

YOU CAN QUIT SMOKING

Here are some helpful hints

Think of the savings... and the benefits.

- Make a calendar for the first 90 days and fill in how much you saved each day by not smoking
- Take one day at a time. Each day without a cigarette is good news for your health, family and bank balance
- Make a list of things you would like to buy for yourself or someone else. Estimate the money you have saved by not buying cigarettes or tobacco and buy some presents
- Buy yourself flowers to celebrate totally smoke-free days. You may be surprised how much you can enjoy their scent now
- Make a date and stick to it. Draw up a plan of action and consider all the methods available
- Smoke in circumstances that are not especially pleasurable
- Decide how many cigarettes you will smoke on a daily basis, and for each additional cigarette give a dollar to charity
- Smoke only those cigarettes you really want and catch yourself before you light up out of pure habit
- Do not empty your ashtrays. This will remind you how many you smoke and the sight and smell of stale cigarette butts will be very unpleasant
- Do not think of never smoking again. Think of stopping in terms of one day at a time
- Keep busy on the day you plan to stop. Go to the movies or do something you have put off
- Make an appointment to see your healthcare provider and see what help they can offer you to quit

Tips to stop smoking

- Do not be afraid to ask for help
- Ask family and friends not to smoke around you
- Wash your clothes to get rid of the smell
- Decide whether you will only smoke during odd or even hours of the day
- Write down the reasons you want to become a non-smoker
- Each day, postpone lighting your first cigarette by one hour
- Ask your partner or a friend to stop with you - make a contract with each other



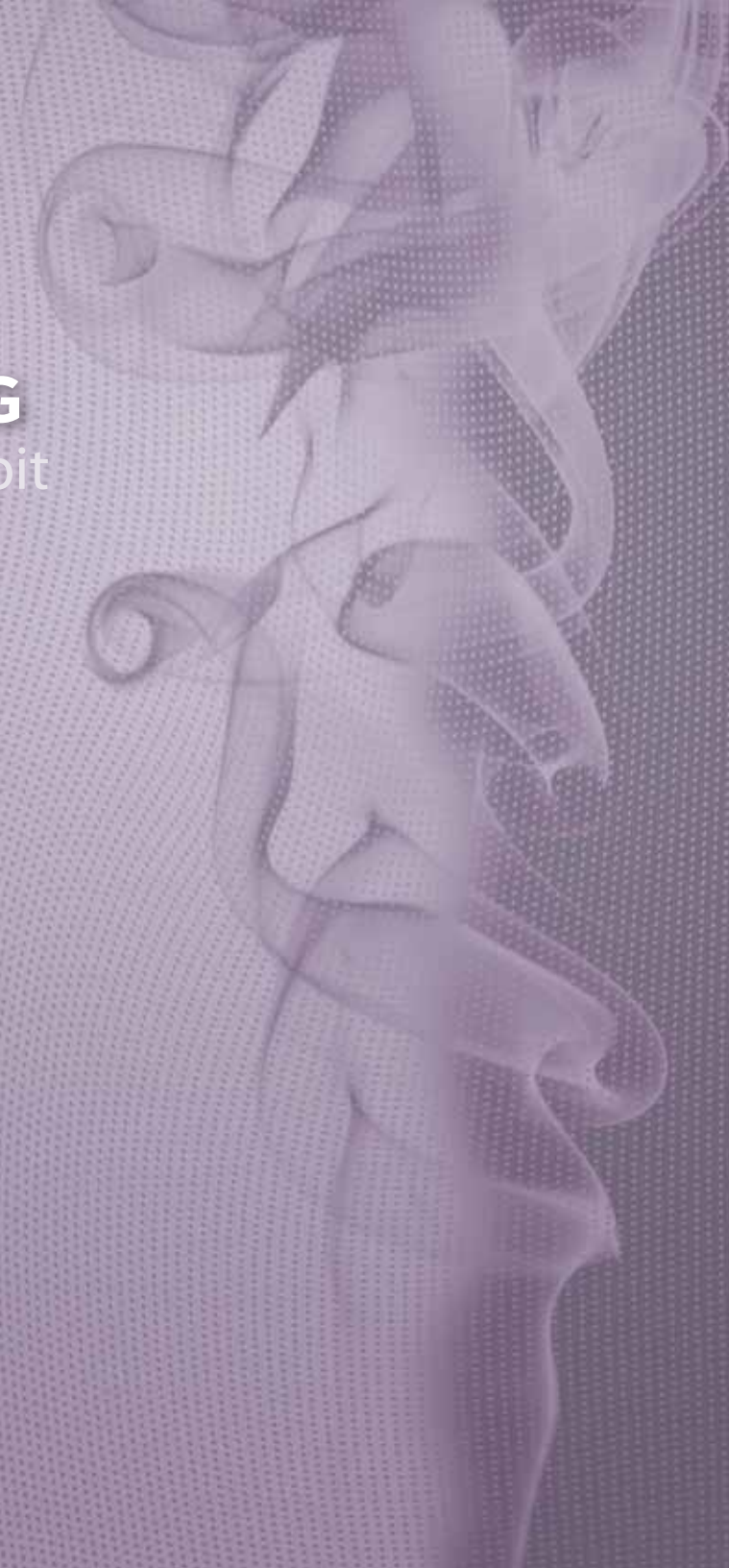
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LIVING HEALTHY WITH CHRONIC PAIN



SMOKING

a deadly habit



SMOKING

A DEADLY HABIT

By Reynald Forde, PA-C

There are roughly 50 million smokers in the United States in spite of all the publicity about the negative effects of smoking on health. In fact, 800 billion cigarettes are smoked annually, and whether one smokes five cigarettes per day or 50, smoking is extremely bad and will seriously affect one's health. Cigarette smoking is the leading preventable cause of premature death in the United States, accounting for almost 500,000 deaths each year. On average, smokers suffer many chronic illnesses resulting in \$50 billion in annual medical expenses and a loss of approximately 21 years of life. Along with long-term negative effects on health, smoking also has immediate effects on the body. After smoking a cigarette, your blood pressure will rise and your heart rate will increase by about 20 beats per minute. Carbon monoxide, a poisonous gas, will enter the lungs and begin to replace oxygen. The tiny hairs in the lungs that filter the air that you breathe will cease to work, as they become paralyzed by the poisons that are contained in tobacco smoke. Circulation, especially to the hands and feet become less efficient and the temperature of the skin may drop. Your nervous system will be altered and smoking can cause muscle tension.

In the long-term, smoking causes diseases such as most forms of cancer of the mouth to cancer of the blood. Smoking also can cause heart and blood disease, heart attack, hypertension, stroke, asthma, emphysema, bronchitis, pneumonia, diabetes, stomach ulcers, gum disease, cataracts, premature aging of the skin, loss of smell and taste, osteoporosis, arthritis and joint pain, poor wound healing and infection, impotence and reduced fertility.

An article published in volume 66 of the 2007 edition of the Annals of Rheumatic Diseases was about a study done involving men with knee pain and knee osteoarthritis. Those who smoked were more likely to have an increased risk for cartilage loss in the joints. They also had higher pain scores compared to non-smokers. People who smoke have been shown to have poor pain control and disability ratings after surgery and other forms of treatment. Smoking decreases the amount of oxygen available for the brain and body tissues, including those of the musculoskeletal system. Smoking reduces the blood flow and the amount of available oxygen in the tissues under the skin. Even one cigarette could cause quite severe constriction of the blood vessels in the fingers. While a non-smoker can build one centimeter of bone in two months, it takes a smoker three months.

Smokers take more days off work through an illness than non-smokers. Also, smokers become out of breath much more quickly after exertion, finding it harder to exercise or to do physical activity. Physical weakness and mental inability can all result from smoking, and this is also true for those exposed to second-hand smoke, including children.

Smoking affects how medications work and are absorbed into the system. Medications depend on an efficient blood flow to work. Smoking may also complicate the use of some medications; for example, female smokers on birth control pills have an increased risk of heart attack, stroke and other circulatory diseases.

Help is available today for people who want to quit smoking. The good news is that some body functions and organs repair themselves over time after a person quits smoking. But, quitting means that you want to do it and are committed to it. It certainly would not be easy, and depending on how long you have smoked, it likely will be very difficult. But it IS possible and it is very worth it. Many people have

successfully quit smoking after learning about the ill-effects of it. Sometimes, it takes a serious personal illness or that of a loved one, but you do not have to wait until then!!

The greatest health reform writer of all time, Ellen G. White, states, "Tobacco is a slow industrious, but malignant poison. In whatever form it is used, it tells upon the constitution; it is more dangerous because its effects are slow and at first hardly perceptible...; its effects are difficult to eradicate from the system."

Positive Steps for Times of Temptation

- Get more active, walk instead of drive and use the stairs or use the stairs instead of the elevator - exercise helps you relax and boosts morale
- Change your routine to break the association of smoking with certain times of day or places
- Change your surroundings when the urge to smoke seizes you - research has shown that even a short walk can quash nicotine cravings
- Put something other than a cigarette in your mouth - try carrots, apples, celery, raisins or sugarless gum
- Tell all your friends and family that you have already quit - you will be embarrassed if they catch you smoking
- Stop carrying and hoarding cigarettes - at home, in your bag or at work AND do not borrow cigarettes from anyone else

- Throw away all your cigarettes, matches, lighters and ashtrays
- Visit your dental hygienist and have your teeth cleaned to get rid of tobacco stains - resolve to keep them that way
- Enjoy having a clean taste in your mouth and maintain it by brushing your teeth frequently and using mouthwash
- Avoid alcohol, caffeine or other stimulants and other mood-altering substances
- Pay a friend or family member \$5 if they catch you smoking, as a deterrent
- If your partner smokes, try to encourage them to quit, or at the very least, not to smoke around you
- Think positively - withdrawal can be unpleasant, but it is a sign that your body is recovering from the effects of tobacco
- Ease withdrawal symptoms with nicotine replacement therapy (NRT)
- Keep busy - go for a walk, visit a friend or start a new project
- Change your routine - avoid the shops where you usually purchase cigarettes

