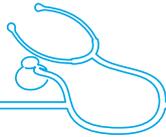




# Quit Smoking

The ASTF Stop Smoking program



## Information on smoking

**There are many mistaken ideas in circulation regarding smoking and its addiction. Following are some answers to the most frequently asked questions.**

### *What is the impact of smoking on health?*

Tobacco kills half of its loyal consumers, in 50% of cases between the ages of 39 and 65, thus 30 to 45 years short of the life expectancy in industrialised countries.

Complications start to occur 20 to 30 years following the onset of smoking. To reduce this risk, the only solution is to stop smoking altogether. Simply reducing the daily intake of cigarettes will make no difference, since there is no threshold for carcinogenicity.

### *What is the composition of tobacco smoke?*

Tobacco smoke is an aerosol, i.e. a mixture of gases and solid particles, containing four thousand different chemicals, of which over forty are known to be carcinogenic.

Once lit, a cigarette transforms itself into a true chemical factory. Tobacco combustion triggers the formation of tars, toxic gases (carbon monoxide), irritants (nitrogen oxide, hydrocyanic acid, ammonia) and heavy metals (cadmium, mercury, lead, chromium).

### *What causes cancer?*

Mainly the tars and more particularly the hydrocarbons they contain. Smoking one packet of cigarettes a day is equivalent to inhaling a large glass of tar water a year!

### *What does nicotine do?*

Nicotine is a psychotropic substance, i.e. it has an effect on the brain. It is responsible for the physical addiction to cigarettes, since it provides pleasure, relaxation, intellectual stimulation, while having an anxiolytic, anti-depressant and appetite-suppressing effect – all of this within 7 seconds of its first inhalation!



**Pulmonary diseases, cancers and cardiovascular diseases are ailments induced by smoking and can be avoided by quitting.**

It also has an adrenergic effect, which means it elevates heart rate and blood pressure, and triggers vasoconstriction (narrowing of arteries).

*Does tobacco cause respiratory diseases?*

Chronic bronchitis is essentially due to tobacco. This disease develops into respiratory insufficiency and death if the habit of tobacco use is not stopped.

*What are the risks of cardiovascular diseases?*

Smoking is the number one risk factor for myocardial

infarction. Cerebrovascular accidents, arteritis of the lower limbs, aneurysms, arterial hypertension are also, in part, linked to smoking. Cardiovascular attacks can also trigger erectile dysfunction.

*What types of cancers are linked to smoking?*

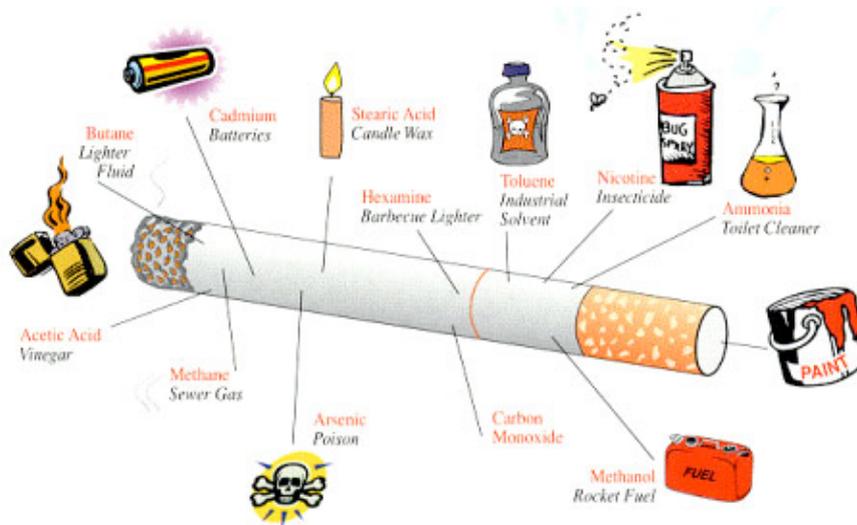
The most well-known is lung cancer, with 85% of cases linked to active smoking and 5% to passive smoking (regular exposure to second-hand smoke). Other cancers, however, are also caused by smoking in one in every three cases: cancer of the throat, the mouth, the lips, the pancreas, the kid-

neys, and the bladder. Smoking combined with alcohol consumption also magnifies the carcinogenic effect on the digestive tract.

*What are the risks during pregnancy?*

Smoking during pregnancy causes insufficient development of the foetus, due mainly to carbon monoxide (CO) passing through the blood instead of oxygen. For the new-born, this results in insufficient weight gain and a 300g lower than average birth weight. This low weight can lead to major problems if the baby is born prematurely.

## Alles was Sie schon immer über Tabak wissen wollten



### *What about passive smoking?*

Smoking parents are the number one cause of chronic bronchitis in children. In addition to the discomfort it triggers, it has been proved that passive smoking aggravates existing pathologies (asthma, bronchitis ...) and increases the risk of lung cancer and heart attack by 25% for non-smokers exposed to second-hand smoke.

### *What about rolled cigarettes?*

Rolled tobacco is even more harmful than cigarettes sold in packets: its output in nicotine and tar is three to six

times higher, without taking into account that rolled cigarettes generally contain no filter.

### *Why is it so difficult to stop smoking?*

The cigarette is a source of many pleasures and smokers can become dependent on it. There are in fact five types of cigarette:

- the practical cigarette: it soothes, relaxes, stimulates and allows for retrospection. It is also an appetite suppressant!

- the temporal cigarette: it lends a certain rhythm to the day, breaking it up into

segments and allowing for pauses to unwind. Smoking one packet of cigarettes a day takes up 2-3 hours!

- the ritual cigarette: it is an act, it sets a scene. It facilitates communication.

- the equilibrium cigarette: it has affective power. It reassures, accompanies, rewards and comforts.

- the anti-depressant cigarette: 20% of smokers have a true depressive profile. Giving up smoking, therefore, may need to be accompanied by anti-depressants..



### *What is withdrawal syndrome?*

Withdrawal syndrome is caused by the abrupt decrease in nicotine in the body in relation to a threshold that the smoker has become used to. The lack of nicotine is perceived by the smoker as disagreeable, in some cases intolerable.

### *What are the signs of lack of nicotine?*

The most common nicotine withdrawal symptoms include:

- strong compulsion to smoke;
- irritability, nervousness, agitation, anxiety;
- insomnia;

- depressed mood;
- difficulties with intellectual concentration;
- constipation.

Not everyone experiences all the above symptoms and not all symptoms occur concurrently. These disorders are essentially linked to a lack of nicotine and can be considerably improved by a customised nicotine replacement treatment or by the use of Zyban®.

### *What are the benefits of giving up smoking?*

It is never too late to stop. These are the benefits according to the American Cancer Association:

-20 minutes: blood pressure and pulse rate return to normal.

-8 hours: carbon monoxide levels in the blood are reduced by half. Oxygen levels return to normal (Oxygenation of cells returns to normal).

-24 hours: the risk of myocardial infarction is already reduced. The lungs start to clear out mucus and other smoking debris. The body no longer contains any nicotine

-48 hours: ability to taste and smell is improved. Gustatory nerve endings start to grow back.

-72 hours: breathing becomes easier. Bronchial tubes begin to relax and energy levels increase.

## All you have ever wanted to know about tobacco

entspannen sich und man fühlt sich kraftvoller.

-2 weeks to 3 months: coughing and tiredness decrease. Respiratory capacity is improved. Blood circulation is improved.

-1 to 9 months: bronchial cilia grow back. Shortage of breath becomes less and less of a problem.

-1 year: the risk of myocardial infarction is reduced to half. The risk of a cerebrovascular accident is that of a non-smoker.

-5 years: the risk of lung cancer is reduced by almost half.

-10 to 15 years: life expectancy becomes identical to that of individuals who have never smoked.

### *How long does it take for dependency to disappear?*

True physical dependency disappears within 6 weeks to 6 months. Psychological dependency, on the other hand, takes longer to conquer. Several months are sometimes required before the strong desire to smoke passes. In any case, even after several years of not smoking, one single cigarette can lead to a renewed smoking habit, since it reinitiates the physical need and retriggers behavioural dependency.

### *Is it true that giving up smoking results in weight gain?*

Nicotine is an appetite suppressant, elevating basal metabolism and diverting fat storage. As a rule, a weight gain of 2-3 kg can occur when giving up smoking, but this is not always the case: a third of smokers do not experience any weight gain upon giving up smoking. The one thing to avoid is to replace the act of smoking with snacking.





### *What effective treatments are there?*

Nicotine substitutes are nicotine-based products sold in pharmacies over the counter. Their effectiveness in treating physical dependency has been largely demonstrated in scientific studies. A nicotine replacement treatment doubles, even triples, the chances of successfully giving up smoking within one year. When accurately dosed and prolonged, it can reduce the nicotine withdrawal symptoms that the smoker can

experience when first giving up smoking. It comes in several forms: variously dosed patches, chewing gum, lozenges to suck or let melt in your mouth, inhalers in the form of a cigarette. The duration of

a nicotine replacement treatment (in whatever form) is from six weeks to six months, depending on the individual. Treatment doses must be progressively reduced. Nicotine substitutes can be used from the age of 15 onwards.

-Zyban® (Bupropion) is a treatment lasting seven to nine weeks, which has a proven effectiveness as an aid to giving up smoking. Only physically dependent smokers may use it. It is issued on prescription only, since its

use has counter-indications and must be carried out with caution. Zyban® can be used from the age of 18 onwards, but is counter-indicated in pregnant or lactating women.

### *Does giving up smoking save money?*

Even after taking into account the costs associated with giving up smoking, kicking the habit results in saving money within just a few weeks or months. The calculation is simple: at €3.60 a packet (in the Grand Duchy of Luxembourg), a former smoker saves on average €1300 a year.

# What type of smoker are you?

## Your motives

**Before you decide which method you want to use to stop smoking, it is important that you arm yourself with unfailing motivation. You cannot motivate yourself unless you know yourself well enough.**

### *Knowing the reasons that lead to smoking*

The reasons that lead you to smoke are in fact the stimuli that will need to be foiled if you wish to be successful in your attempt to stop smoking. These stimuli can be numerous. As already suggested in the Information on Smoking part, there are several types of cigarettes. The following so-called Horn test will help you determine your smoker typology. In addition to this, however, it is also important that you know your “vicious circles”. Each time you light a cigarette, you find yourself in a very particular context, a mood, a surrounding, all of which in fact constitute the triggering factor for smoking. Using the enclosed diary, over the course of several days jot

down what your vicious circles are, in order to develop appropriate avoidance strategies.

Finally, one in five smokers suffers from anxiety or depression. He or she smokes because nicotine relieves the anxiety or lifts the depression. The enclosed HAD questionnaire will help you determine your anxiety and depression score. If you find you are at risk, do not hesitate to contact your attending doctor and ask him or her to prescribe you an anti-depressant course prior to your attempt to give up smoking. This way you will considerably increase your chances of success.

### *Knowing the reasons for giving up smoking*

Write down all the reasons that are prompting you to give up smoking: your health status, your children, your personal freedom, your sport, the cost, the smell... Place your motives for giving up on a list of hierarchical importance and, in times of need, recite them like a mantra! When giving up smoking, moments of craving are indeed very intense but of short duration, usually just a few minutes. Remembering your motives during these times can be enough to overcome such critical hurdles.

### *Consider the pros and the cons ...*

...up to you to decide!

# Smoker's typology

## Horn test

A.I smoke to give myself a boost.	
B.I enjoy smoking and holding my cigarette.	
C.Having a drag on a cigarette is relaxing	
D.I light up when I'm anxious.	
E.If I run out of cigarettes, I head out to buy some.	
F.I smoke automatically.	
G.I smoke to give myself courage.	
H.The pleasure consists above all in manipulating my cigarette.	
I.The act of smoking gives me a lot of pleasure.	
J.I smoke when I am ill at ease.	
K.I miss out if I don't smoke.	
L.I light a cigarette while another is still burning in the ashtray.	
M.I smoke to impress others.	
N.I take pleasure in watching smoke rings.	
O.I smoke even when I am relaxed.	
P.I smoke to forget I am down in the dumps.	
Q.I always need to be fiddling with something.	
R.I forget about the cigarette that is in my mouth.	

### Rating

1 = never

2 = occasionally

3 = in moderation

4 = often

5 = always

• Stimulation:

• Pleasure of act

• Relaxation:

• Anxiety aid

• Total need

• Acquired habit

A+G+M=

B+H+N=

C+I+O=

D+J+P=

E+K+Q=

F+L+R=

### Giving up smoking – Personal diary

Surname: ..... First name: ..... Start date: - / - / --

My thoughts on giving up smoking :

My curve day after day

	Week 1							Week 2							Week 3							Week 4							Week 5													
DAY	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35							
Too difficult, restarted																																										
Very unpleasant																																										
Quite difficult																																										
Manageable																																										
No problem																																										

Difficulties encountered :

	Week 1							Week 2							Week 3							Week 4							Week 5														
Day	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35								
I am irritable																																											
I'm anxious/stressed																																											
My mood is low																																											
I am sleeping badly																																											
I'm finding it impossible to concentrate																																											
I am constipated																																											
I still really feel like smoking																																											

If you are experiencing any of the above, please indicate with 1 if symptoms are weak, with 2 if symptoms are moderate, with 3 if symptoms are intense

My treatment :

	Week 1							Week 2							Week 3							Week 4							Week 5															
DAY	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35									
Dosage patch (mg)																																												
Nb of pills(...)																																												

# Do you suffer from anxiety or depression?

## HAD questionnaire

### 1-I feel tense or wound up

-most of the time	3
-a lot of the time	2
-from time to time	1
-not at all	0

### 2-I still enjoy the things I used to enjoy

-definitely as much	0
-not quite as much	1
-only a little	2
-hardly at all	3

### 3-I get a frightened feeling, as if something awful is about to happen to me

--very definitely	3
-yes but not too badly	2
-a little, but it doesn't worry me	1
-not at all	0

### 4-I laugh and can see the funny side of things

-as much as always	0
-not quite as much	1
-definitely less	2
-not at all	3

### 5-Worrying thoughts go through my mind

-a great deal of the time	3
-a lot of the time	2

-from time to time	1
-tonly occasionally	0

### 6-I feel cheerfull:

-not at all	3
-not often	2
-sometimes	1
-most of the time	0

### 7-I can sit at ease and feel relaxed

-definitely	0
-usually	1
-not often	2
-not at all	3

### 8-I feel as if I am slowed down

-nearly all the time	3
-very often	2
-sometimes	1
-not at all	0

### 9-I get a frightened feeling like butterflies in my stomach

-not at all	0
-occasionally	1
-quite often	2
-very often	3

### 10-I have lost interest in my appearance

-definitely	3
-I don't take as much care as I should	2

-I may not take quite as much care	1
------------------------------------	---

-I take just as much care as ever	0
-----------------------------------	---

### 11-I feel restless as if I have to be on the move:

-very much indeed	3
-quite a lot	2
-not very much	1
-not at all	0

### 12-I look forward with enjoyment to things:

-as much as I ever did	0
-rather less than I used to	1
-definitely less than I used to	2
-hardly at all	3

### 13-I get sudden feelings of panic:

-very often	3
-quite often	2
-not very often	1
-not at all	0

### 14-I can enjoy a good book or radio or TV programme

-often	0
-sometimes	1
-not often	2
-very seldom	3

# Evaluation of HAD questionnaire

**The HAD scale provides a screening test for the two most common psychological disorders, anxiety and depression.**

Add up the numbers corresponding to the answers given to questions 1, 3, 5, 7, 9, 11, 13:

Total for A =.....

Add up the numbers corresponding to the answers given to questions 2, 4, 6, 8, 10, 12, 14

Total for D=.....

A score of 8 (total A or total D) corresponds to an ideal threshold for A = anxiety or D = depression. If this test places you in the bracket for anxiety or depression, it is important that you consult your attending doctor so that the latter can prescribe an anti-depressant course for you two weeks prior to the date that you have set yourself for giving up smoking.

## List of pros and cons

**What is prompting me to smoke:**

**What is prompting me to stop smoking:**

## Nicotine replacements

**If your physical dependency is too strong, you can be as motivated as you want, giving up smoking is going to be difficult, if not impossible. This is where nicotine replacements come in.**

Not all smokers are physically dependent on nicotine. It is important to know whether you are one of those who, upon giving up smoking, will experience true withdrawal symptoms such as:

- irritability
- insomnia
- agitation
- loss of joy of life
- deficient concentration
- hunger pangs.

In this case, it would be best to take all the necessary precautions and seriously consider a nicotine replacement to prepare for any contingency.

Correctly dosed patches will allow you to avoid nicotine with-

drawal symptoms. A correct dosage is of crucial importance for you to successfully give up smoking. If under-dosed, the patches will not ease withdrawal symptoms and if over-dosed, they will trigger an effect of excess nicotine:

- headaches
- insomnia
- anxiety
- digestive troubles
- respiratory difficulties

It is therefore important that you seek regular follow-up with a doctor.

In addition, the patches will not remove those acute urges to smoke. These cravings generally last no longer than a few minutes, but they can succeed in

making you fail. For these moments, make sure you have some nicotine chewing gum or lozenges, or else an inhaler, on hand. Even if you don't use them, the very fact that you know you have them on hand will help you overcome this hurdle.

Following is the Fagerström test which will give you your degree of dependency. Its interpretation, however, must be subject to caution: dependency is a very subjective issue and you may well need to use a nicotine replacement even if the test tells you otherwise.

## Fagerström test

Points

**1. How soon after you wake up do you smoke your first cigarette?**

Within 5 minutes.....	3
Within 6 to 30 minutes.....	2
Within 31 to 60 minutes.....	1
After 60 minutes.....	0

**2. Do you find it difficult to refrain from smoking?**

Yes.....	1
No.....	0

**3. Which cigarette would you hate most to give up?**

The first in the morning.....	1
Any other.....	0

**4. How many cigarettes per day do you smoke?**

10 or less.....	0
11-20.....	1
21-30.....	2
31 or more.....	3

**5. Do you smoke more frequently during the first hours after awakening than during the rest of the day?**

Yes.....	1
No.....	0

**6. Do you smoke even if you are so ill that you are in bed most of the day?**

Yes.....	1
No.....	0

**Interpretation of Fagerström test:**

0 to 2 points: no physical dependency, no need to use nicotine substitutes

3 to 4 points: low physical dependency

5 to 6 points: moderate physical dependency: the use of nicotine substitutes will increase your chances of success.

7 to 10 points: high physical dependency: the use of nicotine substitutes is recommended



# Your diet

**To detoxify one packet of cigarettes a day, the body requires approximately 200 kcal. It follows that, if you stop smoking, you will have to contend with these excess 200 kcal a day!**

You will therefore have to adapt your diet and reduce your food consumption by the same amount of daily calories, the equivalent of 200 kcal, i.e. a slice of bread and butter, a piece of cheese, a glass of wine or even a chocolate bar or croissant. Up to you to choose from day to day which extra bit you can do without...

You must also take care not to fall into the trap of snacking. Since smoking is an oral compulsion, many former smokers replace the act of smoking with eating sweets, biscuits or chocolate. Since nicotine blocks the desire for sugar, when blood sugar levels drop, sweet items become very difficult to resist!

Leave for work armed with your bottle of mineral water, some fruit and a stash of low-calorie sweets (e.g. Tic-Tacs, where one sweet equals one calorie. But watch out: 40 sweets equal 40 calories!!) in order to avoid resorting to sugary drinks and frequenting the chocolate

bar vending machines at the end of the hallway!

Ensure you drink lots of water and eat plenty of fruit and vegetables. Nicotine has a laxative effect and when you first give up smoking, you may become constipated. Water and fibres contained in vegetables will facilitate intestinal transit.

Avoid fatty meats, processed meat products, heavy cheeses and sauces, and profit from the opportunity to introduce a healthy diet into your life with fish, poultry and salads seasoned with olive or colza oil.

From the moment you stop smoking and throughout the entire process of giving up smoking, boost your intake of anti-oxidant vitamins by consuming raw vegetables and fruits and possibly by taking a vitamin supplement.



## Physical activity

**Regular physical activity contributes to a stable weight but also has a positive effect on your mental health.**

The importance of regular exercise while giving up smoking is thus twofold:

-on the one hand, you will not only burn calories but also increase your muscular mass and, as a result, increase your base metabolism;

-on the other hand, you will notice a positive effect on your mental state. Endorphins released during a physical effort replace the mental effect of nicotine.

Do not overdo it, however: if you have not exercised previously, start with a few hours of steady walking per week, take the stairs instead of the lift, do your shopping on foot, etc.

If you wish to take up more significant physical exercise, such as cycling or running, talk to your attending doctor first. He or she will be able to assess the need for any prior adjustment.

In conclusion:

To successfully stop smoking, you will need to prepare as you would for any project. Leave nothing to chance, the stakes are too high for this. Firstly, do your homework by using your smoker's diary in order to determine your vicious circles. Then find replacement activities adapted to different situations and train yourself to carry out these activities.

Inform your surroundings of your intention and build up a support network around you in the event that you experience a setback: family, friends, colleagues, your attending doctor...

Know your various motives, write them down if necessary, in your diary or on your screen, so that you can find them quickly in the event of a crisis. Take the time to reflect upon your healthy lifestyle, think of the factors that you can change and those you cannot. Find alternatives.

Stock up on substitutes and set a date... good luck!

Association pour la Santé au Travail  
du Secteur Financier  
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L-1420 Luxembourg  
tél: 22 80 90-1  
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Are you ready for D-Day?

## Your log book

- I have identified all my vicious circles
- I have made a list of my motives
- I have my support team ready
- I have my stock of substitutes
- I have implemented dietary changes
- I have started a regular and light physical activity
- I have set D-Day
- I have thrown out everything connected to cigarettes and smoking



## A few useful addresses

[www.stop-tabac.ch](http://www.stop-tabac.ch)

[www.prevention.ch](http://www.prevention.ch)

[www-tabac-net.ap-hop-pari.fr/](http://www-tabac-net.ap-hop-pari.fr/)

[www.hc-sc-gc.ca](http://www.hc-sc-gc.ca)

[www.letitbe.ch](http://www.letitbe.ch)

[www.cancer.lu](http://www.cancer.lu)

