



When You Quit Smoking

Along with tobacco, there are over 600 chemicals added to cigars and cigarettes. When a cigar or cigarette is lit, the burning end produces over 4000 chemicals including 250 known to be harmful and 50 that are known to cause cancer. Several of the chemicals that are added to tobacco products are listed as hazardous materials, they are so toxic they are not allowed to be disposed of in landfills.

Examples of chemicals added or produced by cigarettes and cigars include:

- Arsenic
- Formaldehyde
- Acetic Acid
- Hydrazine
- Acetone
- Hydrogen Cyanide
- Ammonia
- Naphthalene
- Benzene
- Nickel
- Cadmium
- Phenol
- Carbon Monoxide
- Polonium

These and other harmful factors related to smoking, such as the effects of secondhand smoke, are some of the obvious reasons to quit. If you have decided to quit smoking CONGRATULATIONS!!!

Here are some tips for quitting and a list of some things you can look forward to in your quest to develop a smoke-free lifestyle.

Nicotine's effect on the body

When a cigarette smoker inhales, nicotine reaches the brain in around ten seconds. Nicotine inhaled in cigarette smoke reaches the brain faster than drugs that enter the body through a vein intravenously. A person who smokes about 1 1/2 packs (30 cigarettes) daily gets 300 "hits" of nicotine to the brain each day.

Nicotine causes the brain to release adrenaline, creating a buzz of pleasure and energy. The buzz fades quickly though, and leaves you feeling tired, a little down, and wanting the buzz again.

Symptoms of nicotine withdrawal occur 2-3 hours after using tobacco.

Nicotine use can have many different effects on the body including:

- Sweating, nausea, and diarrhea
- More saliva and phlegm
- Decrease in appetite
- Boost in mood and may even relieve minor depression

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- Increase in activity in your intestines
- Increased heart rate around 10-20 beats per minute
- Increased blood pressure by 5-10 mmHg
- Stimulation of memory and alertness

Tips for Quitting

The first thing to remember is that quitting is not easy and requires some work on your part. Don't expect overnight miracles. Set realistic goals to quit and have realistic expectations for accomplishing those goals.

- You may choose to smoke fewer cigarettes for 1-2 weeks before quitting.
- If you normally practice smoking with another specific behavior, change the other behavior or substitute the smoking with something else. For example, if you usually smoke after meals, substitute smoking with exercise or drinking tea instead.
- Nibble on low calorie items such as apples, carrots, and celery or chew gum, for oral substitutes.
- Keep your hands busy. Hold items such as pencils and pens in place of cigarettes and cigars.
- Drink lots of water or juice in place of smoking (but avoid coffee and sodas that contain caffeine).
- When you feel the urge to smoke take deep breaths and exhale slowly.
- Get rid of cigarettes and ashtrays in your home, car, and work.
- Seek support from family and friends.

Remember: There is no "right way" to quit.

Are there any negative effects when you quit smoking?

Smokers sometimes experience short-term adverse effects related to nicotine withdrawal. These effects include:

- Anxiety
- Frustration
- Tiredness
- Depression
- Dizziness
- Difficulty concentrating
- Irritability
- Anger
- Increased appetite
- Excessive coughing
- Tightness in chest
- Sleep disturbances
- Restlessness or boredom
- Headaches
- Weight Gain
- Slower heart rate

Most of these problems subside within one to two weeks. Increased appetite and urges to smoke usually last a little longer. It is important to understand that withdrawal symptoms are only temporary and will eventually go away.

Tips for Coping with Nicotine Withdrawal Symptoms

The urge to smoke will come and go. Cravings usually last only a brief period of time. As the days pass, cravings get farther apart. Here are some tips for managing cravings:

- Remind yourself that cravings will pass.
- Avoid situations and activities that you used to associate with smoking.
- As a substitute to smoking, try chewing on carrots, pickles, apples, celery, sugarless gum, or hard candy. Keeping your mouth busy may stop the psychological need to smoke.

(Tips for coping continued from page 2)

- Try this exercise: Take a deep breath through your nose and blow out slowly through your mouth. Repeat 10 times.
- Limit your contact with smokers, especially in the early weeks of quitting.
- The morning can set the tone for the rest of your day. Plan a different wake-up routine, and divert your attention from smoking.
- Know the causes of stress in your life (your job, traffic, money, etc.) and identify the stress signals (headaches, nervousness, or trouble sleeping). Once you pinpoint high-risk trigger situations, you can start to develop new ways to handle them.

Withdrawal symptoms are usually worst during the first week after quitting. From that point on, the intensity usually drops over the first month. Everyone is different and some people may have withdrawal symptoms for several months after quitting.

What Happens When You Quit Smoking?

Within 20 minutes of your last cigarette:

Your heart rate and blood pressure drop to normal.

12 hours later:

The carbon monoxide level in your blood drops to normal.

2 weeks - 3 months later:

Your circulation improves and your lung function increases.

1-9 months later:

Coughing and shortness of breath decrease.

Cilia (tiny hair-like structures that move mucus out of the lungs) start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year later:

The excess risk of coronary heart disease is half that of a continuing smoker's.

5 years later:

Risk of cancer of the mouth, throat, esophagus, and bladder are cut in half.

Cervical cancer risk falls to that of a non-smoker.

Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years later:

The risk of dying from lung cancer is about half that of a person who is still smoking.

The risk of cancer of the larynx (voice box) and pancreas decreases.

These are just a few of the benefits of quitting smoking for good. However, all of those benefits are lost when you begin to smoke just one cigarette a day!

For More Information:

Student Health Services	619-594-5281	California Smokers Helpline	
Health Promotion	619-594-4133	<i>Californiasmokershelpline.com</i>	1-800-NO-BUTS
Visit Our Website at	shs.sdsu.edu	American Cancer Society	
Facebook/Twitter	Facebook.com/aztechealth & @AZTEHealth	<i>Cancer.org</i>	619-299-4200
Counseling & Psychological Services	619-594-5281	American Lung Association	
		<i>Lungusa.org</i>	619-297-3901