

Strategies to Quit

Tools to Help Stop Tobacco Use

My Educators

Welcome

Thank you for attending this health education class. As a group, our goal is to help you build knowledge and skills needed to potentially improve your health.

The facilitator will:

- Provide scientific evidence-based information
- Create a safe environment appropriate for a healthy exchange of information
- Respect each individual and demonstrate courtesy and understanding
- Respect the group dynamic
- Manage time appropriately
- Guide the discussion and manage the classroom in a manner that allows for optimal learning and engagement
- Make him/herself available for questions after the class

Participants are expected to:

- Respect the rights, privacy, and property of other participants and UC Davis personnel
- Respect individuals' opinions
- Reserve judgment of others
- Actively participate as appropriate
- Express themselves with courtesy, dignity, and sensitivity
- Keep education commitments and arrive for classes in a timely manner
- Follow UC Davis Health rules and regulations for patient care and conduct, including smoking, cell phone and electrically powered equipment regulations, and the visitor policy

Strategies to Quit

Table of Contents

| | |
|---|----|
| Introduction | 2 |
| Your Brain and Nicotine Addiction..... | 7 |
| Medicines and Nicotine Replacement Therapy..... | 11 |
| Quitting Nicotine | 15 |
| Preventing Relapse | 19 |
| Nicotine-Free Support | 24 |
| Positivity Cards | 25 |
| Nicotine Tracker Cards | 27 |
| Medicines..... | 29 |
| Resources | 30 |

Information in this workshop is based on:

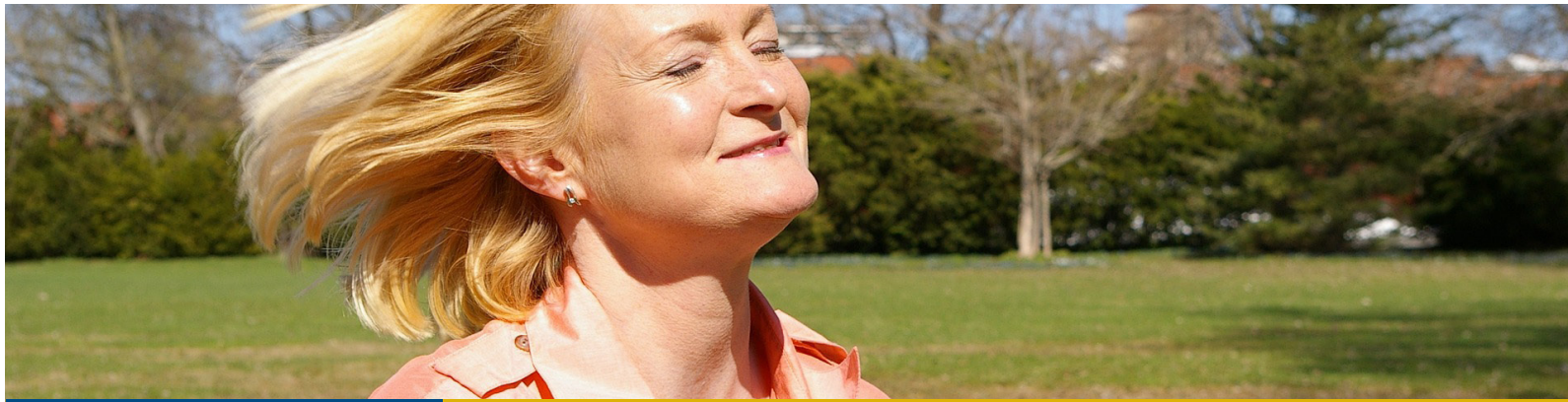
2008 Public Health Service (PHS) Guidelines Treating Tobacco Use
and Dependence

Mayo Clinic Nicotine Dependence Center Guidelines

American Lung Association

Center for Disease Control and Prevention/Surgeon General's Report 2014

National Cancer Institute and American Cancer Society



Introduction

The information and ideas in this guide are designed to help you through the process of quitting nicotine. You will also find tips and resources on how to maintain a nicotine-free lifestyle.

Tobacco contains nicotine which is highly addictive. Using cigarettes, chew, dip, snuff, or electronic vaping devices like an e-cigarette can easily lead to nicotine addiction.

Designing a personal plan can help you through the challenges of quitting. Start by telling yourself you can succeed. You can do this! If you've struggled in the past, have confidence in quitting now. Our treatment plan in this workshop will help you through this process.

Quitting is difficult but not impossible

When you started using nicotine you probably didn't intend to use it forever. You thought you could quit whenever you wanted to. You may have found that quitting nicotine is harder than you thought it would be.

There are many reasons to quit. You may be concerned about their health. You may want to save money, have more energy, or be a positive role model. Family and friends may be voicing concerns.

Remember that it takes time, patience, and practice to quit nicotine. It may take more than one try to quit for good. Don't give up. You can learn to feel good again without depending on nicotine.

This workshop will focus on six areas:

How addiction works

Medicines

Changing the way we think about nicotine

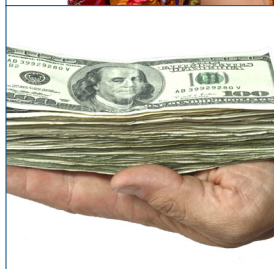
Changing nicotine behaviors

Relapse prevention

Support groups

Why do I Want to Quit?

A behavior change begins when you start thinking about nicotine differently. Listing your personal reasons can make you more aware of the behaviors you want to change. It will be a great reminder of why you started this journey. Are you thinking about your personal reasons when you are lighting up that first cigarette, or that first chew, dip, or vape of the day?



My personal reasons to quit:

Post your “personal reasons” list at your favorite smoking place at home.

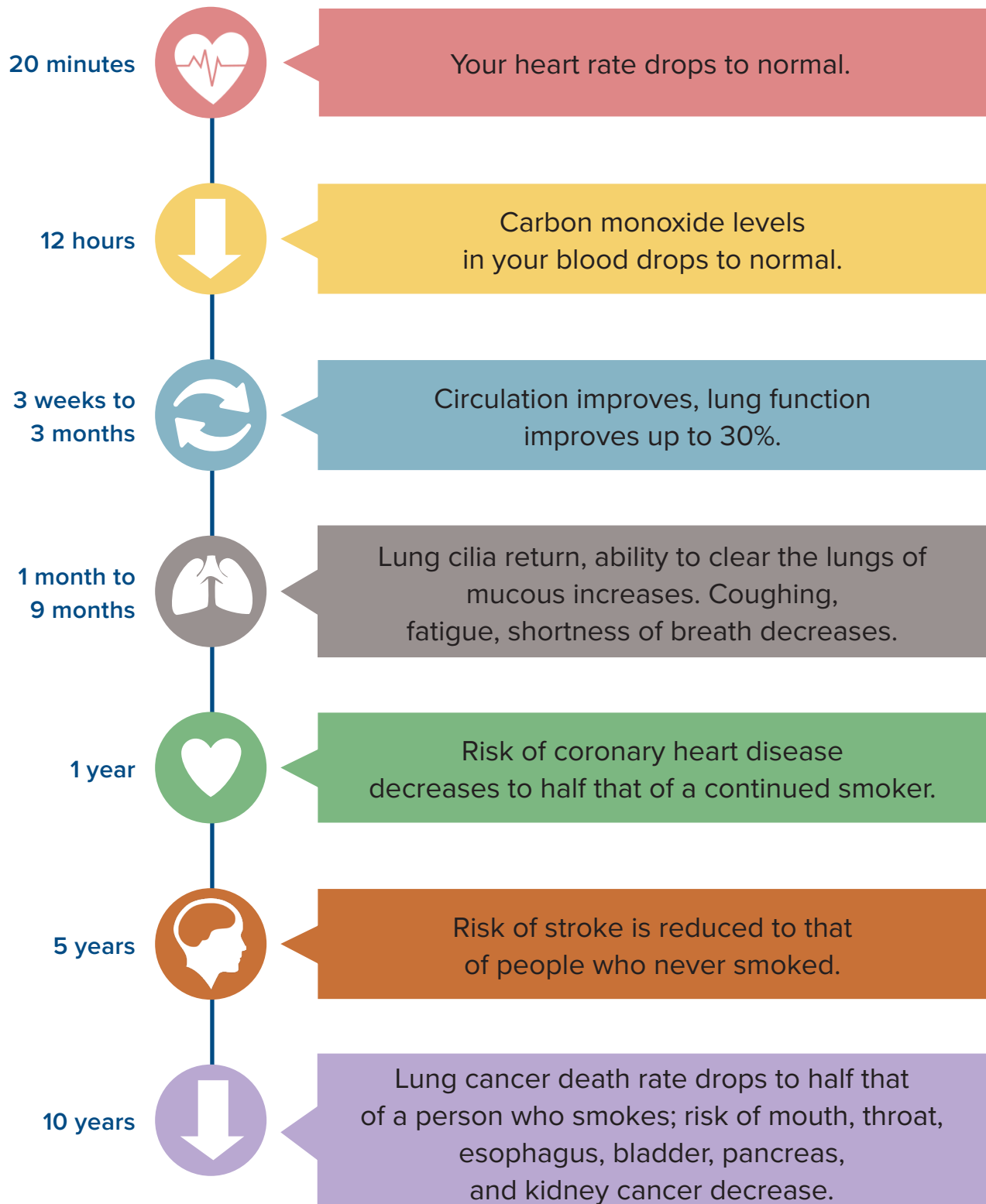


Suggestions: Post the list in visible locations around your home, office, or car. You can also put the list in your cigarette pack, on your can of tobacco (chew/dip), or vaping device.



Your Amazing Healing Body!

Within 20 minutes of quitting, your body begins a series of healing changes that continues for years. These are signs of healing:





What Makes Tobacco Harmful?

When tobacco is burned, over 7,000 chemicals are released in cigarette smoke that goes into your lungs. Seventy of those chemicals are carcinogens, or cancer-causing agents. See the box below for a list of some of the chemicals found in cigarette smoke.



Acetone - Paint stripper
Ammonia - Cleaning agent
Arsenic - Ant killer
Benzene - Petrol fumes
Butane - Lighter fuel
Carbon monoxide - Gas in car exhausts
Dichlorodiphenyltrichloroethane - Insecticide
Formaldehyde - Embalming fluid
Hydrogen cyanide - Poison in gas chambers
Methanol - Rocket fuel
Nicotine - Pesticide
Tar - Road surfaces
Toluene - Industrial solvent

Facts from the Surgeon General's report 2014

- In the United States, smoking causes:
 - 87 percent of lung cancer deaths.
 - 32 percent of coronary heart disease deaths.
 - 79 percent of all cases of chronic obstructive pulmonary disease (COPD).
- Smoking can cause colorectal and liver cancer and decreases the success rate of treatment for all cancers.
- It can also cause diabetes mellitus, rheumatoid arthritis, increased risk for tuberculosis disease and death, erectile dysfunction, and age-related macular degeneration.
- Secondhand smoke can cause strokes in nonsmokers.
- Cigarette smoking diminishes overall health, impairs immune function, and reduces quality of life.



Carbon monoxide

Carbon monoxide is present in all tobacco smoke and is an extreme health risk for people who smoke or are exposed to smoke.

Carbon monoxide is absorbed by red blood cells. It reduces the ability of the red blood cell to carry oxygen that is needed for cell survival. Carbon monoxide dramatically reduces the amount of oxygen in the blood stream.

After smoking a cigarette, the body is starved of oxygen and the heart tries to make up for the shortage by increasing heart rate and blood pressure.

When the body's organs, tissues, and cells do not receive enough oxygen supply, they begin to suffocate, malfunction, and die.

After smoking 20 cigarettes (1 pack) the level of carbon monoxide is enough to reduce mental concentration, physical coordination, and cause vision damage.

Long term effects of smoking

Smoking can create long-term damage to the body's blood vessels (veins and arteries) and the organs that those blood vessels supply.

Smoking can damage blood vessels by:

- Causing an increase in blood pressure
- Causing the build-up of plaque in the blood vessels
- Causing inflammation in the blood vessels

This damage to the blood vessels is sometimes called peripheral arterial disease or peripheral vascular disease. This damage leads to a higher risk of stroke, heart disease, heart attack, blood clots, non-healing foot wounds, and amputations of the feet and legs.

Many people who smoke will die from cardiovascular conditions caused from smoking and not from cancer or lung disease.



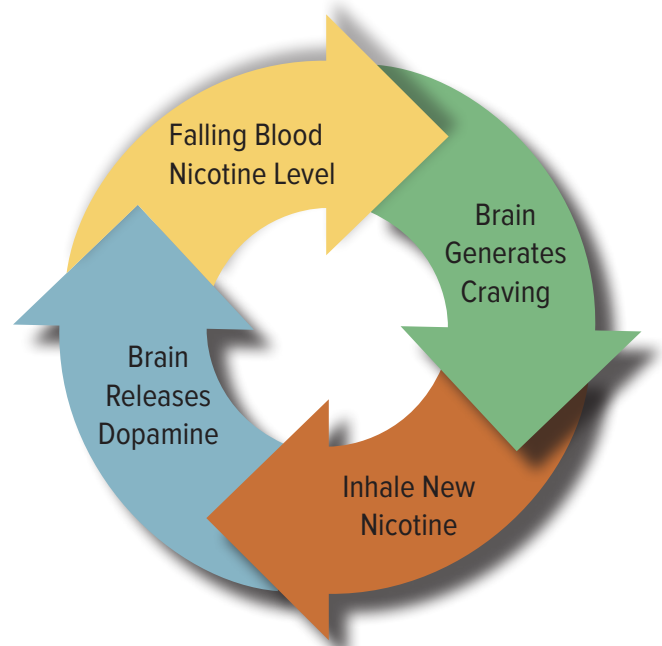
Your Brain and Nicotine Addiction

Nicotine Addiction Cycle

When you use nicotine, it triggers your brain to release dopamine. Dopamine is a very pleasurable, gratifying neurochemical, which the brain becomes addicted to.

Over time, usually 1-2 hours after smoking, your nicotine levels fall. Due to the decrease in nicotine levels, your brain will generate a craving for nicotine to release more dopamine.

The craving leads you to use nicotine. The cycle continues.





The Physical Challenge Of Quitting

For many people addicted to nicotine, what starts as casual use leads to nicotine addiction. Nicotine addiction can cause serious, long-term health consequences.

Addiction is defined as an overwhelming need to engage in a specific activity, despite harmful effects to one's health, mental state, or social life.

Habits become addictions when a chemical dependence is formed.

When you're addicted to nicotine, you may not be able to control your tobacco use and you may continue to use it despite the harm it causes.

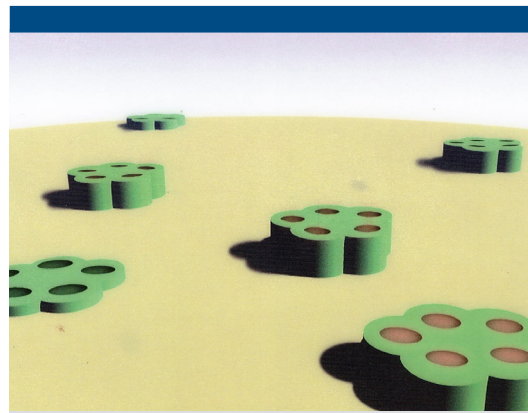
You may want to quit, but most people find they can't do it on their own. Most people are not aware how addictive nicotine is. It has been ranked to be as addictive as smoking methamphetamine!

Brain Receptors

Nicotine receptors (honeycomb shapes) develop when the brain is exposed to nicotine. Repeated exposure to nicotine increases the number of receptors in your brain.



These receptors are triggered by cues that make you want more nicotine. When you use nicotine, receptors become filled with nicotine (cones).



When you quit nicotine, the number of receptors diminish. Less receptors means less cravings. Unfortunately, the receptors never completely go away.



When you first wake up in the morning your receptors are empty if you have not had any nicotine. You may have very strong cravings which won't be relieved until you use nicotine.

When your receptors get filled with nicotine from tobacco use, dopamine and other neurochemicals are released that make you feel ready to start the day. This flooding of chemicals results in changes in your brain chemistry which stimulates feelings of pleasure among other positive feelings.

Receptors are triggered by being empty or by cues/behaviors related to nicotine use.

Receptors can be triggered by cues that make you want to use nicotine. Some examples of cues are:

- Drinking coffee in the morning
- Finishing a full meal
- Driving your car
- Drinking alcohol
- Facing a crisis

Cravings

Nicotine receptors are just waiting for the next hit of nicotine. When they are empty you feel irritable, anxious, tense and nervous. This is the beginning of withdrawal and why you crave nicotine. Those feelings do not go away until you use nicotine.



Something to know about brain receptors:

- Over time, once you have quit, the number of receptors diminish but will never completely go away.
- Any remaining receptors have memory and the ability to generate a craving when triggered.
- You are vulnerable to relapse without the appropriate strategies in place.

My cues are:



Chemicals in Your Brain

Have you ever asked yourself why nicotine use seems to be the “go to” for most stressful situations or to reward yourself? This is due to the release of neurochemicals.

- Neurochemicals are naturally produced in your brain.
- These neurochemicals can give you a feeling of reduced anxiety, pleasure, increase concentration, and much more.
- When you are addicted to nicotine, the amount of neurochemicals that are released is intensified. However, this is what feels “normal” to someone addicted to nicotine.
- After you quit, it can take a while for the brain to reboot and become accustomed to “normal” neurochemical levels again.

Addictive Nature of Nicotine

Nicotine, when smoked or vaped, reaches the brain and activates neurochemicals in approximately 5-10 seconds. This is what some people describe as a “hit.”

This “hit,” or flooding of neurochemicals, results in changes in your brain chemistry. It stimulates very powerful positive feelings that you will want again and again.

| | | |
|----------|----------------|-------------------------------------|
| NICOTINE | DOPAMINE | Pleasure, Decreases Appetite |
| | NOREPINEPHRINE | Arousal, Decreases Appetite |
| | ACETYLCHOLINE | Arousal, Cognitive Enhancement |
| | GLUTAMATE | Learning, Memory Enhancement |
| | SEROTONIN | Mood Modulation, Decreases Appetite |
| | BETA-ENDORPHIN | Reduction of Anxiety and Tension |
| | GABA | Reduction of Anxiety and Tension |



Medicines and Nicotine Replacement Therapy

Medicines can double your success rate of quitting nicotine. The key to success is to not go through withdrawals. There is better success with quitting by using higher doses of the medicines, combination therapies, and longer treatment times.

It is important to have a discussion with your provider about each of these medicines to determine which would be the best treatment plan for you!

The combination of medicine and counseling is more effective for quitting nicotine than either medicine or counseling alone.

Why Take Medicines for 3 months?

It takes 3 months to build new coping skills and strategies to live your life nicotine free. It's important to stick to the treatment plan for at least 3 months to ensure success with quitting nicotine. Stopping medicines early can lead to relapse.



Medicines Recommendations

The following are Food and Drug Administration (FDA) approved medicines that can work for you. The following doses are recommendations for use. Always take your medicines as prescribed and if you have any questions, check with your provider.

Oral Medicines

Zyban, Wellbutrin, Bupropion

- 150 mg Sustained Release (SR) tablets: take one time a day for days 1 through 3.
- On day 4, start 150 mg SR tablets: twice daily for 3-6 months.

Chantix

- 1 mg twice daily. Use starter pack directions for month 1.
- Supplied in monthly dispensing packs for months 2 and 3.
- Take for 3-6 months.

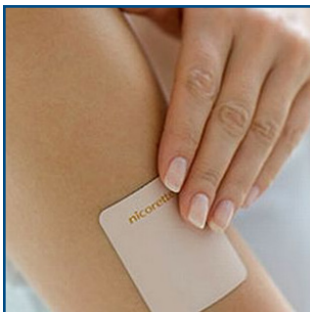
Nicotine Patch

If you smoke 1 pack per day or more, follow the suggested doses and time frame.

- Apply one 21 mg patch every 24 hours for 6 weeks.
- Decrease to a 14 mg patch, one patch every 24 hours for 4 weeks.
- Decrease to a 7 mg patch, one patch every 24 hours for 2 weeks.

Short-Acting Medicines (Pick One)

- Nicotine gum
- Nicotine lozenge
- Nicotine inhaler
- Nicotine nasal spray



* Detailed list of medicines at the back of the book



How Medicines Can Help

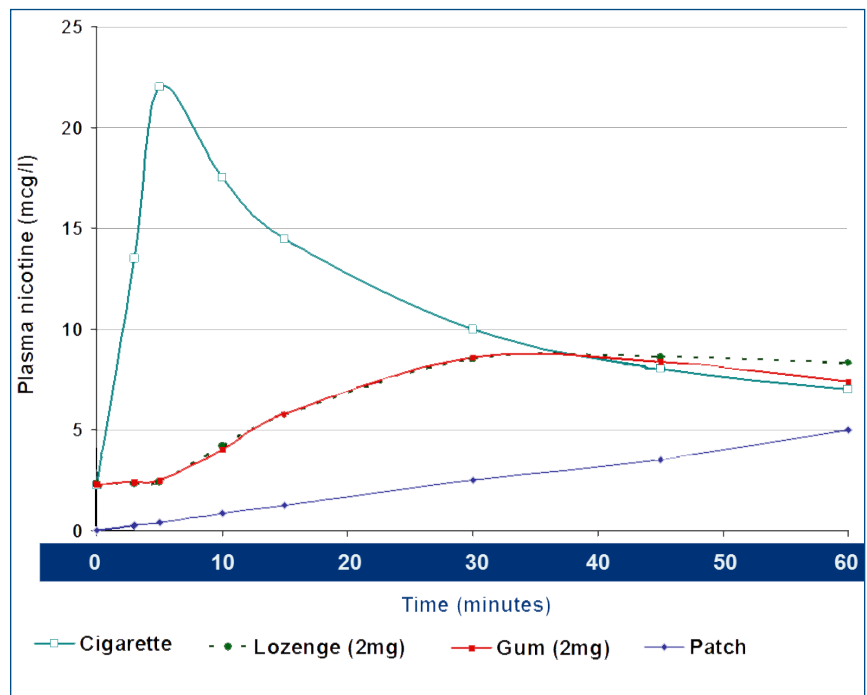
You can still have cravings when you are using long-acting medicines. If you have breakthrough cravings, you can use short-acting nicotine replacement products like nicotine gum, lozenge, nasal spray or inhaler along with the nicotine patch or other long-acting medicines.

Cravings occur when you stop using nicotine but will decrease in frequency and intensity over time. Months after you have quit nicotine you can still have cravings. Just remember, it's your remaining nicotine receptors that have been triggered.

- Your treatment specialist or doctor can help you decide which medicines will work for you. Combination therapies can be very effective and lead to a higher success rate.
- Before using any of these medicines, review appropriate use and possible side effects with your doctor.
- Notify your doctor of any negative side effects you may experience from your medicines.

How Much Nicotine is in Your Blood?

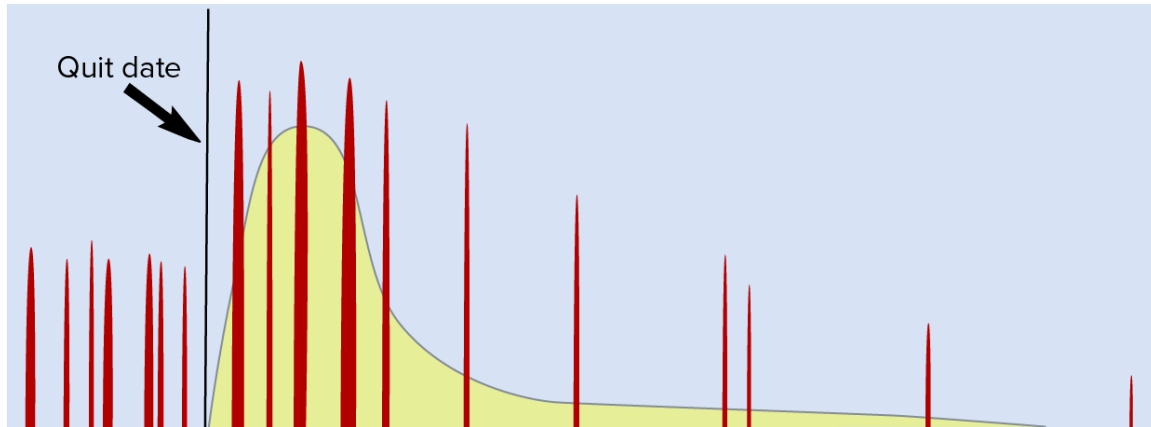
Nicotine replacement treatment is safe to use. This graph illustrates the high concentration of nicotine from a cigarette compared to the low levels delivered from the nicotine patch, gum, lozenge. Even the combination of nicotine patch with the short-acting nicotine replacement is still much less than the amount of nicotine you get from smoking a cigarette.





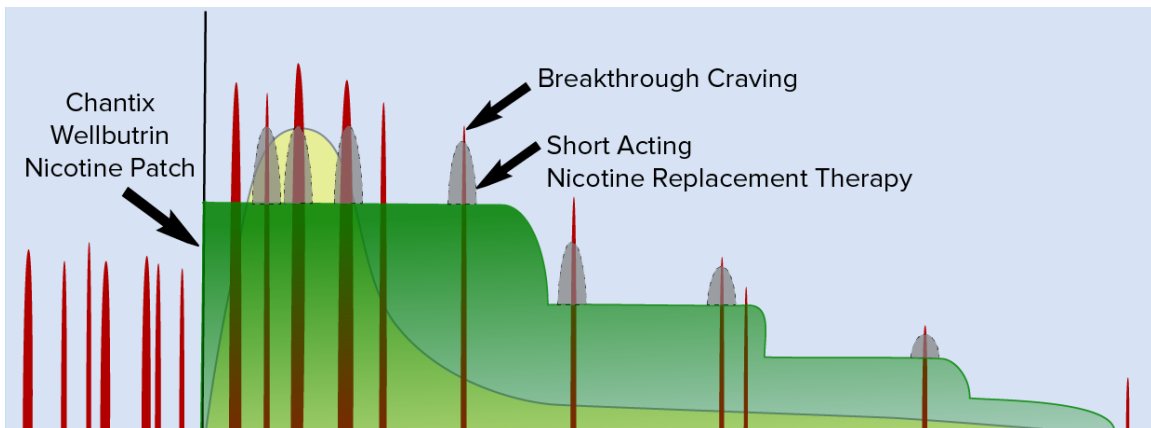
How Medicines Can Help

Timeline of withdrawal symptoms and urges



The spikes are cravings or urges to use nicotine. Notice when you quit nicotine without using any medicines, the spikes increase tremendously in intensity and frequency. There is a 97% relapse rate the first week when medicines are not used.

Medicines' effects on withdrawal symptoms and urges



The shaded area shows the effects of long-acting medicines like Chantix, Wellbutrin or the nicotine patch on cravings or urges. They do a good job covering or managing cravings. The domes show when a short-acting nicotine replacement like gum or lozenge can be used for any breakthrough cravings.

Quitting Nicotine

How Ready are You to Quit Nicotine?

It is important to determine if you are ready to quit nicotine. You will be most successful at quitting if you are ready to make positive changes. Use the tool below to find out where you fall on the readiness-to-change ruler. On a scale of 1 to 10, what number would you give yourself at this moment?

How important is it to you to quit?



How confident are you that you can quit?



How ready are you to quit?



Don't be discouraged if your confidence is low! We can help you with your confidence by introducing new strategies, education, and medicines that you may have not tried in the past.



To Do List to Prepare for Quit Date

1. Discuss quitting and treatment options with your provider. Get prescription for Wellbutrin or Chantix if this is on your treatment plan.
2. Establish quit date.
3. Start Wellbutrin or Chantix 2 weeks prior to quit date if this is on your treatment plan.
4. Buy your nicotine patch if this is on your treatment plan.
5. Track your nicotine use for at least 3 days (tracking forms in back).
6. Change “your nicotine use place.”
7. Don’t use nicotine and drink coffee together.
8. Don’t use nicotine in your car.
9. Wait at least 30 minutes after a meal to use nicotine.
10. Don’t use nicotine while on the cell phone or computer.
11. Three days before quit date, change your brand of cigarettes/dip/chew/vape to a brand that tastes bad.
12. Start exercising.
13. Clean your environment.
14. Plan to attend support.

*Today is the day to
QUIT. Put all of your
strategies in place!*



How to Deal with Cravings

Being prepared will help you deal with your cravings and prevent you from being blindsided by them. Take a moment to think about what triggers your desire to use nicotine and which strategies you can use to cope with them.

Below are examples of coping strategies:

- Taking nicotine gum or lozenge
- Breathing deeply
- Walking
- Drinking water
- Repeating a mantra
- Practicing relaxation, visualization

Personal Mantra

A mantra is a statement you can repeat to yourself to help build personal strength or to help you through a difficult situation.

Some examples of mantras that can help when you are having a craving are:

- “I am nicotine free.”
- “I am stronger than this craving.”
- “I am bigger than this.”
- “I am not going back.”
- “I am in control.”

Avoid, Escape, Change

- Avoid - Avoid situations you know are triggers for you to use nicotine.
- Escape - If you find yourself in a situation that is a trigger for you to use nicotine and you can’t avoid it, then escape!
- Change - If you can’t avoid it and you can’t escape it then find a replacement strategy other than using nicotine. Reach for nicotine gum or lozenge, and use your other strategies.

I will use the following coping strategies to deal with my cravings:

What will be your mantra?

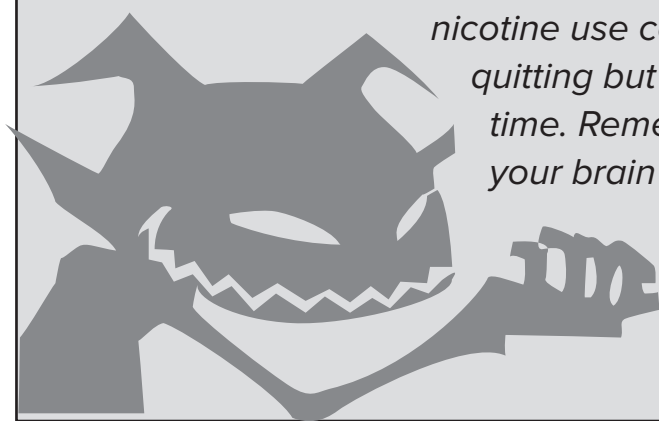
The Story of the Nicotine Villain

Understanding how your mind tries to negotiate while withdrawing from nicotine is an important first step. Your addiction “voice” may sound like mental chatter bargaining to use nicotine. Here is an example of a way to think about that mental chatter or addiction voice:

Thoughts of nicotine use are the Nicotine Villain who is dying. Nicotine cravings are the Nicotine Villain struggling to get you to feed them. The longer they go without being fed, the dimmer their voice will get. They will eventually starve to death. As they get weaker, their loss of strength is being transferred to you. You are gaining strength each time you are successful at not using nicotine.

If you were to light up, the Nicotine Villain would smile their evil smile and say, “I tricked you into feeding me, so now I’m going to be in control again!”

Don’t let this happen! Think of that mental chatter or your addiction voice about using nicotine as a sign of healing taking place within you. Thoughts of nicotine use come often when quitting but will fade away with time. Remember, these are your brain receptors being triggered.



Think of that mental chatter or your addiction “voice” about nicotine use as a sign of healing taking place within you. Thoughts of nicotine come often when quitting but will fade away with time. Remember, these are your brain receptors being triggered.



Preventing Relapse

Steps to Prevent Relapse

Strategy 1: Recognize Your High-Risk Situations

High-risk situations are times when you are most vulnerable to nicotine. Identifying high-risk situations is the key to success. Below are some examples:

- Being emotionally upset
- Drinking alcohol
- Engaging in social settings
- Unexpectedly encountering a nicotine situation
- Feeling stressed

My high risk-situations are:



Strategy 2: Coping Strategies

What coping strategies will you use to avoid a relapse?

Action Strategies

- Use nicotine replacements
- Take a walk
- Read a book

Thinking Strategies

- Mantras/positive thoughts
- Imagery/visualization

Feeling Strategies

- In control
- Empowered
- Free/liberated

Coping Strategies I will use to prevent a relapse:

Action Strategies

Thinking Strategies

Feeling Strategies

Strategy 3: Tips For Lapse Recovery



Do not look at a lapse (smoking a cigarette) as a failed attempt. Be mindful of what had happened and learn from it. This experience will make you stronger. Here are tips for a lapse:

1. Forgive yourself - stop the negative self-talk. Don't let shame or guilt drive you to a relapse. Don't turn to "old friends" (nicotine) for support.
2. Identify what was not in place to allow this lapse to happen. For example, did you not have your nicotine replacement with you, did you have too much alcohol, were you with someone unpleasant, were you feeling stressed or out-of-control?



A New Story

Notice and record how your body is healing. This could be a journal entry for yourself or you can share with your support person. Review it daily and when you feel like you could be at risk for lapse. Your addiction will make you forget your successes.

For example:

- Today, I noticed when I walked from my car, I was less short of breath.
- Today, I noticed that I had no cravings when I drank my coffee.
- I used the following new coping skill in a difficult situation_____.
I observed the situation and my behavior and now I have a better understanding and plan.



*Focus on the positive -
make your new story!*

Every day, acknowledge the positive changes by talking or writing down what the “new” you looks and feels like. The benefits of being nicotine free have to outweigh the “pleasure/addiction” of using nicotine.

In two weeks, or two months, you may struggle with being nicotine free. You can review your “new story” journal and reflect on how far you have come!



Reasons Why You May Gain Weight After Quitting

When you use nicotine, the high dose:

- Gives your body a burst of energy
- Decreases your appetite
- Revs up your metabolism

You actually burn more calories when you use nicotine.

As your body adjusts to being nicotine-free, your metabolism will return to normal. You may need to adjust your food intake, so you do not gain weight. A good strategy is to be aware of what you are eating and to make healthy choices.



Healthy choices I can make to avoid weight gain are:



Stress and Nicotine Use

Stress is a part of everyone's life. Understanding the relationship of nicotine and stress is very important. We cannot control stress but we can control how we react to it. Up until now, using nicotine has been the number one way of dealing with daily stress or crisis. Developing new effective coping strategies is a priority to remain nicotine free. Below are some examples of positive coping strategies:

- Deal directly with the problem.
- Do stress-relieving activities such as walking, going to the gym, or taking a yoga class.
- Get enough sleep.
- Choose healthy foods.
- Eat or drink less caffeine, alcohol, and sugar.
- Take stretch breaks throughout the day.
- Talk it out; discuss your problems to help clear your mind.
- Spend time with people who have a positive outlook.
- Learn and use meditation and visualization technique.

If you are faced with a crisis, you have a choice to use nicotine or not. This desire may be overwhelming. If you use nicotine, it does not change the crisis, it only changes you!

To help cope with stress, I will:

| | |
|-------|-------|
| _____ | _____ |
| _____ | _____ |
| _____ | _____ |



Nicotine-Free Support

Free. No registration required. In person or virtual.

When: 2nd Friday of every month*

*Please check our website for an up-to-date list of support group dates or call for more information.

Time: 3:30-4:30 pm

Where: Health Management & Education

10850 White Rock Rd., Rancho Cordova, CA, 95670

Website: <https://health.ucdavis.edu/health-education/>

Phone: (916) 946-1449

We never say “good luck”....luck has nothing to do with quitting. It’s about education, empowerment and preparation.

Along the way...

Cut out the cards below, complete the reverse side, and carry them with you to help you along your path to a nicotine-free future.



ALLOW time to be good to yourself.

*Do things you enjoy.
Do something that will make you feel great.*



Get ACTIVE.

Do some activity long enough to let the urge to use nicotine pass.



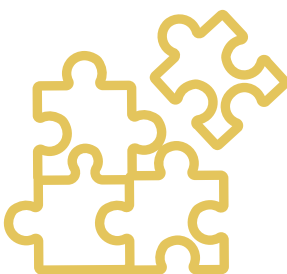
AVOID high-risk situations.

Try to avoid places that you associate with using nicotine.



ALTER situations you can't avoid.

*You can alter your routine.
"Break up" the habit.*



Use ALTERNATIVES

When you stop using nicotine, you may need to do something with your mouth and hands.



ASK for support.

*It's very important to get support when you stop using nicotine.
You don't have to do this alone.*

On my path...

*I will avoid these
high-risk situations:*

On my path...

*When I experience an
urge to use nicotine, I will:*

On my path...

*I will be good to
myself by:*

On my path...

*I will tell these people
that I'm stopping nicotine:*

On my path...

I will use this instead:

On my path...

I will alter my routine by:

*I will ask these people
for support:*

*I will keep my
hands busy by:*

*Keep in mind
nicotine-anonymous.org*

Pack Checks: Insert a “pack check” into your cigarette pack or attach it with a rubber band to your can of chew or vaping device. Cut along the dotted lines to remove each pack check, which continues on the reverse side. Adapted from the American Lung Association, 1993



| Date: | | | | | Date: | | | | | Date: | | | | |
|-------|------|------|------|----------|-------|------|------|------|----------|-------|------|------|------|----------|
| No. | Time | Need | Mood | Activity | No. | Time | Need | Mood | Activity | No. | Time | Need | Mood | Activity |
| 1. | | | | | 1. | | | | | 1. | | | | |
| 2. | | | | | 2. | | | | | 2. | | | | |
| 3. | | | | | 3. | | | | | 3. | | | | |
| 4. | | | | | 4. | | | | | 4. | | | | |
| 5. | | | | | 5. | | | | | 5. | | | | |
| 6. | | | | | 6. | | | | | 6. | | | | |
| 7. | | | | | 7. | | | | | 7. | | | | |
| 8. | | | | | 8. | | | | | 8. | | | | |
| 9. | | | | | 9. | | | | | 9. | | | | |
| 10. | | | | | 10. | | | | | 10. | | | | |

| Date: | | | | | Date: | | | | | Date: | | | | |
|-------|------|------|------|----------|-------|------|------|------|----------|-------|------|------|------|----------|
| No. | Time | Need | Mood | Activity | No. | Time | Need | Mood | Activity | No. | Time | Need | Mood | Activity |
| 1. | | | | | 1. | | | | | 1. | | | | |
| 2. | | | | | 2. | | | | | 2. | | | | |
| 3. | | | | | 3. | | | | | 3. | | | | |
| 4. | | | | | 4. | | | | | 4. | | | | |
| 5. | | | | | 5. | | | | | 5. | | | | |
| 6. | | | | | 6. | | | | | 6. | | | | |
| 7. | | | | | 7. | | | | | 7. | | | | |
| 8. | | | | | 8. | | | | | 8. | | | | |
| 9. | | | | | 9. | | | | | 9. | | | | |
| 10. | | | | | 10. | | | | | 10. | | | | |

| Date: | | | | | Date: | | | | | Date: | | | | |
|-------|------|------|------|----------|-------|------|------|------|----------|-------|------|------|------|----------|
| No. | Time | Need | Mood | Activity | No. | Time | Need | Mood | Activity | No. | Time | Need | Mood | Activity |
| 1. | | | | | 1. | | | | | 1. | | | | |
| 2. | | | | | 2. | | | | | 2. | | | | |
| 3. | | | | | 3. | | | | | 3. | | | | |
| 4. | | | | | 4. | | | | | 4. | | | | |
| 5. | | | | | 5. | | | | | 5. | | | | |
| 6. | | | | | 6. | | | | | 6. | | | | |
| 7. | | | | | 7. | | | | | 7. | | | | |
| 8. | | | | | 8. | | | | | 8. | | | | |
| 9. | | | | | 9. | | | | | 9. | | | | |
| 10. | | | | | 10. | | | | | 10. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |


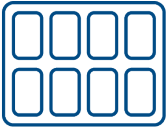




Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

Date:

| No. | Time | Need | Mood | Activity |
|-----|------|------|------|----------|
| 11. | | | | |
| 12. | | | | |
| 13. | | | | |
| 14. | | | | |
| 15. | | | | |
| 16. | | | | |
| 17. | | | | |
| 18. | | | | |
| 19. | | | | |
| 20. | | | | |

7 FDA-Approved Medicines for Tobacco Treatment

| CONTAINS NICOTINE | | How to Use | *How Often (Frequency) | How it Helps You |
|---------------------------|--|---------------------------------------|---|--|
| Patch |  | Worn on skin | 1 patch a day | Provides continuous nicotine all day |
| Gum |  | Chew then “park” between cheek & gums | Up to 24 pieces a day | Quick way to relieve cravings |
| Lozenge |  | Dissolves in mouth | Up to 20 pieces a day | 25% more nicotine than gum; has different flavors |
| Inhaler |  | Puff in by mouth | 1 cartridge every 1-2 hours, up to 6-12 cartridges a day | Mimics inhaling a cigarette/vape |
| Spray |  | Spray in nose | At least 8 sprays per day | Delivers nicotine into your system fastest |
| DOES NOT CONTAIN NICOTINE | | | | |
| Pills | Bupropion SR Varenicline  | Take by mouth | 1-2 pills per day (Ask your provider about daily dosage use) | Helps prevent relapse and weight gain Stops nicotine cravings |

* Frequency is based on using one medication. Combination therapy (patch + one other nicotine medication) can help with breakthrough cravings. Ask your provider or pharmacist for questions and checking insurance coverage.

Jan 2022



Resources

Want more information? Here are more resources and programs available to help you stop nicotine.

Treatment Programs and Support

| | |
|---|--|
| <p>SToP Tobacco Program UC Davis Health</p>  <p>https://health.ucdavis.edu/health-education/ 916-946-1449</p> | <p>Mayo Clinic Nicotine Dependence Center</p>  <p>www.mayoclinic.org/stop-smoking 800-344-5984</p> |
| <p>BecomeAnEx.org</p>  <p>www.becomeanex.org</p> | <p>Nicotine Anonymous</p>  <p>www.nicotine-anonymous.org</p> |
| <p>Kick it California</p>  <p>1-800-300-8086 Text "UCD" to 66819</p> | <p>National Network of Tobacco Cessation Quit Lines</p>  <p>www.smokefree.gov 800-784-8669</p> |

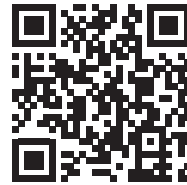
Websites

American Cancer Society (ACS)



www.cancer.org
800-227-2345
800-ACS-2345

American Heart Association (AHA)



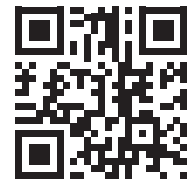
www.americanheart.org
800-242 -8721
800-AHA-USA-1

American Lung Association (ALA)



www.lung.org
800-586-4872
800-LUNG-USA

National Cancer Institute (NCI)



www.cancer.gov

*To view our entire class schedule
go to livinghealthy.ucdavis.edu*



Additional Learning Opportunities

Health Management and Education has many classes available on a variety of health topics. Most classes are free. We offer weekend and evening classes as well.

Other Class Topics

- Heart Health
- Diabetes
- Weight Management
- Stress Reduction
- Tobacco Cessation
- Chronic Kidney Disease
- And much more

Three Easy Ways to Register:

1. Self register on **MyUCDavisHealth**

- If you need any additional assistance with scheduling through MyUCDavisHealth, please visit our webpage at health.ucdavis.edu/livinghealthy/classes/enroll-class.html

2. Call our office to register at **916-946-1449**

3. Email your request to **hs-healtheducationclass@ucdavis.edu**

Include in your email:

- First and last name
- Date of birth
- Medical record number (if known)
- Class name
- Class location
- Class date and time





**UCDAVIS
HEALTH**

Health Management and Education

10850 White Rock Rd.
Rancho Cordova, CA, 95670

916-946-1449

health.ucdavis.edu/health-education