

## Study Guide Sample

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# **I Quit**

## **How to Stop Smoking**

### **Study Guide**

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# **I Quit: How To Stop Smoking**

## **INTRODUCTION**

### **Smoking is an addiction, but it is possible to stop**

Tobacco smoke contains nicotine, a drug that is addictive and can make it difficult, but not impossible, to quit. Quitting smoking makes a difference right away. You can taste and smell food better; your breath smells better; your cough goes away. This happens for men and women of all ages, and for healthy people and those who already have a condition caused by smoking. Ex-smokers have better health than smokers, fewer days of illness, fewer health complaints, less bronchitis and less pneumonia.

### **Smoking harms many others, not just the smoker**

Smoking harms not just the smoker, but also family members, coworkers and others who breathe the smoker's cigarette smoke. This second-hand smoke is associated with as many as 300,000 cases of bronchitis and pneumonia each year among infants and young children up to 18 months. It also increases a child's chances for middle ear problems, causes coughing and wheezing and worsens asthma conditions. If both parents smoke, a teenager is more than twice as likely to smoke than a teen whose parents are both non-smokers. If only one parent is a smoker teens are still more likely to become smokers.

### **Smoking affects reproduction**

Male smokers may produce less sperm, and their sperm may have more abnormalities than a non-smoker's. Women who smoke take longer to conceive, and are more likely to have a miscarriage. Pregnant women who smoke are more likely to deliver babies with low birth weights and to have stillbirths. If all women quit smoking during pregnancy about 4,000 babies would not die each year. Women who smoke and use the pill increase their risk about ten times of having of blood clots, heart attack, stroke and other cardiovascular diseases. Smoking increases menstrual irregularities, earlier menopause, and osteoporosis.

### **Studies confirm findings**

Over 57,000 reports world-wide have examined the link between cigarette smoking and disease, making it the most researched cause of disease ever investigated in the history of biomedical research.

### **Tobacco companies continue to promote smoking**

Cigarette companies spent \$8.2 billion on overall advertising in 1999, a 22% increase. This comes after the \$252 billion settlement of state anti-tobacco lawsuits in 1998.

# WHAT HAPPENS TO YOUR BODY AFTER YOUR LAST CIGARETTE?

## WITHIN 20 MINUTES

- **Blood pressure drops to normal.**
- **Pulse rate returns to normal.**
- **Body temperature of hands and feet increases to normal.**

If you are having withdrawal symptoms, drink a glass of water, suck on a mint, keep your hands busy with something until the urge leaves. Take some deep breaths to calm yourself.

## WITHIN 8 HOURS

- **Carbon monoxide level in blood drops to normal.**
- **Oxygen level in blood increase to normal.**
- **Smoker's breath disappears.**

It is common to feel restless at this time, so find something that keeps your hands busy. Good choices are jigsaw puzzles, rubber bands, coins, twine or bead strands.

## WITHIN 24 HOURS

- **Your chance of a heart attack has already decreased.**

If you find yourself out of sorts, snapping at family and friends, your sleeping habits may need more consistency. If you exercise daily or at least go for long walks, you'll find you will sleep better and be easier to get along with.

## WITHIN 48 HOURS

- **Nerve endings start to re-grow.**
- **Your ability to smell and taste is enhanced.**

Should you experience intense cravings, rely on your support group or person and use your coping strategies. Keep drinking lots of water to flush toxins. Use your list of reasons for quitting by review them often. Reward yourself for quitting.

## WITHIN 72 HOURS

- **Bronchial tubes relax making it easier to breathe.**
- **Lung capacity increases making it easier to do physical activities.**

If you are tense and nervous, practice your deep breathing exercises. Be sure to put aside time for rest and relaxation.

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