



HEALTHY LIVING

St. John Health System is a smoke-free organization. It is our goal to promote a healthy living environment. If you or a family member wants to quit smoking, the following information will help guide you in making the right choice for a healthier life style.

SMOKING

- ✓ Nicotine and other chemicals in tobacco increase the risk of cardiovascular disease. Smokers have twice as many heart attacks as non-smokers. They have a greater risk of having a stroke (brain attack). Smoking can also cause cancer, emphysema, chronic bronchitis, and other lung diseases.
- ✓ Smoking damages the inner lining of blood vessels:
 - Nicotine causes the blood vessels to narrow (constrict), leading to high blood pressure.
 - The inside walls of the arteries and veins become rougher.
 - Smoking causes the blood to thicken. Clots form and cholesterol plaques develop in your blood vessels. High cholesterol is associated with a higher rate of coronary heart disease.
- ✓ Smoking lowers "good" (HDL) cholesterol.
 - The more cigarettes you smoke, the more your HDL levels will be affected.
 - Women's HDL levels are more likely to be affected by smoking than men's.

If you are a smoker, **QUIT**. Quitting smoking will lower your risk of future heart damage. In addition to the resources listed below, your physician can help you quit. Encourage other smokers in your family to quit. Avoid places where there is cigarette smoke. Second hand smoke (breathing of another person's cigarette smoke) is also harmful to your heart and lungs. There is nothing easy about giving up cigarettes. But as hard as quitting may be, the results are well worth it. In the first year after stopping smoking, the risk of coronary heart disease drops sharply. It then gradually returns to "normal" - that is, the same risk as someone who has never smoked.

KEY FACTS

- ✓ By eliminating smoking, you can greatly reduce the occurrence of coronary heart disease; smoking is a contributor to heart attacks.
- ✓ Tobacco smoking remains the #1 cause of preventable disease and death in the United States.
- ✓ About half of the people who don't quit smoking will die of smoking-related problems.
- ✓ Smoking cessation is one of the most important things you can do to improve your health and well-being.

WHY QUIT

- ✓ Soon after you quit, your circulation begins to improve and your blood pressure starts returning to normal.
- ✓ Your sense of smell and taste return and breathing starts to become easier.
- ✓ Giving up tobacco can help you live longer.
- ✓ After one year off cigarettes, the excess of coronary heart disease caused by smoking is reduced by half. After 15 years of abstinence, the risk is similar to that for people who've never smoked.
- ✓ In 5 to 15 years, the risk of stroke for ex-smokers returns to the level of those who've never smoked. Male smokers who quit between ages 35 to 39 add an average of 5 years to their lives. Female quitters in this age group add 3 years. Men and women who quit at ages 65 to 69 increase their life expectancy by 1 year.



TIPS TO STOP SMOKING FOR GOOD

Anyone can quit smoking. The decision to quit is greatly influenced by how much someone wants to stop smoking. If you fail on the first or second try, you should not give up. Chances for success will be greater the next time.

Nicotine is a very addictive drug. Withdrawal symptoms like mood swings or light-headedness are common. These should decrease a few days after quitting. Products on the market such as a nicotine patch, gum or special medication may be used to gradually decrease the body's craving for nicotine. This is much more beneficial when done with a support group.

Smoking is a habit. People trying to quit should be aware of things that may "trigger" a need to smoke, such as being around other smokers, stress, or drinking alcohol. To replace the need to hold a cigarette:

- ✓ Keep a pen, smooth stone, or rubber band handy.
- ✓ Other substitutes, such as chewing on a toothpick or coffee stirrer, and sucking on sugarless candy or cinnamon sticks will help.
- ✓ Counseling or smoking cessation groups can help people learn to live life as a nonsmoker.

FIVE KEYS TO QUITTING SMOKING

1. **GET READY:** Set a date to quit and stick with it.
2. **GET SUPPORT AND ENCOURAGEMENT:** Tell your family and friends you are quitting. Join a smoking cessation group or support group.
3. **LEARN NEW SKILLS AND BEHAVIORS:** When you first quit, change your routine. Distract yourself from urges to smoke, and try to stay away from stressful situations. Plan something enjoyable to do each day. Drink a lot of water and other fluids.
4. **GET MEDICATION AND USE IT CORRECTLY:** Ask your doctor about which medication will work best for you. Nicotine patches and gum are available without a prescription.
5. **BE PREPARED FOR RELAPSE OR DIFFICULT SITUATIONS:** Avoid alcohol. Be careful around other smokers. Eat a healthy diet and stay active. Find ways other than smoking to improve your mood.

(Sources: National Institutes for Health. National Heart, Lung and Blood Institute; Guide to Living with Heart Disease booklet: SJHS)

For more information:

St. John Hospital and Medical Center Pulmonary Rehab Program –
Smoking cessation assistance – **313-343-8308**

St. John Macomb Cardio-Pulmonary & Cardiac Rehab Program –
Smoking cessation assistance – **586-573-5233**

Valade Healing Arts Center for Hypnosis Sessions for a safe, natural,
healthy way to quit smoking – **313-647-3320**

St. John Eastwood Clinics – **800-626-3896** for a location near you

American Lung Association www.americanheart.org

1. **800-548-8252** from 7am to 7 pm
2. **800-480-7848** for available smoking cessation products
3. www.ffsonline.org

National Cancer Institute <http://www.cancer.gov/cancertopics/smoking>

1. Smoking Quit Line **800-44U-QUIT (8-7848)**
2. **800-4Cancer (422-6347)**
3. Smoke Free Tips <http://smokefree.gov/>

Michigan Department of Community Health
<http://www.michigan.gov/mdch/>

Smoking & Pregnancy – March of Dimes, Michigan Chapter **248-359-1550**

Programs and Support Group:

Smokeless – Quit smoking for good
St. John Physician Referral Line **888-757-5469**

Oakland County Health Department Adult & Adolescent
Smoking Cessation Resource **248-424-7124**

Michigan Quit Line **800-480-7848**
(Nicotine Replacement Therapy – "I can quit program" tool kit)

The Michigan Tobacco Prevention & Cessation Phone Line
- Free smoking cessation kits **800-537-5666**

Acupuncture:

1. Neuroprobe Therapy – **734-671-1400**
2. St. John Healing Arts Center – **313-647-3320**

Nicotine Anonymous - **877 879-6422**
http://www.nicotine-anonymous.org/about_us.php

Become an Ex-Smoker
http://www.becomeanex.org/#learn_overview