STUDY VISIT 1

C-STOP

REVIEW:

- Previous Quit Attempts
- Smoking Behavior Model
- Q&A on Nicotine Skin Patch and Naltrexone
- Positive Health Changes after Stopping Smoking
- “Money Matters” Financial Gains of Quitting
- Decisions, Decisions (Triggers and Smoking)
- Why Quit Questionnaire
- Watching Your Smoking Behavior (Wrap Sheets)

TO COMPLETE THIS WEEK:

- Previous Quit Attempt Inventory
- Why Quit Questionnaire
- Complete Wrap Sheet Before Each Cigarette

Don’t forget to bring this manual and completed exercises with you to Study Visit 2
SMOKING BEHAVIOR:
MODEL OF YOUR ADDICTION TO CIGARETTES

Physical Addiction

- Nicotine Replacement Therapy (Patch)
- Naltrexone

Learned Habit

- Quitting
- Staying Quit

Identifying Triggers (Wrap Sheets)

- Thoughts
- Behavior

- You have a 50% chance of receiving naltrexone
- The study examines if naltrexone will improve quit rates
- You will learn about triggers, urges, and high risk situations
- The main goal is to start preparing now for Quit Date

- With the patch, you will have steady levels of nicotine
- This can help reduce withdrawal
Health Gains of Quitting Smoking

HEALTHY HEART AND LUNGS

20 MINUTES
- Blood pressure drops to normal
- Pulse rate drops to normal
- Body temperature of hands and feet increases to normal

8 HOURS
- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal
  *(Makes you feel less tired, and more energetic)*

24 HOURS
- Chance of heart attack decreases

48 HOURS
- Nerve endings start regrowing
- Ability to smell and taste is enhanced

2 WEEKS TO 3 MONTHS
- Circulation improves
- Walking becomes easier
- Lung function increases up to 30%

1 TO 9 MONTHS
- Coughing, sinus congestion, fatigue, shortness of breath decrease

1 TO 9 MONTHS (cont.)
- Cilia regrow in lungs, increasing ability to handle mucus, clean the lungs, and reduce infection
- Body’s overall energy increases

1 YEAR
- Excess risk of coronary heart disease is half that of a smoker

5 YEAR
- Lung cancer death rate for average former smoker (one pack a day) decreases by almost half
- Stroke risk is reduced to that of a nonsmoker 5-15 years after quitting
- Risk of cancer of the mouth, throat and esophagus is half that of a smoker’s

10 YEARS
- Lung cancer death rate similar to that of nonsmokers
- Precancerous cells are replaced
- Risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas decreases

15 YEARS
- Risk of coronary heart disease is that of a non-smoker

Source: American Cancer Society: Centers for Disease Control and Prevention
*FACT: Studies indicate that many substances can increase craving and desire for cigarettes.

**WHY IS THIS SO?**

- **Biological:** The same brain chemical systems for the enjoyment of alcohol, marijuana (pot), caffeine, and other drugs are also involved in nicotine response.

- **Psychological:** Pairing two substances together makes one a possible "trigger" for the other.

**Start Thinking About…**

**Q: CHECK OFF YOUR BEST CHOICE……..**

- a). Make a complete change (stop alcohol, pot, coffee, sugary foods, or other triggers during the early part of my stop smoking attempt)

- b). Make a partial change (reduce/cut down alcohol, pot, coffee, sweets, or other triggers during my initial stop smoking attempt)

- c). No change is needed (this doesn’t apply to me, or I don’t want to change these behaviors, I’ll have to learn other strategies next week)