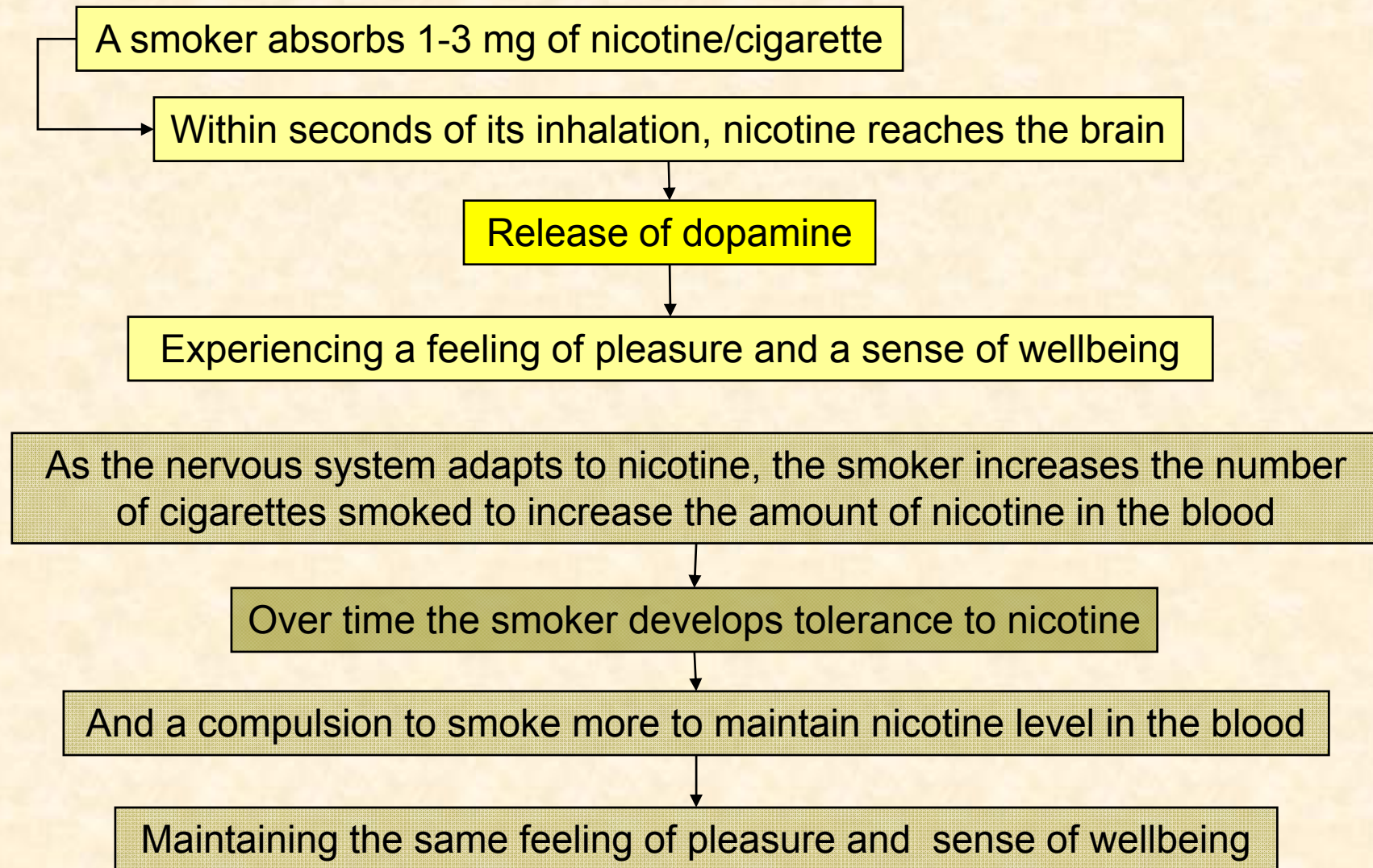
# Success of SCP



# Choice of an Effective Program

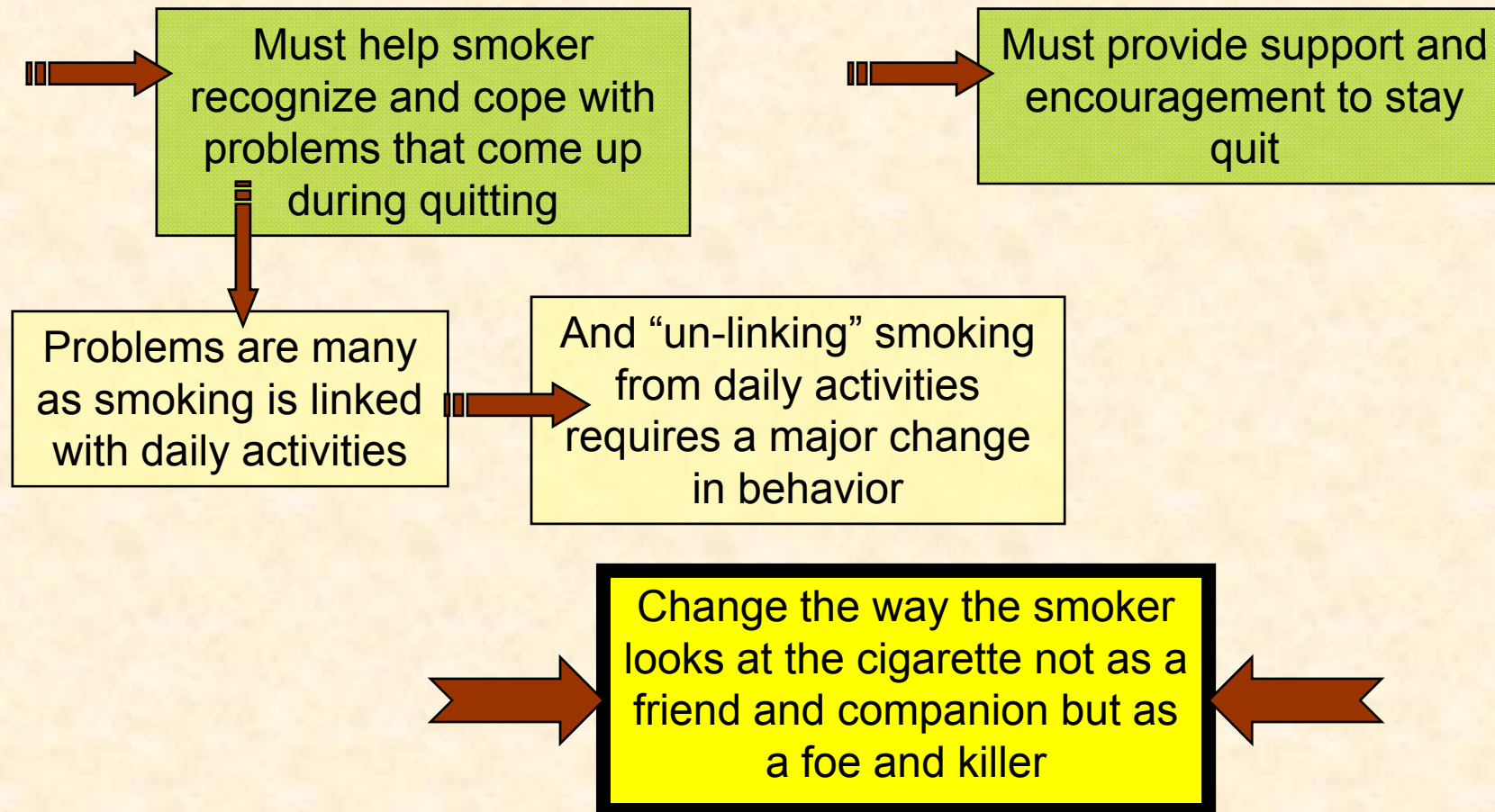


# Physical Nicotine Dependence



# Psychological Nicotine Dependence

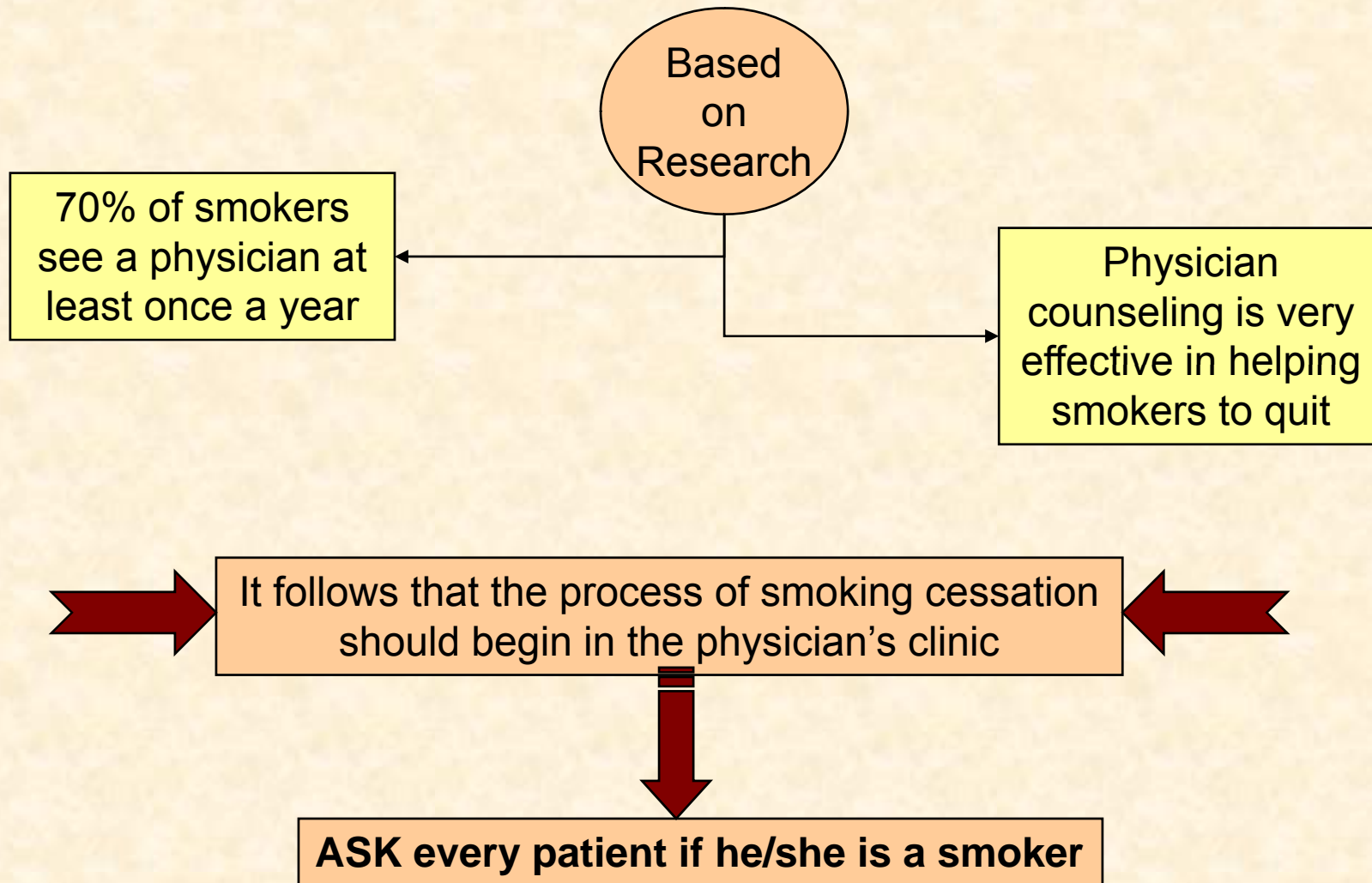
A big challenge as it deals with modifying behavior



# A good look at the cigarette



# Physician responsibility

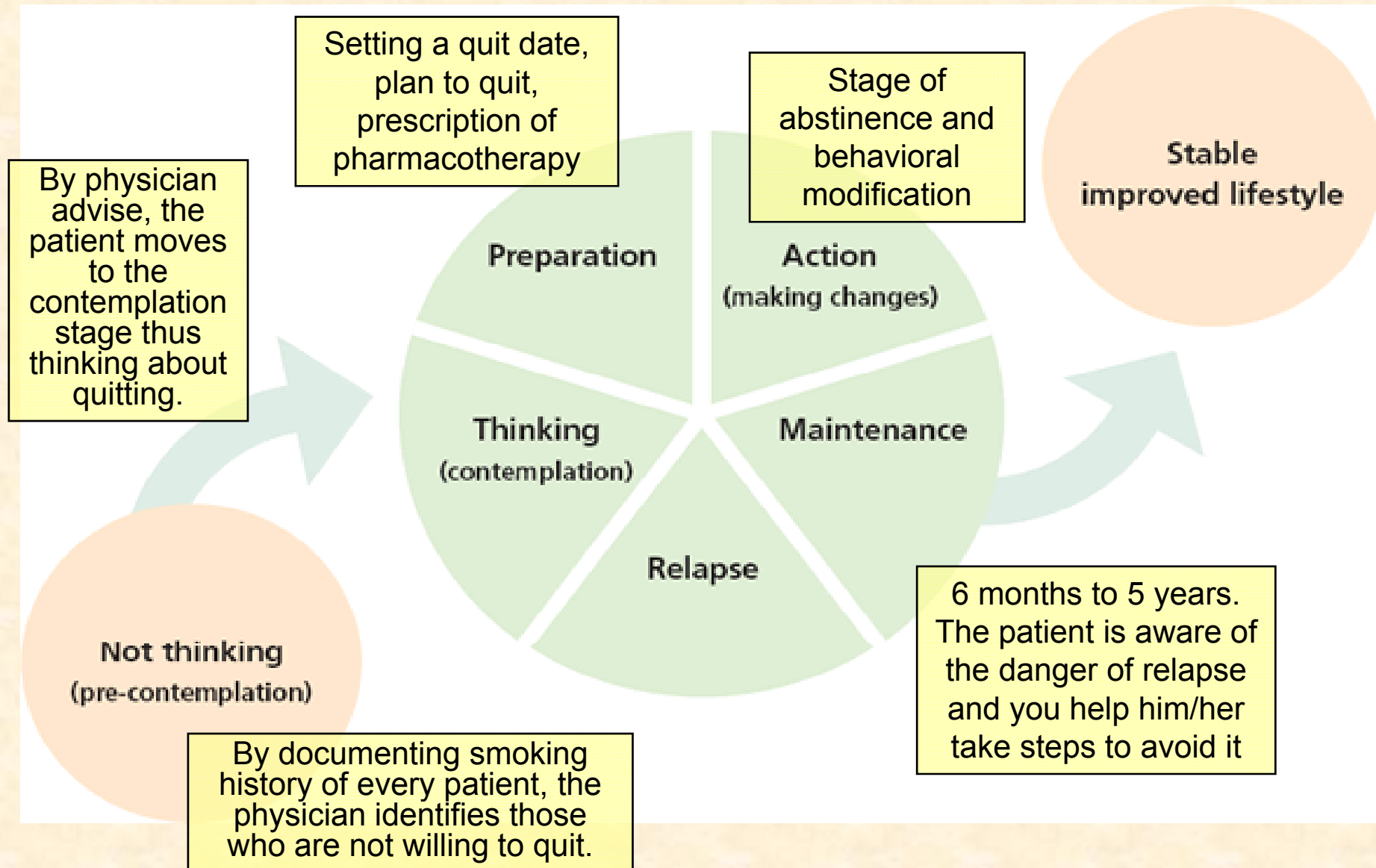


# The 5 A's

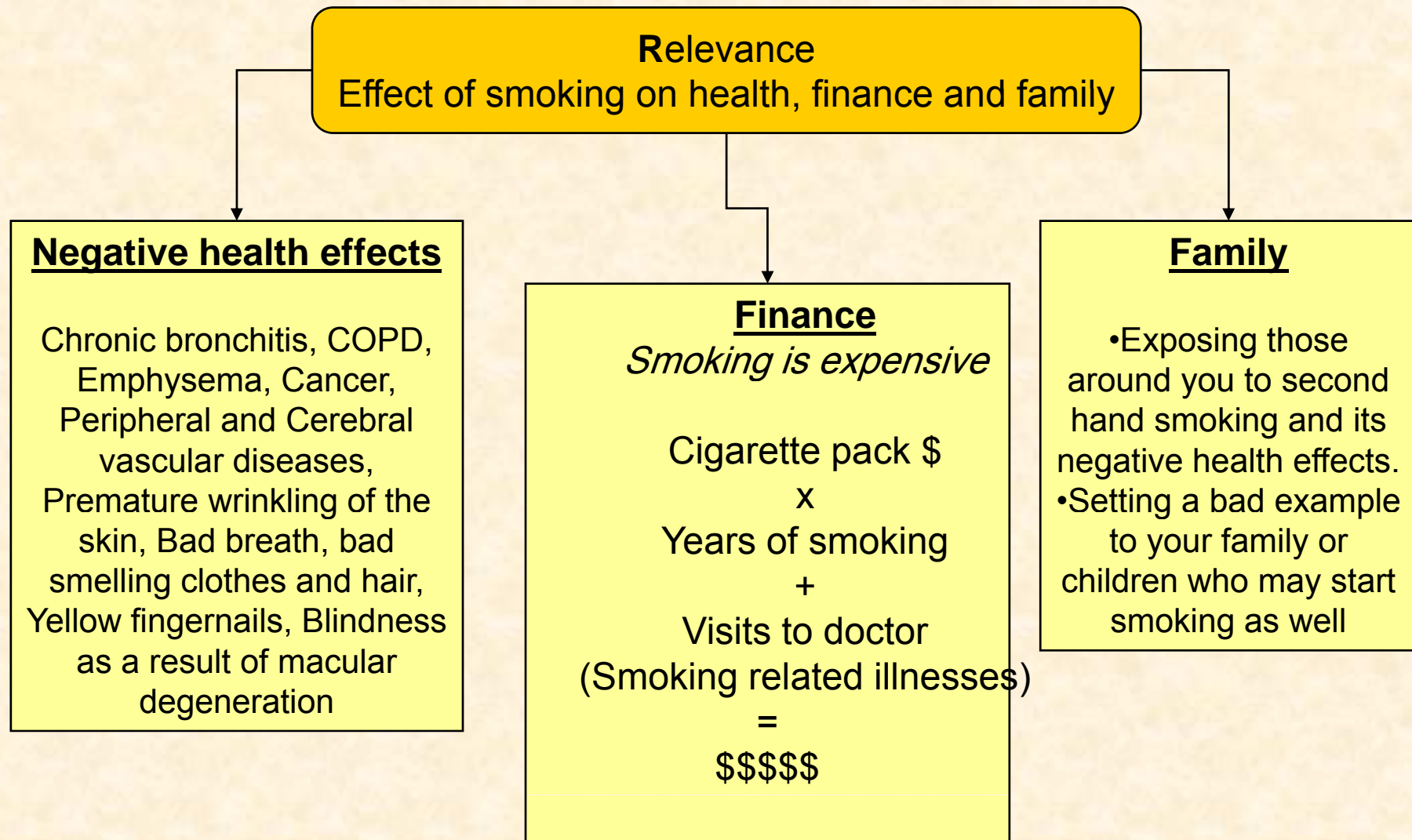
- **A**sk and document smoking history of every patient and not just those with smoking-related diseases
- **A**dvice in a clear and strong manner the need to stop smoking and urge every smoker to quit.
- **A**ssess the willingness of the smoker to make a quit attempt not in the distant future but within 30 days of the visit date
- **A**ssist by setting a quit date, providing a quit plan and prescribing pharmacotherapy
- **A**rrange for a follow up visit within the first week of the quit date



# Stages of the Change Model



# 5 R's- Motivational Intervention



## 2<sup>nd</sup> R

- Risk:
  - Addiction
  - Smokers will lose between 10-15 years of their potential life span
  - Negative health effects
  - Social acceptance

Less socially  
accepted now than it  
was in the past

Most work places  
have some type of  
smoking restrictions

Friends ask you not  
to smoke in their  
house or car

Health insurances  
increase their  
premium

Airports, theaters, restaurants  
and public places are smoke  
free when you travel outside  
Lebanon

# 3<sup>rd</sup> R

- **Rewards:**

- Visible and immediate rewards of quitting:

- Stop premature wrinkling of the skin
    - Get rid of bad breath, stained teeth, yellow fingernails, bad smelling clothes and hair
    - Regain taste for food, sense of smell, exercise tolerance

Long term health rewards:

Improved health and freedom from addiction

# 3<sup>rd</sup> R Cont.



Health Benefits of Quit Smokers Over Time as given by the American Cancer Society:

0 seconds



15 years



- 20 minutes after quitting: Heart rate and blood pressure drop to normal
- 12 hours after quitting: CO level in blood drops and Oxygen level increases to normal
- 24 hours after quitting: Chance of heart attack decreases
- 48 hours after quitting: Nerve endings start to regenerate. Sense of smell and taste is enhanced
- 72 hours after quitting: Bronchial tubes relax, lung capacity increases
- 2 weeks-3 months after quitting: Cilia regeneration decreasing risk of respiratory tract infection. Decreased cough, sinus congestion, fatigue, shortness of breath
- 1 year after quitting: Risk of CHD becomes half that of a smoker
- 5 years after quitting: Lung cancer death rate is about half that of a continuing smoker
- 10 years after quitting: Pre-cancerous cells are replaced. Risk of other cancers decreases.
- 15 years after quitting: Risk of CHD is the same as that of a non-smoker

# 4<sup>th</sup> R

- **Road blocks:** Barriers to quitting
  - Withdrawal symptoms
  - Weight gain
  - Stressful life circumstances
  - Psychiatric co-morbidities: Depression, alcoholism
  - Multiple quit attempts
  - Presence of other smokers in the home or workplace
  - Low motivation



# Withdrawal Symptoms

- Headache, Fatigue, Drowsiness
- Anxiety, irritability
- Craving
- Cough, dry throat, postnasal drip
- Concentration problems
- Increased appetite especially for sweets
- Depression
- Sleep disturbances
- Constipation



**Occur few hours after the last cigarette, peak about 2-3 days later and may last up to several weeks**

**Exercise, drinking water & juices, eating lots of fruits & vegetables, taking pharmacotherapy will reduce these symptoms**

# Special Concerns

## Weight Gain & Stress

### ► Weight Gain: Explain

- Is usually between 2-5 kgs. Few gain more
- Focus on healthy food and limit fat intake
- Eat plenty of fruits and vegetables
- Drink plenty of water
- Increase exercise activities or take long walks. This helps reduce stress of quitting, burn calories and keep the smoker's mind away from the cigarette
- Focus on success in quitting first rather than on gaining weight
- It is more dangerous to continue smoking than it is to gain few kilograms that you can lose after quitting



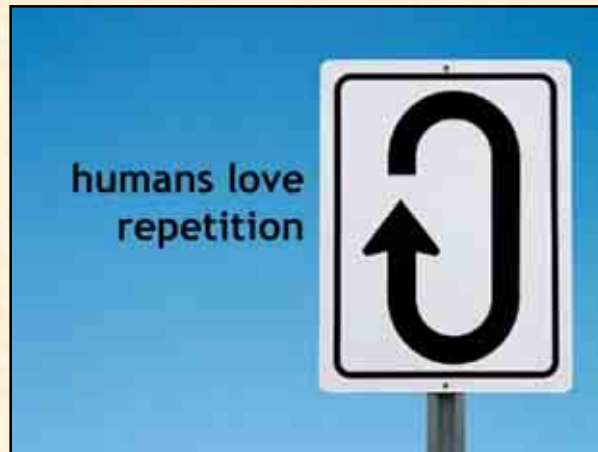
### ► Stress:

- Use NRT instead of the cigarette to cope with stress
- Change your habits. Keep busy to take your mind away from smoking
- Increase Exercise activities. Practice Yoga or meditation



# 5<sup>th</sup> R

- **Repetition:**
  - Repeat the 5 R strategy every time an unmotivated patient smoker visits your clinic



# The 6<sup>th</sup> R - Rationalization



- Roadblocks are the main reason smokers prefer to stay in the pre-contemplation stage
- To increase the chance of stop smoking, ask the patient smoker to list all the reasons he/she can think of that would impede his/her stop smoking
- Convince patient to recognize them as a trap to keep smoking
- Advise patient to practice saying: This is a trap I will not fall into
- Some examples:
  - “I’ll just smoke to get over this problem”
  - “It is not a good day, I will quit tomorrow”
  - “It is my only vice”
  - “My father’s friend was a chain smoker and lived to be 90 enjoying every day”
  - “One has to die from something”



# “Quit While Your Ahead” SCP

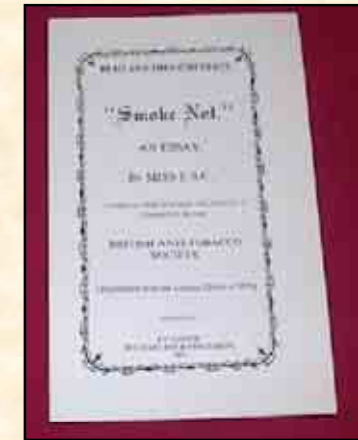
## Dept. of Family & Preventive Medicine

### University of South Carolina

- Combines pharmacotherapy and Behavioral modification
- Participants undergo a complete physical exam.
- They are given a free prescription of either Bupropion or nicotine replacement
- They are asked to attend 6 classes over a period of 3 weeks
- Information is given in small increments to transform the way people look at the cigarette
- Participants are encouraged to discuss and digest the facts explained about smoking and its long-term consequences
- They are given assignments to complete at home to continue the thought process started in class
- Their appeal for a cigarette decreases as they are asked to smell a jar full of cigarette butts, to watch a movie about smokers with throat and neck cancer, to examine a diseased lung displayed in a zip lock bag
- This program claims 75 – 85% success at the end of the program
- One year follow up telephone contact verified that 50% of participants were still not smoking

# Educational Support Pamphlet

- Tips and skills to prepare the patient to stop smoking
- Why should one quit smoking
- How to deal with withdrawal symptoms
- How to stay quit
- Where to get support
- What to do on the quit date
- Questions to test motivation
- Questions to determine degree of nicotine dependence
- In summary, a guide to help them understand the nature and ritual of smoking and how to tackle their addiction and save their lives



» Or.....





**Don't give up  
giving up.**



THANK YOU