



## TOBACCO CESSATION with Nicotine Replacement Therapy (NRT)

# AGENDA

Quitting smoking is not easy. It helps to have a plan before you start to help you stay smoke-free.

- Thinking about quitting
- Preparing to quit
- Ready to quit
- Staying smoke-free



# THE PROS AND CONS OF SMOKING

Pros	Cons





# RECONSIDER THE COSTS OF SMOKING

Quitting isn't easy but it is worth it. You already know that smoking costs money and that smoking can harm your health, but you may not be aware of all the damaging effects.

## Smoking...

- Kills **13,000** people in Ontario every year.
- Will cause the death of **half** of all smokers.
- Is responsible for **30%** of all cancer deaths in Canada.
- Is related to more than **85%** of lung cancer cases.
- Makes you **20x** more likely to die of lung cancer.
- Will take an average of **8 – 10 years** off your life.
- Increases the risk of developing **breast cancer** for women.
- Doubles the likelihood of **erectile dysfunction** for men.
- **Exposes children** to second-hand smoke which increases their risk of SIDS, acute respiratory infections, and asthma.





# SMOKING IS EXPENSIVE

- Have you ever thought about the amount of money smoking has cost you over the years?
- The money you spend goes to the Tobacco Industry and can be up to \$4,000 a year for pack-a-day smokers.

Figure out how much smoking costs you each year. **Do the math!**

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Packs per week		\$ price per pack		\$ weekly cost		weeks	\$ Cost per year!



# CONSIDER THE BENEFITS OF QUITTING

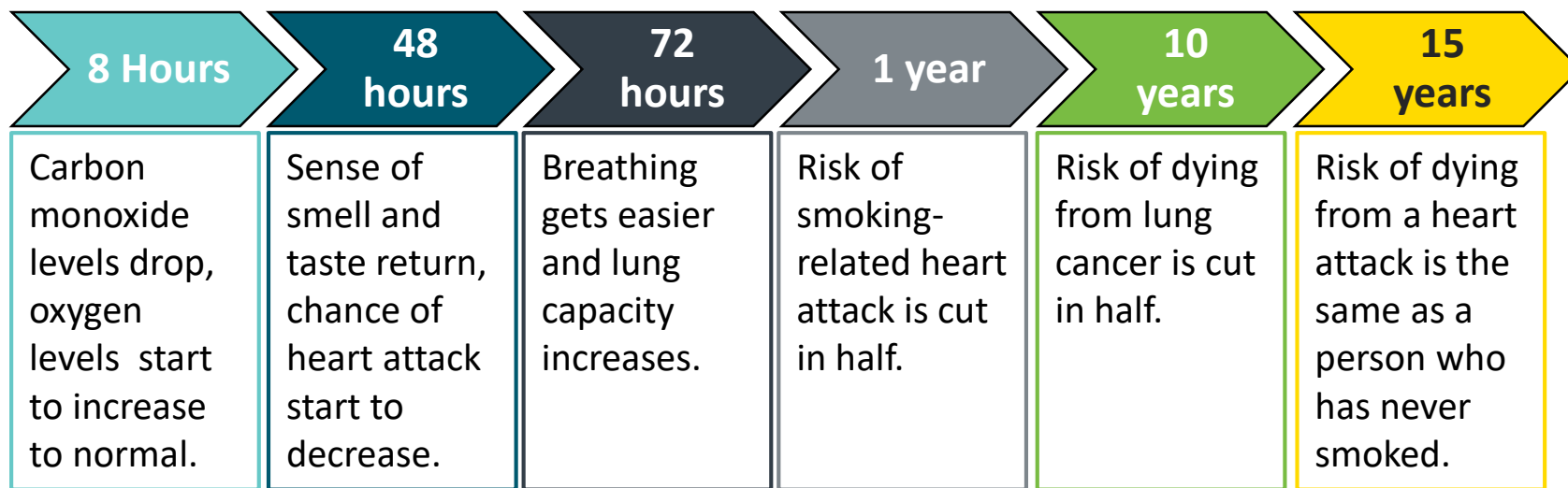
Quitting smoking is the single best thing you can do to improve your health and quality of life.

Much of the damage smoking does to your body is **reversible** and you won't have to wait long for good things to happen!



# RECONSIDER THE COSTS OF SMOKING

Quitting isn't easy but it is worth it. Quitting smoking is the single best thing you can do to improve your health and quality of life. Much of the damage smoking does to your body is reversible – it's never too late to quit. You don't have to wait long before good things happen!





# PREPARING TO QUIT

## Create Awareness: Reasons for Change

The most important reasons I want to change are:

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

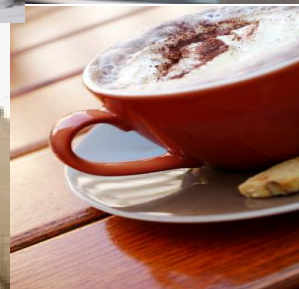




# CREATE AWARENESS

**Important to identify triggers/barriers to quitting and come up with solutions on how to deal with them\***

- Where do you smoke?
- Who do you smoke with?
- What's around? (lighters, ashtrays, packs of cigarettes)





# CREATE AWARENESS: DAILY DIARY

Tracking cigarettes smoked in a daily diary is useful in breaking the automatic nature of smoking and learning more about your smoking behaviour.\*

**Quit Plan Diary:**

#	TIME OF DAY	REASON FOR CIGARETTE	WHERE I WAS	WHO I WAS WITH	HOW ARE YOU FEELING





# LIST YOUR TRIGGERS

**Develop a personal quit plan with a list of all your triggers and high risk situations**

Triggers	Coping Strategies
Drinking my morning coffee	
After meals	
Watching TV	
Coffee Breaks	
Being at a Party	



# BE PREPARED

Being prepared for your quit attempt involves figuring out coping strategies for each of your triggers. \*

## Coping Strategies

1. **Avoid** the triggers or situations
2. **Change** the trigger or situation
3. **Substitute** or find an alternative for the cigarette in response to the trigger/situation



# LIST YOUR COPING STRATEGIES

You have to be able to make some changes in your life and break the behaviors that connect you to cigarettes throughout your day. You need to learn how to live without smoking.

Triggers	Coping Strategies
Drinking your morning coffee	Avoid coffee while quitting, drink tea instead/ coffee after lunch, chew on a coffee stir stick while having a coffee to replace your cigarette.
After meals	Chew gum after meals, get up from table right away and wash dishes to keep hands occupied, go for a brisk walk
Watching TV	Have healthy snacks prepared; knit; squeeze stress ball; walk on the spot; bicep curls
Coffee Break	Get some fresh air - go for a walk, do some deep breathing, phone a friend, drink a glass of water
Out at a social event	Avoid this event while trying to quit smoking, change the situation by asking friends to smoke outside because you are quitting, find an alternative or substitute such using the nicotine gum, lozenge or inhaler while other people are smoking

**Add a few coping strategies for each trigger and high risk situation**

# BUILD YOUR SUPPORT SYSTEM

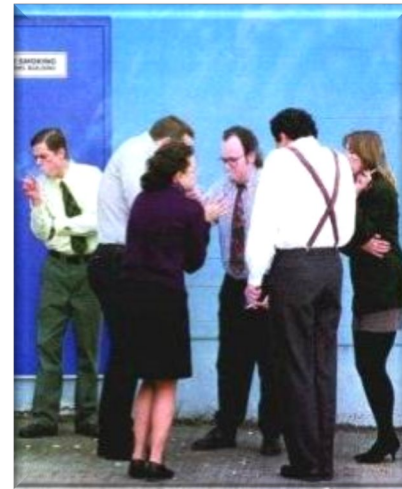
## Positive supports:

- Family, friends, colleagues
- Health professionals
- Other supports:  
Smokers' Helpline,  
support groups, websites,  
etc.



## Negative influences:

- Other smokers (partner, family, friends)
- People who don't want you to quit smoking



# SUPPORT SYSTEM

**smokers' helpline**

[smokershelpline.ca](http://smokershelpline.ca)  
1 877 513-5333



Canadian  
Cancer  
Society

Société  
canadienne  
du cancer

**Phone  
Support**



**Online  
Program**



**Text  
Messaging**





# BUILD YOUR SUPPORT SYSTEM

Who are the people that you can count on to support you?

Support Person/Group	How they can best support me?
Smoking buddy whose quitting	Available to call when having cravings, go and participate in activities together
Husband or wife	Keeps me on track, keeps house and car smoke free, gives encouragement
Smoker's helpline	Give helpful hints tools, available online 24/7, inspirational texts
Co-worker	Go for walking breaks together





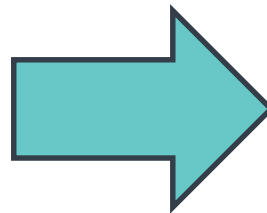


# Your Health and Well-Being

**Quitting smoking is one of the very best things you can do for your overall health.**

There are other risk factors for disease that you can reduce to further improve your health.

Risk Factors
Alcohol
Poor nutrition
Lack of physical activity
Poor stress management
Sleep
Tobacco use/smoking



Chronic Disease
Cancer
Cardiovascular disease
Diabetes
Mental illness



# ALCOHOL

While alcohol is often considered to be more socially acceptable than smoking, it can have significant negative effects on your health.

- Many people underestimate how much they are drinking. Be aware of how much you drink and try and reduce your drinking down to the low-risk guidelines.

## Low-risk Drinking Guidelines:

**WOMEN:** a maximum of 2 standard drinks/day and 10 standard drinks/week

**MEN:** a maximum of 3 standard drinks/day and 15 standard drinks/week

- If you tend to crave a cigarette while drinking, then reduce your drinking or avoid alcohol altogether while you are quitting
- A good tip is to switch to water instead – it will help flush out all of the toxins that have built up from smoking and can help you cope with cravings.



Wine	Beer	Spirits
142 mL (5 oz.)	341 mL (12 oz.)	43 mL (1.5 oz.)

**\* Drink water as a way to cope with cravings.**

**Avoid alcohol if it causes cravings for cigarettes \***



# NUTRITION

When you're quitting, you may feel hungry or that you need to put something in your mouth due to the hand-to-mouth actions you've practiced every time you smoke. But food can taste and smell better when you quit.

**However, one concern people have is the fear of gaining weight.**

## **Strategies:**

- Keep nutritious health snacks prepared in advance. (fruits and vegetables)
- Don't skip meals – can result in overeating and make you irritable, making it harder to resist cravings.
- Listen to your body – if you're hungry eat something. If you aren't sure, try drinking a glass of water then distract yourself by doing something else. If you are still hungry, eat a healthy snack.
- Shop smart. Go grocery shopping with a list and don't go when you are hungry.
- Drink lots of water to help flush the nicotine from your system. It can help you stop a nicotine craving as well as a food craving.

Making small changes to your diet can help you manage your appetite and possible weight gain



# PHYSICAL ACTIVITY

Physical activity is a great way to help manage your weight, lessen cravings and withdrawal symptoms, and improve your overall mental health, sleep, and quality of life.

Physical activity is also a good stress reliever or coping strategy when quitting smoking especially if you are having cravings, feeling bored, experiencing low mood, or are concerned about potential weight gain.

## Recommendations:

- Get 2.5 hours of moderate to vigorous exercise per week in periods of at least 10 minutes at a time
- If currently not doing any exercise, start slowly... and build up!

## Incorporate physical activity into your lifestyle:

- Go for a walk on your breaks
- If you take the bus, get off a couple of stops early and walk the rest of the way home
- Take the stairs instead of the elevator
- Park at the far end of the parking lot instead of in the spot closest to the entrance
- Walk your kids/grandkids to school and play outside with the
- Rake the leaves, shovel the driveway
- Walk on the spot or do some bicep curls with cans of pasta sauce or jugs of orange juice while you watch T.V.



**Physical activity is a good stress reliever or coping strategy when you are quitting smoking.**



# STRESS TOLERANCE

Stress is a normal part of daily life, being constantly stressed is not good for your mental or physical health.

## **Why deal with chronic stress?**

- ✓ Increased risk of developing anxiety or depression
- ✓ Negative effect on heart
- ✓ Weakened immune system

A lot of people think that they can handle their stress, but if handling your stress means reaching for a cigarette or using another unhealthy behavior to help you cope, then it is a good idea to think of healthy alternatives.

## **Healthy ways to deal with stress:**

- ✓ Healthy eating and regular exercise
- ✓ Deep breathing, yoga, meditation
- ✓ Getting a good night's sleep
- ✓ Counseling, medications (for anxiety or depression)

\* Learning to cope with stress without  
reaching for a cigarette is a important skill in  
quitting smoking \*

# SLEEP

Sleep is important stress-management and weight-management, and if left uncontrolled can lead to increased risk of developing chronic disease such as diabetes, high blood pressure and obesity. Making changes to all of the other factors (nutrition, physical activity, etc.) can be undermined if we are not getting enough sleep.

## Smokers report:

- Sleeping for fewer hours
- Having more disrupted sleep
- Less hours of quality sleep than non-smokers



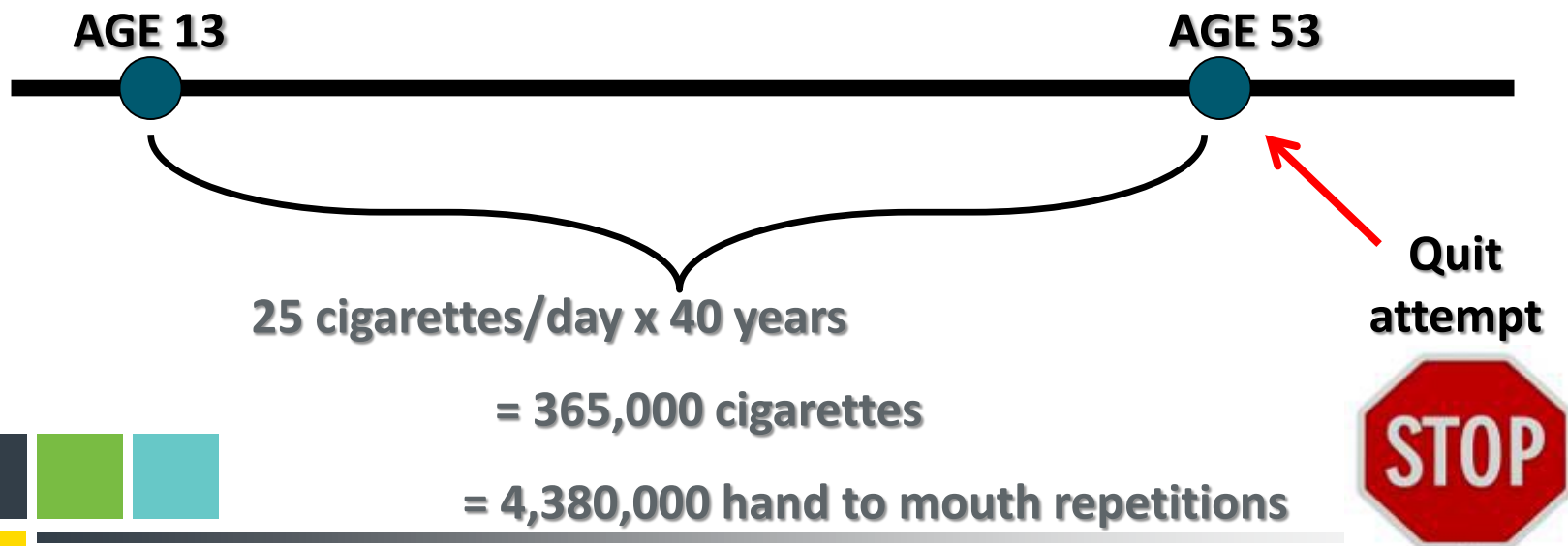
Although quitting smoking can negatively affect your sleep for the first little while, once your body has found its new normal, quitting smoking can result in improved sleep in the long run which will lead to better health.

# SMOKING: THINGS TO CONSIDER

## Quitting is a process

Pack a day smoker: Approximately 110,000 hand to mouth repetitions/year

## 40 years of smoking



# OPTIONS FOR QUITTING

No single method works for everyone. You need to find the option that works best for you.

- **Quit lines**

- Get free information on tobacco use and support to quit smoking such as Smoker's Helpline

- **Quit aids**

- When used properly, many of these have been shown to increase your chances of successfully quitting, such as nicotine replacement therapy

- **Self-help guides**

- Helps to create a plan to follow through books, online forums, interactive websites, smartphone apps.

- **Cold turkey**

- Quit smoking all at once without any help

- **Buddy system**

- A friend or family member who supports or if you know another smoker who also wants to quit, you could "buddy up" and quit together







# SETTING A QUIT DATE

- Pick a day when your schedule is routine
- Choose a time that is going to work for you
- Avoid dates where you have a deadline or something else that might distract you or give you additional stress
- Make this your day for this task, so avoid other important dates like birthdays or anniversaries
- If you're a woman, avoid dates that are just before the beginning of your menstrual cycle.



Day	Month	Year

A good quit date will give you enough time to prepare, but will not give you time to change your mind!



# WRITE OUT A QUIT PLAN

## My Quit Plan

My quit date is: \_\_\_\_\_

My support systems include:

\_\_\_\_\_  
\_\_\_\_\_

The quit aid I will use:

\_\_\_\_\_

My main reasons for quitting:

\_\_\_\_\_  
\_\_\_\_\_

My main triggers are:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I will cope with these triggers by:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



# MANAGING YOUR CRAVINGS

Cravings can start at any time. When you feel yourself wanting a cigarette, do everything you can to get out of that situation and go somewhere else or do something else.

## Take control of your cravings.

**Delay:** cravings usually go away in 5 to 10 minutes.

**Distract:** be active. Start a new hobby to keep your hands busy

**Deep Breathing:** Deep breathing can help you relax and focus your mind on something else

**Drink Water:** Drinking water helps flush out the nicotine out of your system and it keeps your hands and mouth busy

**Do something:** Physical activity is a great way to distract yourself from urges and will help lessen the cravings and withdrawal symptoms.





# WITHDRAWAL

## Possible Tobacco Withdrawal Symptoms

Irritability  
Coughing  
Diarrhea / constipation  
Sweating  
Appetite changes  
Fatigue  
Headaches

Difficulty concentrating  
Nausea  
Shakiness  
Dizziness  
Cravings  
Sleep disturbances  
Clumsiness



# WHAT TO EXPECT FROM WITHDRAWAL SYMPTOMS

Be prepared to experience some withdrawal symptoms as your body re-sets itself. Most withdrawal symptoms will peak in the first week.

Withdrawal sign/symptoms	Why you are feeling it	How long it lasts	What you can do
Craving for another cigarette	Your brain is begging for another hit of nicotine, a highly addictive drug	For most people, cravings are strongest in the first few days after quitting. Some people have occasional cravings for months or years	Wait it out. Cravings and urges rarely last longer than a few minutes. Drink water, take some deep breaths, get active, call a friend or use nicotine replacement therapy ie gum or patch
Dry throat, cough, and/or coughing up phlegm	Your lungs are trying to get rid of the tar and other chemicals that are trapped inside your airways.	A few days	Drink lots of water to thin out the mucus and make it easier to cough up. Help your lungs by allowing yourself to cough and spit this phlegm out.
Trouble sleeping	Now that you are not smoking or less, your body is healthier. It is charged with an energy that you have not experienced in a long time therefore you may need less sleep than you did when you were smoking.	1 week	Avoid caffeine (coffee, tea, cola, etc.) Non smokers are more affected by caffeine so reduce the amount you take in to help you avoid some of the unpleasant effects like nervousness, irritability, headaches, and trouble sleeping.
Feeling tired/low energy through the day	Nicotine is a stimulant- it keeps your body and brain alert. Your body is now learning how to stay alert without nicotine	2 -4 weeks	Take a nap if you're tired. Don't push yourself or take on any extra work.
Feeling hungry	Your brain may be confusing a nicotine craving with a craving for food (hunger). Your mouth isn't busy smoking, so you have the urge to eat to keep it busy.	1 – 4 weeks	Eat healthy, balanced meals and snacks. Try crunchy, low calorie snacks like raw veggies, pretzels, popcorn and fruit. Drink lots of water. You may also want to chew gum or suck on mints.





# MANAGING WITHDRAWAL SYMPTOMS

Cravings are one of the big withdrawal symptoms you may have to deal with when you are quitting smoking. The urge to smoke will come and go, sometimes when you least expect it.

**The urge to smoke will come and go; Remember:**

- Try to wait it out and put your quit plan into action!
  - You wrote down steps to take at a time like this.

**Medication**

Nicotine Replacement Therapy (NRT) provides the body with nicotine to help minimize withdrawal symptoms and cravings.

**Use NRT longer than withdrawal**

Consider the patch like a “cast” around the addiction center of the brain - it needs time to heal, so don’t stop too soon.



# MEDICATION

Medications can help you deal with the biological effects of quitting smoking by minimizing withdrawal symptoms and reducing your cravings.

## **There are three main types of approved smoking cessation medications available in Canada:**

1. Nicotine Replacement Therapy
2. Zyban (bupropion)
3. Champix (varenicline)

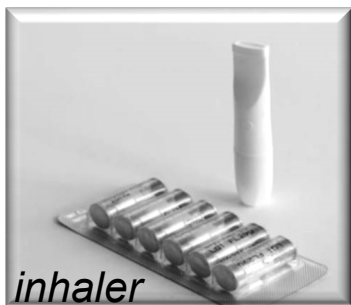
NRT + Champix → not recommended

NRT + Zyban → allowed but talk to your doctor first

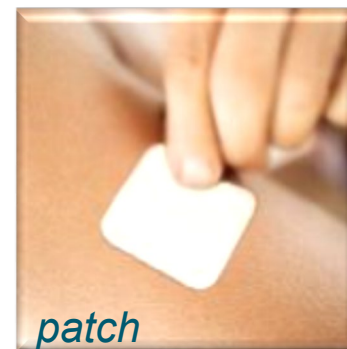
# NICOTINE REPLACEMENT THERAPY

## 5 types of NRTs available in Canada

### Short-Acting NRTs



### Long-Acting NRT





# NICOTINE REPLACEMENT THERAPY

Is Nicotine Replacement Therapy (NRT) a safer  
& cleaner delivery system of nicotine??



YES

# NICOTINE REPLACEMENT THERAPY

- Provides the body with nicotine to help minimize withdrawal symptoms and cravings
- Eliminates the toxic substances one gets from cigarettes
- Shown to almost double quit rates
- Can be used to help reduce smoking

## Short-Acting NRTs



*mouth spray*



*inhaler*



*lozenge*



*gum*

## Long-Acting NRT



*patch*

# NICOTINE REPLACEMENT THERAPY

**Does Smoking while on the patch increase  
the risk of a heart attack??**

**NO!**



# NICOTINE REPLACEMENT THERAPY

- People on the nicotine patch who have had the occasional cigarette have not shown any increased risk of heart disease
- Carbon monoxide and other chemicals cause the harm, not nicotine

Know the signs and symptoms of nicotine toxicity

- \*Nausea
- \*Dizziness
- \*Light-headedness
- \*Heart racing
- \*Sweating



# NICOTINE REPLACEMENT THERAPY

Can NRT be used as long  
as needed, even if this  
means using NRT for years?

*YES*





# NICOTINE REPLACEMENT THERAPY

## **Long-term use of NRT is safer than smoking.\***

- May use NRT long-term if needed
- NRT is safer than smoking

## **Using NRT is always preferable to using tobacco products**

- Think of NRT as a cast – don't stop until your body has healed.
- Most of the time, people who use NRT to quit smoking gradually reduce or stop NRT without difficulty.

# NICOTINE REPLACEMENT THERAPY

## How do you know you are ready to stop using NRT?

- Have you been in a situation in which you would normally smoke but have been able to refrain from smoking with ease?
- Have you ever forgotten to put on your patch or use your inhaler/gum/lozenge but did not notice an increase in craving?



# HOW TO USE THE PATCH

The patch provides a continuous, controlled dose of nicotine for 24 hours.

1. Put a fresh patch on a non-hairy, clean, dry area of your upper body when you wake up in the morning.
2. Press the patch firmly on your dry, clean skin (especially around edges) so dirt and oils cannot get underneath.
3. After 24 hours, remove the old patch, dispose of it properly, and apply the new patch to a different spot.

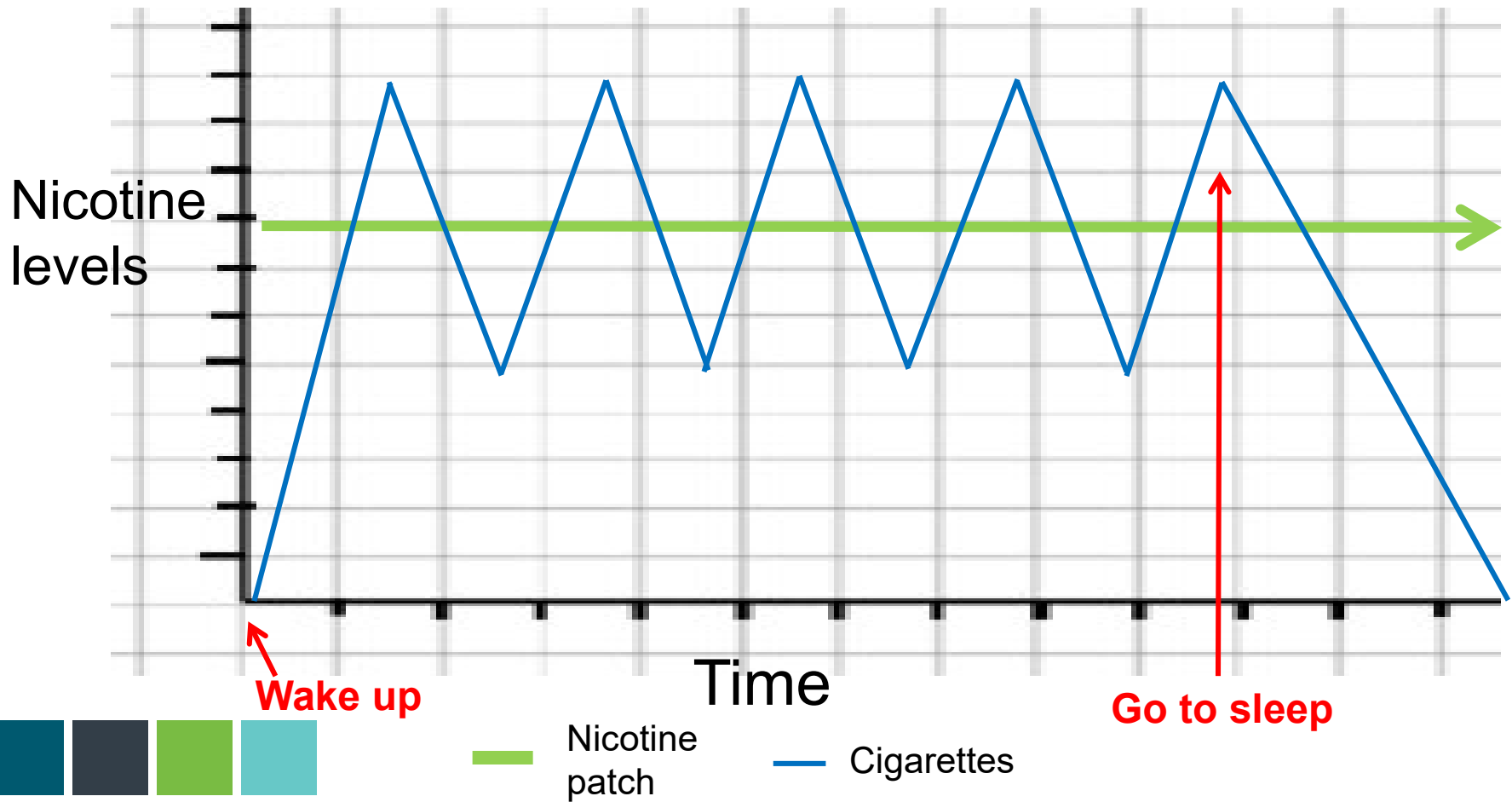
## **\*Side effects of patch:**

Irritation, redness, itchiness at site of patch application, sleep disturbances





# NICOTINE PATCH LEVELS





# NICOTINE REPLACEMENT THERAPY

## How to use Short-Acting NRTs

	Key Instructions:	Common Side Effect:
Nicotine Gum	“Chew, Chew, Park”	Upset stomach from swallowing nicotine
Nicotine Lozenge	Suck on it to moisten, then park. Don’t chew.	
Nicotine Inhaler	Inhale gently, hold vapours in mouth.	Dry or irritated throat
Nicotine Mouth Spray	1-2 sprays in mouth, avoiding lips. Don’t inhale while spraying or swallow immediately.	Hiccups, tingling on lips



# HOW TO USE NICOTINE GUM

**It is important to use nicotine gum properly as it's not ordinary chewing gum.**

1. Put the gum in your mouth and chew slowly once or twice until you notice a peppery taste or tingle then “park it” between your cheek and gum.
2. Wait a minute or wait until the taste has faded, and then repeat the process.
3. Slow down if you start feeling light headed, nauseous or get the hiccups. After about 30 min. all the nicotine will be released and you can discard the gum.
4. Repeat with another gum when you get the urge to smoke again.
5. Don't chew more than one piece at a time.
6. Avoid drinking acidic beverages such as coffee, tea, soft drinks, alcohol or citrus juices when chewing nicotine gum. They can prevent it from working properly.
7. You should carry the gum with you at all times in the first few months and use one whenever you have the desire to smoke.

**One cigarette may be enough to start the smoking habit again.**



# WARNINGS AND PRECAUTIONS

- If you become pregnant while using the patch, stop using the patches. Talk to your doctor about other methods for quitting smoking.
- If you are taking any prescription medications, tell your doctor and pharmacist that you are quitting smoking. You may need your medication doses monitored or adjusted.
- If you drink caffeinated beverages, reduce your caffeine intake when you reduce/quit. Caffeine will not break down as fast when you have quit smoking.





# VAPING and E-CIGARETTES

While evidence is still emerging, some evidence suggests that e-cigarette use is linked to improved rates of success when quitting.





# PREPARING FOR YOUR QUIT DATE

## Create a Smoke-free Environment!

1. Talk with everyone in your home and find ways to make your home smoke-free.
2. If there are other smokers in your home, ask them to stay away from you when you smoke, and to smoke outside.
3. Tell friends and family that your house and car are smoke-free.
4. Remove ashtrays and lighters from your home and car.
5. Put a smoke-free sign in your car and on your front door.
6. Think about how you will ask smokers who might enter your car or home, to smoke outside.

Remember to be nice, but firm and thank your family and friends for helping to keep your home and car smoke-free.

# DAY BEFORE YOU QUIT

**There are a few things you can do to help make your first day easier:**

- Get a water bottle – drinking water can help with cravings. Water will help to clear your body of toxins.
- Get sugar-free gum or candy – Keep your mouth busy during those moments when you want a cigarette.
- Clean! – get rid of ashtrays, lighters, cigarettes. Clean out your car, home or other places where you usually smoke.
- Set up support – Remind friends and family that tomorrow is the big day. Post it on your facebook or twitter page. Call your support network to get them ready.
- Review – take a look at your reasons for quitting for motivation. Go over your triggers and your coping methods so you are ready to deal with them.
- Get some sleep – tomorrow is the big day!



# QUIT DAY!!

Congratulations on deciding to live a healthy, smoke-free life.

**1<sup>st</sup> step:** *think of yourself as a non-smoker.*

Remember take control of your cravings!

- Avoid people who are smoking
- Keep help within arm's reach
- Have your supports ready
- Take it easy and above all, keep your hands, mouth, and mind busy







# QUIT DAY!!

Here are some tips to keep your hands,  
mouth and mind busy!

Keep hands busy	Keep mouth busy	Keep mind busy
Text your support network	Sing your favorite song	Rearrange your furniture
Use a stress ball	Kiss someone	Read a book
Clean the house	Suck on a lollipop	Do a puzzle
Garden or mow the lawn	Brush or floss your teeth	Go for a walk or a run
Lift weights/try yoga	Snack on fruits or veggies	Try cooking a new recipe
Paint your nails	Drink water	Play a game





# MILESTONES AND REWARDS

Setting milestones or goals can be a great motivation and a way to stay on track.

*What are the key moments you're looking forward to?*

List your milestones and reward yourself for the amazing job you are doing.

**Here are a few ideas:**

- Go see a movie
- Cook a special dinner
- Hire a cleaning person for the day
- Buy a new gadget
- Test drive a car you've always wanted.

Don't forget about all the cash you are now saving by not buying cigarettes. If you can use that money to reward yourself.



# OPTIMIZE YOUR PLAN

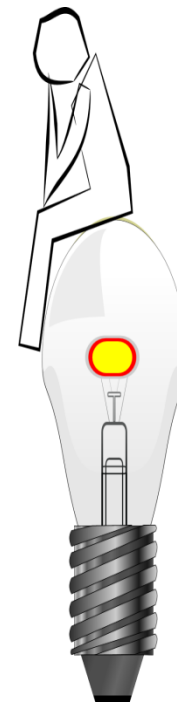
After your quit date, the process has not ended. Continue to improve your quit plan by identifying new triggers and coming up with solutions.

## Optimizing your plan:

- New problems that were not planned for?
- Experiencing any changes in mood?
- Experiencing withdrawal symptoms

## Remember to...

- Identify possible solutions
- Keep your environment smoke-free
- Get as much support as possible



# PREVENT RELAPSE AND PERSERVERE

The last step is to prevent yourself from relapsing. And even if you do have a slip, do not give up on your quit attempt.

"A SLIP IS NOT A FALL!"



# PREVENTING RELAPSE

Relapse can be prevented if you are aware of your warning signs/high risk situations/thoughts and take action as soon as you think you might be heading for a slip/relapse

## Warning Signs:

- Putting yourself in situations where it's easy to smoke
- "One won't hurt"
- "I can smoke socially now"
- "Just this once to get me through this"

## What to do:

- Get as much support as possible
- Remember your quit plan
- Be aware of your triggers
- Develop coping skills



# REFRAME RELAPSE

If you do happen to have a slip or a relapse, learn from the experience and come up with a plan so that you do not have a slip the next time you are in that situation.

If you slip/relapse:

- Assess what happened
- What can be done differently?
- What worked for you?
- Instead of feeling bad about it,  
put it behind you and move on.



**If you are ready to try again, take what you have learned and apply it to your new quit plan.**

# LIVE A SMOKE-FREE LIFE

## Follow these tips to stay on track:

- Reward yourself – celebrate the amazing job you're doing.
- Count on friends and family – remind them that you still need their support.
- Be prepared- be ready to deal with cravings and temptations.
- Remember what has worked best for you so far.
- Rely on tools – use the tools and activities to help you stay on track.
- Call a quit line or speak to your HCP if you need additional support.



# Questions

