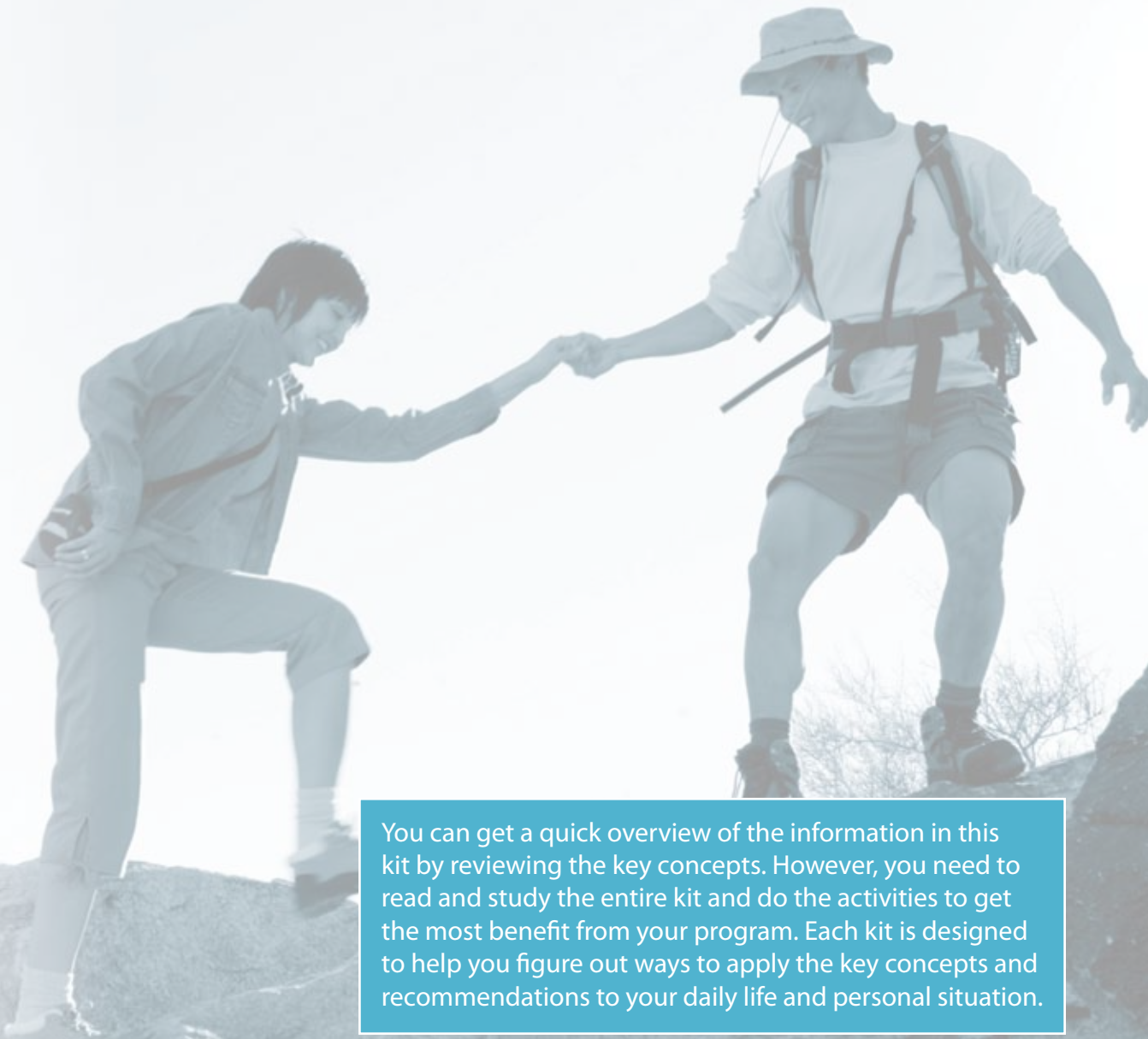


Assessing Your Readiness to Quit



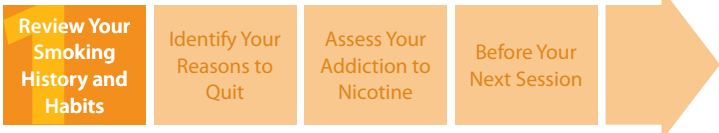
You can get a quick overview of the information in this kit by reviewing the key concepts. However, you need to read and study the entire kit and do the activities to get the most benefit from your program. Each kit is designed to help you figure out ways to apply the key concepts and recommendations to your daily life and personal situation.

Key Concepts

- Anyone can quit smoking. Most smokers make several attempts to quit before they are able to quit for good.
- Quitting smoking is difficult, but it is the single best thing you can do for your health. No matter how much or how long you've smoked, when you quit, your risk for heart disease goes down.
- You have to quit because YOU want to, not because someone else says you should.
- If you have a strong addiction to nicotine, you may want to consider nicotine replacement therapy to help decrease your urge to smoke. Information about over-the-counter products (gum, lozenges and skin patch) and prescription medications (inhaler and nasal spray) is provided at the end of this kit. There are also non-nicotine prescription medications that can help with withdrawal symptoms.
- Keep a log of your smoking habits. Think seriously about when and why you smoke and why you want to quit.
- Consider how much money you spend on cigarettes and what you could do with the money if you gave up cigarettes.
- When you are ready to quit, we will help you develop a plan to quit that will work for you.

Getting There





Review Your Smoking History and Habits

Congratulations on thinking about quitting smoking! As a smoker, you already know quitting is the right thing to do. Friends and family members have probably urged you to quit and social norms have banned you from smoking in public places. Most smokers say they want to quit, but smoking is also one of the hardest habits to break. If you have been smoking for a number of years, you may have even tried to quit. Maybe you've tried to quit several times.

Usually people make several attempts to quit smoking before they are able to quit for good. Studies have shown that each time you try, you learn from the experience. Answer these questions about your smoking history.

ACTIVITY



My Smoking History

1. How long have you been smoking? _____ years
2. How many serious attempts to quit have you made? _____ attempts
3. What is the longest period of time since you first started to smoke that you have been smoke-free?

4. What helped you stay smoke-free?

5. What happened to cause you to start smoking again?

“No matter how much or how long you’ve smoked, when you quit, your risk of heart disease goes down.”



Understand Your Smoking Habit

Before you develop your plan to stop smoking, it is helpful to understand why you smoke. Check the reasons that apply to you.

ACTIVITY



Reasons for Smoking	I Do This
For a boost Like caffeine, nicotine increases the heart rate and gives a quick energy boost, but it only lasts a few minutes, and the nicotine makes you want to smoke more.	<input type="checkbox"/>
To relax Smoking allows you to sit back, take a deep breath and relax, which is why “smoking breaks” used to be so popular. Many people started to smoke because of this common social practice. You feel relaxed because carbon monoxide gas dulls your senses. (Carbon monoxide is a poisonous gas!)	<input type="checkbox"/>
To do something with your hands Some people find smoking a convenient way to occupy their hands. This may especially apply to those who work with their hands.	<input type="checkbox"/>
To cope with stress When feeling nervous, angry or depressed, some people use a cigarette as a crutch to postpone feelings.	<input type="checkbox"/>
To respond to a craving Many smokers are physically and psychologically addicted to nicotine.	<input type="checkbox"/>
Other reasons: <hr/> <hr/>	

For whatever reasons, smoking becomes a habit, and many people say they have a cigarette without having made a conscious decision to smoke it. Keeping a record of every time you smoke and looking for patterns will help you understand your smoking habits. Being more aware of them will help you develop your plan to quit. Answer these questions about your smoking habits.

- Do you smoke every time you have a cup of coffee? Yes No
- Do you smoke after a meal? Yes No
- Do you smoke while driving or talking on the phone? Yes No
- Do you smoke when drinking alcohol? Yes No



2

Identify Your Reasons to Quit

Think seriously about why you want to quit smoking. The decision to quit and your long-term success are greatly influenced by the advantages (your “pros”) you see to quitting. Your reasons to quit must be important to you. While it is good to listen to your doctor, spouse or children, you have to quit because YOU want to.

Think About the Health Benefits of Quitting

- The link between cigarette smoking and lung cancer and chronic lung diseases has been proven, but smoking causes more than just breathing problems.
- Smoking is a major risk factor for heart attacks and strokes.
- Even one cigarette has harmful effects. Smoking just one cigarette raises your blood pressure, makes your heart work harder, increases your risk for blood clots and dangerous “extra” heartbeats and may narrow your coronary arteries.
- Smoking lowers your HDL or “good” cholesterol.
- Smoking increases the risk for amputations in people with diabetes.
- Women who take birth control pills and smoke cigarettes have a higher risk of heart attack and stroke.
- Children of smokers have many more respiratory infections than children of non-smokers.
- Non-smoking women exposed to tobacco smoke during pregnancy are more likely to have babies with low birth weight.

Stop Smoking Now – For Your Health

Only a few years after quitting, your risk of death from heart attack is almost the same as if you had never smoked. It’s crucial to stop smoking before you have a heart attack or stroke and cause irreversible damage. If you already have heart disease, quitting smoking will dramatically reduce your risk for future heart problems and strokes.

ACTIVITY



My “Pros” and “Cons” for Quitting

There are also numerous personal benefits or “pros” to stopping smoking. **Check the ones that mean the most to you.**

- Feeling better about yourself
- Feeling in control
- Being a good role model for children, family members and friends
- Improving the health of others by not exposing them to second-hand smoke
- Smelling clean and having clothes that are free of smoke
- Saving money (See “How Much Does Smoking Cost You?”)
- Getting to sit anywhere you want in a restaurant

List your “pros” here:

In addition to your reasons to quit, there are probably some barriers or “cons” keeping you from quitting. **Check any of these that apply to you.**

- Fear of gaining weight
- Concerns about withdrawal symptoms
- Concerns about being around others who smoke
- Fear of not being able to quit for good

List your “cons” here:



ACTIVITY



How Much Does Smoking Cost You?

Complete the exercise below to compute your cost of smoking. This represents the direct cost of buying cigarettes, but not the other costs, like medical expenses for smoking-related illnesses, higher insurance premiums and extra cleaning bills for clothing.

For example, if you smoke one pack of cigarettes per day at a price of \$3.00 per pack, you would save about \$1,095 each year by quitting!

Price Per Pack	x	# Packs Per Day	x	365 days	=	Annual Cost of Smoking
	x		x		=	

How much could you save:

over 5 years? \$ _____

over 10 years? \$ _____

over 20 years? \$ _____

What else could you buy with this money?

Knowing When You are Ready

Until your “pros” outweigh your “cons,” you may not be ready to try to quit. If you are having trouble deciding to quit, talk to former smokers to learn about why they quit and what helped them. When you are ready to try to quit, keep your “cons” in mind as you develop your plan to help you know the barriers you must overcome. Remember, anyone can quit smoking. Half of all people who have ever smoked have quit.

If you’re ready to quit – ask for the next kit, “Preparing to Quit.”



Assess Your Addiction to Nicotine

Nicotine is a very addictive drug found naturally in the tobacco leaf. We have recently learned some tobacco companies actually add more nicotine to cigarettes in the manufacturing process. Within seconds of taking a puff of smoke, nicotine travels to the brain and tells it to release chemicals that make you want to smoke more.

ACTIVITY



Assess Your Addiction

Answer these questions to find out if you have a strong addiction to nicotine:

- | | | |
|---|-----|----|
| Do you smoke your first cigarette when you wake up in the morning? | Yes | No |
| Do you smoke 20 cigarettes (one pack) or more each day? | Yes | No |
| At times when you can't smoke or haven't got any cigarettes, do you feel a craving for one? | Yes | No |
| Is it tough for you to keep from smoking for more than a few minutes? | Yes | No |
| When you are sick enough to stay in bed, do you still smoke? | Yes | No |

The more “yes” answers you gave, the more likely you are to have a strong addiction to the nicotine in cigarettes. If you answered “yes” to more than two questions, it may be especially important for you to use a nicotine substitute and/or a non-nicotine prescription medication to deal with nicotine withdrawal, and help you gradually break your addiction.

Nicotine Substitutes

Nicotine substitutes provide nicotine without the other harmful components of tobacco. For cigarette smokers, nicotine replacement therapy (NRT) has been proven to help reduce withdrawal symptoms and the urge to smoke. Together with counseling or other support, it doubles the chances of quitting smoking. The U.S. Food and Drug Administration (FDA) has approved several nicotine substitutes, including:

Without a prescription

- Nicotine gum
- Nicotine lozenges
- Nicotine skin patch

With a prescription

- Nicotine inhaler
- Nicotine nasal spray

See the attachments “Options for Non-prescription Nicotine Replacement Therapy” and “Options for Prescription Nicotine Replacement Therapy” at the end of this kit. Information is included about how these products work, how to use them, common dosages, general and specific precautions and general and specific side effects.

No matter which type of nicotine substitute you choose, it is extremely important to follow the directions carefully. While you may still get cravings, **don't use any tobacco when using nicotine replacement therapy, because the combined doses can be dangerous to your health.** Read the information in the package and ask your doctor, dentist or pharmacist for advice. Depending on the precise nicotine substitute you use, your health coach will also provide you with additional information and guidance.

Nicotine replacement therapy only deals with physical aspects of addiction. These products are best used in combination with individual counseling, such as with your health coach or group programs.

Non-Nicotine Prescription Medications

If you feel that you are heavily addicted to tobacco, speak to your doctor about a prescription medication. Two pills are currently approved by the FDA as aids for quitting smoking.



REFERENCE



Options for Non-Nicotine Prescription Medications

Zyban (generic name: bupropion SR)	
Information	Details
Drug facts	<ul style="list-style-type: none"> • It is an antidepressant (not a nicotine replacement) in an extended-release form that reduces symptoms of nicotine withdrawal. • It affects chemicals in the brain that are related to nicotine craving.
Treatment	<ul style="list-style-type: none"> • You should take Zyban as directed by your doctor. • It takes about one week for the medicine in Zyban tablets to reach the right levels in the body. To have the best chance of giving up tobacco, you should take Zyban for at least one week before your quit date.
Dosage	<ul style="list-style-type: none"> • The usual recommended dose is one 150 mg tablet in the morning for the first three days. • On the fourth day, begin taking one 150 mg tablet in the morning and one 150 mg tablet in the early evening. • Most people should take Zyban for seven to 12 weeks. Zyban can be used alone or together with nicotine replacement therapy.
Warnings	<ul style="list-style-type: none"> • It should not be taken if you have a history of seizures, anorexia, heavy alcohol use or head trauma.

Chantix (generic name: varenicline)	
Information	Details
Drug facts	<ul style="list-style-type: none"> • Once in the body, it works by interfering with nicotine receptors in the brain. This reduces the physical pleasure derived from taking in nicotine and helps to lessen the symptoms of nicotine withdrawal. • Studies have shown it to be at least as effective as Zyban (if not more so) in helping people quit smoking, at least in the short term.
Treatment	<ul style="list-style-type: none"> • You should take Chantix as directed by your doctor. • To have the best chance of giving up tobacco, you should take Chantix for at least one week before your quit date.
Dosage	<ul style="list-style-type: none"> • The usual recommended dose is one 0.5 mg tablet daily for the first three days. • On the fourth day, begin taking one 0.5 mg tablet in the morning and one 0.5 mg tablet in the evening. • After the first seven days, increase the dose to one 1-mg tablet in the morning and one 1-mg tablet in the evening. • Most people should take Chantix for 12 weeks. If you have successfully stopped using tobacco at the end of 12 weeks, an additional course of 12 weeks of Chantix is recommended to further increase the likelihood that you do not start using tobacco again.



Substances Not Considered to be “Drugs”

Some newer tobacco-related and nicotine-containing products have appeared in the last few years. Because they are not marketed to treat nicotine addiction, the Federal Drug Administration (FDA) doesn’t consider them to be drugs and therefore doesn’t regulate them. None of these products has been proven effective.

REFERENCE



Ineffective Quitting Aids

Drug	Details
Tobacco lozenges and pouches	<ul style="list-style-type: none"> Lozenges containing tobacco and small, tobacco-containing pouches are now being marketed as alternative ways for smokers to get nicotine in places where smoking is not permitted, rather than as tobacco cessation aids. The FDA has ruled that these are types of smokeless tobacco, so there is no reason to think these products have fewer health risks than conventional smokeless tobacco.
Non-tobacco snuff products	<ul style="list-style-type: none"> Made from plant or herbal products such as tea, clover, mint leaves or alfalfa, these products are packaged like moist snuff in a tin and come in different flavors. They can be used alone or mixed with regular snuff in an attempt to “wean” off tobacco. They are generally considered safe but are not reviewed by the FDA. No large-scale studies have been done to determine how effective they are as aids to quitting tobacco.
Other products Nicotine lollipops, lip balms, water and wafers	<ul style="list-style-type: none"> These have been sold in recent years as a way to get nicotine in places where smoking is not permitted. Questions about their safety and legality have been raised.

Other Unconventional Quitting Aids

There are a number of other methods and products that have been marketed as aids in giving up tobacco.

Quitting Aid	Details
Hypnosis	There is little evidence to support its effectiveness. If you are interested in this method, ask your doctor to recommend a good hypnotist.
Acupuncture	This method involves inserting small needles into the skin, but there is no strong evidence to support its effectiveness.
Homeopathic aids and herbal supplements	Because these products do not need FDA approval, the manufacturers don’t have to provide specific details on their effectiveness or safety. No dietary supplement, vitamin or diet has been proven effective in helping people give up tobacco.



REFERENCE



Options for Non-Prescription Nicotine Replacement Therapy (NRT)

Gum, Lozenges or Skin Patch	
General Precautions	
Before using non-prescription NRT	<ul style="list-style-type: none"> • The product you purchase should come with directions on how to use it. Read the directions carefully before using it, and use it exactly as directed. • Tell your health care provider if you have ever had any unusual or allergic reaction to nicotine, menthol or any other substances, such as foods, preservatives or dyes. • Be sure to tell your health care provider about any medical problems you have and all medications that you are taking.
While using non-prescription NRT	<ul style="list-style-type: none"> • Nicotine from any source is not recommended during pregnancy. It may be necessary to stop breast-feeding during treatment. • Keep out of the reach of children. Small amounts of nicotine can cause serious harm in children. • Store away from heat and direct light. Do not store in the bathroom, near the kitchen sink or in other damp places. Heat or moisture may cause the medicine to break down. • Do not keep outdated medicine or medicine no longer needed. Be sure that any discarded medicine is out of the reach of children and pets.
General side effects	<p>Check with your health care provider as soon as possible if any of the following side effects occur:</p> <ul style="list-style-type: none"> • High blood pressure • Fast or irregular heartbeat • Hives, itching, rash, redness or swelling of skin • Shortness of breath, or trouble breathing or wheezing • Tightness of chest • Symptoms of overdose: nausea, vomiting, severe stomach pain, diarrhea, headache, dizziness, weakness, difficulty breathing, seizures <p>More common side effects that generally do not need medical attention:</p> <ul style="list-style-type: none"> • Belching • Mild headache • Increased appetite • Increased watering of mouth



Nicotine Gum	
How it works	As you chew nicotine gum, nicotine passes through the lining of your mouth and into your blood stream.
How to use it	<ul style="list-style-type: none"> • When you feel the urge to smoke, chew one piece of gum very slowly until you taste it or feel a slight tingling in your mouth. Stop chewing and place the chewing gum between your cheek and gums until the taste or tingling is almost gone. Then chew slowly until you taste it again. Continue chewing and stopping in this way for about 30 minutes to get the full dose of nicotine. • Do not chew too fast (slower chewing will reduce the possibility of belching). • Do not chew more than one piece at a time or more than one piece of gum within an hour. • Do not drink acidic beverages, such as citrus fruit juices, coffee, soft drinks or tea 15 minutes before or while chewing a piece of gum. The acid will prevent the nicotine from being released from the gum. • As your urge to smoke becomes less frequent, gradually reduce the number of pieces of gum you chew each day until you are chewing three to six pieces a day. This may be possible within two or three months. • Remember to carry nicotine gum with you at all times in case you feel the sudden urge to smoke.
Common dosage	<ul style="list-style-type: none"> • For adults and teenagers, the normal dose is 2 mg. • A stronger dose is 4 mg, which is appropriate for heavy smokers (25 or more cigarettes per day) or people with a strong addiction to nicotine. • One piece of chewing gum every one to two hours for six weeks; one piece of chewing gum every two to four hours for three weeks; one piece of chewing gum every four to eight hours for three weeks.
Specific precautions	<ul style="list-style-type: none"> • Do not chew more than 24 pieces of gum a day. • Do not use nicotine gum for longer than 12 weeks. • If the gum sticks to your dental work, stop using it and check with your health care provider or dentist. Dentures or other dental work may be damaged, because nicotine gum is stickier and harder to chew than ordinary gum.
Specific side effects	Injury or irritation to mouth, teeth or dental work
Brand names	<ul style="list-style-type: none"> • Nicorette • Nicorette DS • Nicotine polacrilex



Nicotine Lozenge	
How it works	Nicotine from the lozenge is absorbed through your mouth and passes into your blood stream.
How to use it	<ul style="list-style-type: none"> • Do not eat or drink for 15 minutes before using a nicotine lozenge. • When you feel the urge to smoke, place a nicotine lozenge in your mouth and allow it to dissolve slowly. You may feel a warm or tingling sensation as nicotine is released from the lozenge. • Occasionally move the nicotine lozenge from one side of your mouth to the other. It takes about 20 to 30 minutes for the lozenge to dissolve completely. • As your urge to smoke becomes less frequent, gradually reduce the number of lozenges you use each day until you are using three to six lozenges a day. This should be possible within 12 weeks. • Remember to carry nicotine lozenges with you at all times in case you feel the sudden urge to smoke.
Common dosage	<ul style="list-style-type: none"> • For adults and teenagers, the normal dose is 2 mg. • If you have your first cigarette within 30 minutes of waking up or you have a strong addiction to nicotine, use the 4-mg dose. • Suck one lozenge slowly until it dissolves every one or two hours for six weeks (use at least nine lozenges a day); suck one lozenge every two to four hours for three weeks; suck one lozenge every four to eight hours for three weeks.
Specific precautions	<ul style="list-style-type: none"> • Do not bite or chew the lozenge like a hard candy. • Do not swallow the lozenge. • Do not use more than 20 lozenges a day. Too many pieces may be harmful because of the risk of overdose. • Do not use more than one lozenge at a time or continuously use one lozenge after another. Doing so may cause hiccups, heartburn, nausea or other side effects. • Do not use nicotine lozenges for longer than 12 weeks.
Brand names	Commit



Nicotine Skin Patch	
How it works	When you wear a nicotine patch, nicotine passes through your skin into your blood stream.
How to use it	<ul style="list-style-type: none"> • Do not remove the patch from its sealed pouch until you are ready to put it on your skin. • Do not try to trim or cut the adhesive patch to adjust the dosage. • Apply the patch to a clean, dry area of skin on your upper arm, chest or back. Choose an area that is not very oily, has little or no hair and is free of scars, cuts, burns or any other skin irritations. • Press the patch firmly in place with the palm of your hand for about 10 seconds. Make sure there is good contact with your skin, especially around the edges of the patch. The patch should stay in place when you are showering, bathing or swimming. Apply a new patch if one falls off. • Rinse your hands with plain water after you have finished applying the patch to your skin. Using soap to wash your hands will increase the amount of nicotine that passes through your skin. • After 16 to 24 hours, remove the patch and apply the next patch. • After removing a used patch, dispose of it properly out of the reach of children and pets. • Remove nicotine patches from the skin during strenuous exercise to avoid having too much nicotine pass through your skin into your blood stream.
Common dosage	<ul style="list-style-type: none"> • For adults and teenagers, most brands come in full dose (15 to 22 mg) and weaker dose (5 to 14 mg). Most adults and teenagers use the full-strength for four weeks and then use the weaker dose for four weeks. • The dose is provided on the package label and will be based on your body weight, how often you have the urge to smoke and the brand and strength of the patch you use.
Specific precautions	<ul style="list-style-type: none"> • If you have unusual dreams or have trouble sleeping, remove the patch before going to bed and put a new one on the next morning. • Mild itching, burning or tingling may occur when the patch is first applied and should go away within 24 hours. • Do not use nicotine patches for longer than 12 weeks. • Do not put a new patch in the same place for at least one week. • Do not leave the patch on for more than 24 hours.
Brand names	<ul style="list-style-type: none"> • NicoDerm CQ • Nicotrol



REFERENCE



Options for Prescription Nicotine Replacement Therapy (NRT)

Nicotine Inhaler and Nasal Spray	
General Precautions	
Before using prescription NRT	<ul style="list-style-type: none"> • The product you purchase should come with directions on how to use it. Read the directions carefully before using it, and use it exactly as directed. • Tell your health care provider if you have ever had any unusual or allergic reactions to nicotine, menthol or any other substances, such as foods, preservatives or dyes. • Be sure to tell your healthcare provider about any medical problems you have and all medications that you are taking.
While using prescription NRT	<ul style="list-style-type: none"> • Nicotine from any source is not recommended during pregnancy. It may be necessary to stop breast-feeding during treatment. • Keep out of the reach of children. Small amounts of nicotine can cause serious harm in children. • Store away from heat and direct light. Do not store in the bathroom, near the kitchen sink or in other damp places. Heat or moisture may cause the medicine to break down. • Do not keep outdated medicine or medicine no longer needed. Be sure that any discarded medicine is out of the reach of children and pets.
General side effects	<p>Check with your healthcare provider as soon as possible if any of the following side effects occur:</p> <ul style="list-style-type: none"> • Fast or irregular heartbeat • Shortness of breath, trouble breathing or wheezing • Tightness of chest • Symptoms of overdose: stomach pain, cold sweat, confusion, seizures, extreme exhaustion, slow heartbeat, tremors



Nicotine Inhaler	
How it works	<ul style="list-style-type: none"> • With the inhaler, nicotine is inhaled through the mouth and is absorbed in the mouth and throat, but not in the lungs. • Eight to ten puffs on the inhaler provide about the same amount of nicotine as one puff of an average cigarette.
How to use It	<ul style="list-style-type: none"> • Use as directed, but do not use more than 16 cartridges each day unless directed to do so by your doctor. • Inhale deeply into the back of the throat, or puff in short breaths. • Use the nicotine inhaler longer and more often at first to control tobacco cravings. • Nicotine is used up after about 20 minutes of active puffing. • Try different schedules to help control cravings. Puffing on the nicotine inhaler for five minutes at a time will give you enough nicotine for four uses. In a few days, you will learn what works best for you. • To decrease the risk of becoming dependent on the nicotine inhaler, your doctor may instruct you to stop treatment gradually. This may be done by keeping track of and steadily reducing the use of the nicotine inhaler, or by setting a planned date for stopping use of the inhaler.
Common dosage	<ul style="list-style-type: none"> • For adults and older teenagers, at first the dose is six to 16 cartridges per day for up to 12 weeks. • Then the dose is gradually reduced over a period of up to 12 weeks.
Specific precautions	<ul style="list-style-type: none"> • The nicotine inhaler should be used at or above room temperature (60° F or 16° C). Cold temperatures decrease the amount of nicotine you inhale. • Do not smoke during treatment because of the risk of nicotine overdose. • Do not use the nicotine inhaler for more than six months.
Specific side effects	<ul style="list-style-type: none"> • Fever with or without chills • Headache • Nausea with or without vomiting • Runny nose • Shortness of breath, trouble breathing or wheezing • Tightness of chest <p>More common side effects that generally do not need medical attention:</p> <ul style="list-style-type: none"> • Coughing* • Mouth and throat irritation* • Stuffy nose <p><i>*Note: You may cough or experience mild irritation of the mouth or throat when you first use the nicotine inhaler. Do not stop using the nicotine inhaler. If you use it regularly, you should adjust to these side effects. If they do not lessen after about one week, check with your doctor.</i></p>
Brand names	Nicotrol Inhaler



Nicotine Nasal Spray	
How it works	With the nasal spray, nicotine is inhaled through your nose and passes into your blood stream.
How to use It	<ul style="list-style-type: none"> • Spray once in each nostril. Do not inhale while spraying. • If your nose runs, gently sniff to keep the nasal spray in your nose. Wait two or three minutes before blowing your nose. • Use of the nicotine nasal spray may be gradually reduced by using only half of a dose at a time or by skipping doses by not using the spray every hour. You may also keep track of the number of doses and use fewer each day or set a date to stop using nicotine nasal spray.
Common dosage	<ul style="list-style-type: none"> • For adults and teenagers, at first, the dose is usually one or two sprays into each nostril every hour. • The dose should then be adjusted based on the number of cigarettes you smoked each day before beginning treatment with the nasal spray and any side effects the nasal spray causes.
Specific precautions	<ul style="list-style-type: none"> • Use as directed, but do not use more than 16 cartridges each day unless directed to do so by your doctor. • Keep the medicine from freezing. Do not refrigerate. • Do not use nicotine nasal spray for longer than three months. • Avoid contact with the skin, mouth, eyes and ears. If even a small amount comes in contact with the skin, mouth, eyes or ears, immediately rinse the affected area with water only. • Wait five minutes before driving.
Specific side effects	<ul style="list-style-type: none"> • Feelings of dependence • Joint pain • Shortness of breath • Swelling of gums, mouth or tongue • Tightness in chest • Tingling in arms, legs, hands or feet <p>More common side effects that generally do not need medical attention:</p> <ul style="list-style-type: none"> • Back pain • Constipation • Cough* • Headache • Hot, peppery feeling in the back of the throat or nose* • Nausea • Runny nose, sneezing* • Watery eyes* <p><i>*Note: During the first week or so, most people experience these side effects. Do not stop using the nasal spray. If you use it regularly, you should adjust to these side effects. If they do not lessen after about one week, check with your doctor.</i></p>
Brand names	Nicotrol NS



4

Before Your Next Session

In the time between your sessions with your health coach, do the following:

- Be sure to read and complete this educational kit.
- Use this kit to record your work.
- Have this kit with you for your next session.

REVIEW



Check Yourself

Complete the statements to be sure you understand the key concepts in this kit.

1. Most smokers make several _____ to quit before they are able to quit for good.
2. Quitting smoking is difficult, but it is the single _____ thing you can do for your _____.
3. No matter how much or how _____ you've smoked, when you quit, your _____ for heart disease goes down.
4. You have to quit because YOU want to, not because someone else says you _____.
5. If you have a strong _____ to nicotine, consider nicotine replacement therapy to help decrease your _____ to smoke.
6. Over-the-counter nicotine replacement products include _____, lozenges and skin patches.
7. Nicotine replacements products that require a _____ include inhalers and nasal spray.
8. There are also non-nicotine prescription medications that can help with _____ symptoms.
9. Keep a _____ of your smoking habits.
10. Think seriously about when and _____ you smoke and _____ you want to quit.
11. Consider how much _____ you spend on cigarettes and what you could do with the money saved if you give up cigarettes.
12. When you are ready to quit, we will help you develop a _____ to quit.

Answers: 1) attempts; 2) best, health; 3) long, risk; 4) should; 5) addiction, urge; 6) gum; 7) prescription; 8) withdrawal; 9) log; 10) why, why; 11) money; 12) plan

Write any questions for your health coach here.