



Prevention

Lung Cancer Awareness Month November 2015

SMOKING AND ITS EFFECTS ON YOUR HEALTH

Cigarette smoking is the number one cause of preventable disease and death worldwide.

Smoking-related diseases claim more than 480,000 American lives each year. The cost of smoking in the US is at least \$289 billion each year, including at least \$150 billion in lost productivity and \$130 billion in direct healthcare expenditures; this is an average of close to \$7,000 per adult smoker.

Key Facts about Smoking

Cigarette smoke contains more than 7,000 chemicals, at least 69 of which are known to cause cancer. Smoking is directly responsible for approximately 90 percent of lung cancer deaths and approximately 80 percent of deaths caused by chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis.

Among adults who have ever smoked daily, 87 percent had tried their first cigarette by the time they were 18 years of age, and 95 percent had by age 21. Among current smokers, chronic lung disease accounts for 73 percent of smoking-related conditions.

Even among smokers who have quit, chronic lung disease still accounts for 50 percent of smoking-related conditions.

Smoking harms nearly every organ in the body, and is a main cause of lung cancer and COPD. It also is a cause of coronary heart disease, stroke and a host of other cancers and diseases.

Smoking Rates among Adults and Youth

In 2013, an estimated 42.1 million, or 17.8 percent of adults 18 years of age and older were current smokers. Men tend to smoke more than women. In 2013, 20.5 percent of men currently smoked compared to 15.3 percent of women.

Prevalence of current smoking in 2013 was highest among American Indians/Alaska Natives (26.1 percent), non-Hispanic whites (19.4 percent) and non-Hispanic blacks (18.3 percent), and was lowest among Hispanics (12.1 percent) and Asian-Americans (9.6 percent).

In 2014, 9.2 percent of high school students and 2.5 percent of middle school students were current cigarette users.

FACTS about QUITTING SMOKING

Nicotine is the chemical in cigarettes that causes addiction. Smokers not only become physically addicted to nicotine; they also link smoking with many social activities, making smoking an extremely difficult addiction to break.

In 2012, an estimated 51.6 million adults were former smokers. Of the 42.1 million current adult smokers, 45.9 percent stopped smoking for at least 24 hours in the preceding year because they were trying to quit smoking completely.

To quit smoking for good often requires multiple attempts. Counseling or medication alone increases the chance of a quit attempt being successful; the combination of both is even more effective.

Individual, group and telephone counseling are effective. Telephone quit line counseling is available in all 50 states and is effective for many different groups of smokers.

There are seven medications approved by the U.S. Food and Drug Administration to aid in quitting smoking:

Over the counter: Nicotine patches, nicotine gum and nicotine lozenges

Prescription medications: nicotine nasal spray and inhaler, Bupropion SR (Zyban®) and varenicline (Chantix®) are non-nicotine to help quit smoking.

CREATE A QUIT SMOKING PLAN

QUIT PLAN BENEFITS

One of the keys to a successful **QUIT** is preparation by creating a **QUIT PLAN!**

This combines quit smoking strategies to keep you focused, confident, and motivated and to identify the challenges on your journey to quit and the ways to overcome them. This maximizes your chances to quit smoking for good.

The following steps will help you create your own customized Quit Plan. As you move through the steps keep a record of your plan and have it readily available at all times.

Pick a Quit Date

When choosing a quit date sooner is better than later. Many smokers choose a date within two weeks to quit smoking. That will give you enough time to prepare. Give serious thought to your **Quit** date. Avoid choosing a day where you know you will be busy, stressed, or tempted to smoke (e.g., a night out with friends or days where you may smoke at work).

Next Step: Circle your quit day on your calendar. Write it out somewhere where you will see it every day. This will remind you of your decision to become smoke free and give you time to prepare to **Quit**.

Let Loved Ones Know You Are Quitting

Quitting smoking is most helpful with a support team you can count on from important people in your life. Let them know you are planning to quit and give them ample notice of your quit date. Explain how they can help you quit. We all have different needs so be sure to let friends and family know exactly how they can help.

Next Step: A support system is one of the keys to successfully quitting. However, it can be hard to ask for help, even from the people closest to you. Review tips on getting support to make sure you get the help you need.

Remove Reminders of Smoking

Removing smoking reminders keeps you on a pathway during your quit. Smoking reminders can include your cigarettes, matches, ashtrays, and lighters. It may also help to make things clean and fresh at work, in your car, and at home. Even the smell of cigarettes can cause a cigarette craving.

Next Step: Throw away all your cigarettes and matches. Give or throw away your lighters and ashtrays. Don't save even one pack of cigarettes "just in case."

Identify Your Reasons to Quit Smoking

Everyone has their own reasons to quit smoking. To be healthier, feel better, live a longer life, to be responsible and keep their family safe, save money, etc. As you prepare your mindset to quit think seriously about your reasons for quitting. Remind yourself of them every day as this is powerful inspiration to stop smoking for good.

Next Step: Make a list of all the reasons you want to quit smoking. Keep it with you every day. Any time you feel the urge to smoke review your list. This will keep you motivated to stay smoke free.

Identify Your Smoking Triggers

Smoking relates to many parts of your life. Various activities, feelings, and people are linked to your smoking. When you come across these, they may "trigger" or turn on your urge to smoke. Try to anticipate these smoking triggers and develop ways to deal with them.

Next Step: Make a list of everything that draws you toward smoking. Then write down a way you can deal with or avoid each of them on your list. Keep this list nearby during your quit.

Develop Coping Strategies

Nicotine is the chemical in cigarettes that makes you addicted to smoking. When you stop smoking, your body has to adjust to the absence of nicotine in its system. This is known as withdrawal. Withdrawal can be unpleasant, but you can get through it. Have a positive attitude. Developing strategies to cope with withdrawal ahead of your quit can help ensure you stay smoke free for good!

Next Step: Medications and behavior changes can help you manage the symptoms of withdrawal. Many **Quit Smoking** medications are available over the counter. Make sure you have them on hand prior to your quit. While medications will help, they cannot do all the work for you. Develop other quit smoking strategies to use with medications. Remember that withdrawal symptoms, including cravings, will fade with every day that you stay smoke free.

If all attempts fail consider e-cigarettes.

Sources: American Lung Association, Centers for Disease Control and Prevention, and www.smokefree.gov.

For further information on screening for lung cancer visit www.strang.org

WHERE CAN YOU GET IMMEDIATE HELP?

The Most Difficult Time to Quit Smoking is During the First Few Weeks

You will experience uncomfortable feelings, temptations to smoke, withdrawal symptoms, and cigarette cravings. Whether it is a quit line, support group, or good friend, make sure you have quit smoking support options at your fingertips at all times. Use multiple **Quit Smoking** support options.

OPTIONS TO CONSIDER

Smoke Free TXT: A mobile text messaging service designed for adults and young adults across the United States who are trying to quit smoking.

Quit Lines: If you want to talk to a quit smoking counselor right away, call 1-800-QUIT-NOW (1-800-784-8669).

Quit Smoking Apps: Mobile phone applications can help you prepare to quit, provide support, and track your progress.

Support Groups: Visit your county or state government's website to see if they offer quit smoking programs in your area.

Friends and Family: Getting support from the important people in your life can make a big difference during your quit.

Medications: If you are using a quit smoking medication, such as the patch, gum, lozenges or prescription medications, make sure you have them on hand.

Set Up Rewards for Quit Milestones

The progression to quit smoking happens one minute, one hour, one day at a time. Reward yourself throughout your quit. Celebrate individual milestones, including being 24 hours smoke free, one week smoke free, and one-month smoke free, etc. To quit smoking is challenging so be proud of your accomplishments.

Next Steps: You should be empowered every time you hit a quit smoking milestone. Treat yourself to a nice dinner, trip to the movies, or any other smoke free activity. Be positive! Plan your milestones ahead of time and set up a smoke free reward for each one.

The Strang Cancer Prevention Cookbook

Reduce your Risk for Cancer by Eating a Healthy Diet!

Citrus Cranberry Sauce * 10 Servings

3/4 pound fresh cranberries, 1/2 cup packed brown sugar,

1 cup fresh orange juice, grated zest of 1 orange and 1 lime



In a medium saucepan combine all the ingredients. Bring to a boil, then lower the heat to simmer. Cover and cook until the cranberries burst open, about 10 minutes. Let the sauce cool and refrigerate.

Calories 70, Protein 1g, Carbohydrates 17g, Fat 0g, Cholesterol 0 mg, Dietary fiber 2g Saturated fat 1g

Major sources of Potential Cancer fighters:

Phytochemicals: plant polyphenols (flavonoids, phenolic acids), plant sterols, terpenes (carotenoids, limonene).

Recipe by Laura Pensiero, R.D. Owner Gigi Trattoria, Rhinebeck, New York



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