



Secondhand smoke is responsible for an estimated 35,000 deaths from heart disease in non-smokers who live with smokers each year in the U.S. alone. Not to mention 3000 lung cancer deaths; 150,000 to 300,000 lung infections in children younger than 18 months (7500 to 15,000 resulting in hospitalization); and more than 750,000 middle ear infections in children. So the decision to quit doesn't only benefit you, it benefits everyone in your life.

Remember, every day you must decide not to smoke *today*. Each day that you do not smoke is a small victory!

For more information visit:
www.cancer.org or
www.quitsmoking.about.com



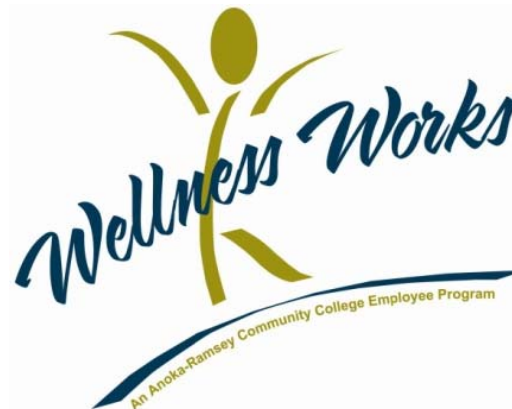
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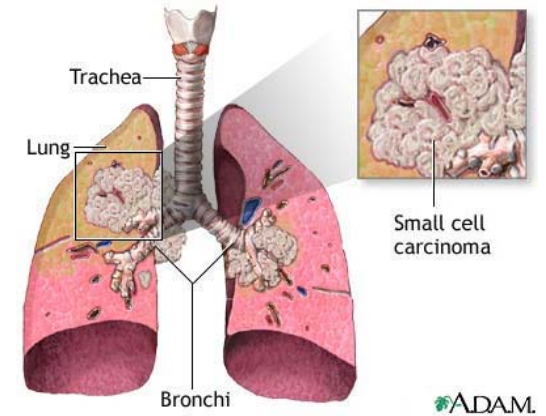
Coon Rapids Campus
 Catherine Bean
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 Kate Hostnick-Harper
 Luanne Kane
 Joyce Traczyk, Wellness Coordinator

The employee **Wellness Works** program is your program, and we encourage you to take advantage of these healthful opportunities.

Visit the **Wellness Works** website for more information:
http://webs.anokaramsey.edu/wellness_works



November
 National Lung Cancer
 Awareness Month



“Quitting smoking is easy. I’ve done it a thousand times.” ~ Mark Twain

For those of you who **smoke**, have smoked, or know someone who has, you know how hard it is to quit. Why? The answer is easy, nicotine. Nicotine is a drug naturally found in tobacco, but there’s nothing natural about it. It’s as addictive as cocaine or heroin. Sounds serious, right? Well, it should!

According to the American Cancer Society, lung cancer is the leading cause of cancer death in American men and women today. And guess what, it’s also the most preventable! 87 percent of lung cancer cases are attributable to tobacco use. Avoid becoming a statistic ...

Let's get back to the icky

nicky, that being nicotine. You may be wondering, how come nicotine is so addictive? Believe it or not, nicotine produces pleasant feelings that make you want to smoke more and more. The more you smoke, the more the nicotine will act as a depressant and interfere with the flow of information between your nerve cells. As a smoker's nervous system adapts, which is inevitable, they increase the amount of cigarettes they smoke, also inevitable. Just like any other drug, the smoker develops a tolerance, and again increases the amount of use. Now, the smoker feels the need to maintain that level of nicotine, thus becoming addicted. Going back to what was stated earlier about nicotine being as addictive as cocaine or heroin; it also reaches the brain faster, when inhaled in cigarette smoke, than drugs that enter the body intravenously.



I want to quit, I just don't know where to start. The first question you need to ask yourself is "Do I need help to quit?" Honestly answer these questions to help you figure that out.

- Do you smoke within the first five minutes of waking up?
- Do you find it difficult to refrain from smoking in places where it is forbidden (for example, in church or at the movies)?
- Would it be hardest for you to give up the first cigarette of the day?
- Do you smoke a pack or more a day?
- Do you smoke more frequently in the first half of the day?

- Do you smoke if you are so ill that you are in bed most of the day?

If you answered yes to any or all of these questions, you may have a strong dependence on nicotine. Talk to a doctor or cessation expert about your options for stop-smoking medicines. Using medicine to stop smoking has been proven to double your chances of success. Social support is also a key element to quitting. Family, friends, quitters' groups, and telephone counseling is very important. If you are trying to quit, don't keep it a secret because you're afraid of failure. Let those who love you most help you!

Kicking the craving is probably the toughest part of quitting. The *American Cancer Society* gives these tips:

- For the first few days after you quit smoking, spend as much free time as possible in public places where smoking is not allowed. This includes places like libraries, malls, museums, theaters, restaurants without bars, and churches.
- Don't drink alcohol, coffee, and other drinks you link with smoking. Test out some other drinks instead. Try different types of waters or fruit juices. This may be the time to indulge in some interesting teas you have never tried.
- If you miss the feeling of having a cigarette in your hand, hold something else -- a pencil, a paper clip, a coin, or a marble, for example.
- If you miss the feeling of having something in your mouth, try toothpicks, cinnamon sticks, sugarless gum, sugar-free lollipops, or celery.

- Some people chew on a straw or stir stick.
- Avoid temptation -- stay away from situations you link with smoking.
- Find new habits and create a non-smoking environment around you.
- Be ready for future situations or crises that might make you want to smoke again, and think of all the important reasons you have decided to quit. To remind yourself of these reasons, you may want to post a picture of your children (or other people who are important to you) in your workplace. Or keep one handy in your purse or wallet.
- Take deep, rhythmic breaths to relax, and picture your lungs filling with fresh, clean air.
- Remember your goal and the fact that the urges to smoke will lessen with time.
- Think positive thoughts about how awesome it is that you are quitting smoking and getting healthy -- try to avoid negative ones. Remember that quitting is a learning process. Be patient with yourself.
- Brush your teeth and enjoy that fresh taste.
- Exercise in brief bursts (alternate tensing and relaxing muscles, push-ups, deep knee bends, walk up a flight of stairs, or touch your toes).
- Call a supportive friend, family member, or a telephone stop-smoking counselor.
- Eat several small meals during the day instead of 1 or 2 large ones. This keeps your blood sugar levels steady, your energy balanced, and helps prevent the urge to smoke. Avoid sugary or spicy foods that may trigger a desire for cigarettes.