

## Be Prepared

If you are coming to the hospital and you use tobacco, be prepared for your time here. We will be a tobacco free campus at all of our facilities September 2, 2008. There will be no designated smoking area. People choosing to smoke or use tobacco will have to leave our campus and/or properties. For your safety and care as a patient, we ask that you do not leave your hospital unit to smoke or use tobacco.

1. Talk with your physician. Discuss what options you might use, including over the counter and prescription medications, to manage your nicotine cravings.
2. Upon registration at the hospital, be sure to include information regarding any over-the-counter or prescription medications you are using.
3. Practice deep breathing to help in managing any stress that might arise. Take 10 slow, deep breaths and hold the last one. Then breathe out slowly.
4. Keep foods around instead of cigarettes, snuff or chew. Try carrots, sunflower seeds, celery, raisins, licorice or sugarfree gum. For smokeless tobacco users, try beef jerky, or mints. Toothpicks, especially flavored ones, are also often used. Choose water or healthy drinks over soda or caffeinated drinks like coffee. Be sure to talk to your physician regarding dietary choices that are appropriate for you.
5. Wash your hands when you have an intense craving. Stay busy, especially with activities that use your hands. Keep a pencil, pen, paper clip or marble in your hands to keep them busy. Keep your mind busy as well with puzzle books.

6. Eat several small meals throughout the day. This will help maintain constant blood sugar levels and reduce the urge to smoke. Also, avoid spicy or sugary foods that may trigger the desire for cigarettes.

\*Information sourced from the American Cancer Society:  
The Great American Smokeout

### Additional tips:

Exercise can help in reducing tension, stress, anger or anxiety during quitting. Exercise releases endorphins into the body's system which can help make one feel better. As a coping mechanism, exercise can replace the time one may have used smoking with a healthy alternative. Talk with your doctor about becoming more active.

Other exercises that may be helpful combine breathing, movement and re-energizing the body include Yoga, Dance and Tai Chi.

Meditation and prayer can be useful in reducing stress and managing coping skills during any time of change.

**For more information, please visit:**  
**[www.butlerhealthsystem.org](http://www.butlerhealthsystem.org)**  
**Click on: Tobacco Free Policy**

*Note: One should always check with his/her physician prior to starting any treatment, exercise, diet or supplementation program. The resources/information listed are not in any way intended as a substitute for advice from a person's physician or health care professional. The resources/material are for the sole purpose of information and education. They are not endorsed by Butler Memorial Hospital, Butler Health System or their affiliates.*

# Tobacco Free Campus Cessation Resources

## Resources

To be sure, quitting tobacco can be very difficult. For most, it may take up to 7 or more attempts to finally quit. If you quit, and happen to backslide, don't beat yourself up about it. Accept that there will be set-backs, refocus and try again.

The most successful program includes the combination of a tobacco cessation class or workshop, drug therapy or nicotine replacement, and an ongoing system of support. If you and your spouse or a friend smokes, try quitting together and support each other through this time of change.

### Online:

- [www.determinedtoquit.com](http://www.determinedtoquit.com) or call 1-800-784-8669

- <http://health.yahoo.com/smoking/>

- American Lung Association Freedom From Smoking Program at [www.ffsonline.org](http://www.ffsonline.org)

- [www.quitnet.com](http://www.quitnet.com)

- [www.chantix.com](http://www.chantix.com) or 1-877-242-6849

GetQuit is a resource for those prescribed the drug Chantix for tobacco cessation. Talk with your physician and see if Chantix is right for you. Then go to the website to enroll in GetQuit.

- American Cancer Society at [www.cancer.org](http://www.cancer.org)

- American Lung Association at [www.lungusa.org](http://www.lungusa.org)

- The Center for Disease Control at [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

- [www.SmokeFree.gov](http://www.SmokeFree.gov)

### Smokeless Tobacco Resources:

- [www.kikit.net](http://www.kikit.net)

- [www.stopsmokeless.com](http://www.stopsmokeless.com)

- <http://familydoctor.org/online/famdocen/home/common/addictions/tobacco/177.html>

- [www.quit tobacco.com](http://www.quit tobacco.com)

- [www.throughwithchew.com](http://www.throughwithchew.com)

### Telephonic:

- PA Quitline 1-877-724-1090

- American Lung Association Quitline 1-800-LUNG-USA

- Check with your insurance carrier for online and telephonic support

- National Cancer Institute Smoking Quitline 1-877-44U-QUIT

- National Quitline 1-800-Quit Now

### Community Resources:

Community Health Challenge  
(724) 283-9955

[www.communityhealthchallenge.org](http://www.communityhealthchallenge.org)

Provides educational resources, cessation classes, counseling and more. Visit their website for more details.

## Quitting Methods

Nicotine Replacement Therapies come in a several forms. The patch, lozenges, nasal sprays, nasal inhalers and gum. They all have a measured supply of nicotine without other harmful chemicals that are contained in tobacco. They reduce the physical cravings for nicotine and may be helpful when smoking or chewing is not an option. Use of any of the following products is only recommended under the direction and supervision of your physician, as complications may occur with usage if you have certain medical conditions. Refer to your physician and product information for instructions on use.

- **The Patch** supplies a steady stream of nicotine through the skin over a period of 16 to 24 hours. It is available by prescription or over-the-counter.

- **Nicotine Gum** is an over-the-counter product that is recommended for those who wish to have something in their mouth to deliver nicotine to their system. The gum is meant to be chewed until a tingling sensation or peppery taste is noticed and then set between the cheek and gums of the mouth (referred to as "parking" the gum). When the tingling or peppery taste goes away, the gum is again chewed. This process is repeated until the tingling or peppery taste does not come back (approximately 30 minutes).

- **Nicotine Nasal Sprays** are available by prescription and deliver nicotine by spraying into the nose.

- **Nicotine Inhalers** are available by prescription. Nicotine is delivered by use of a special nicotine oral inhaler that mimics a cigarette. The smokers "puffs" the nicotine inhaler whenever they have a craving for a cigarette.

- **Nicotine Lozenges** are over-the-counter. When using, it is recommended that one does not bite, chew or swallow the lozenge.

- **Cold Turkey** is usually done with no preparation or a gradual reduction in the number of cigarettes smoked or amount of tobacco chewed. For others it means quitting without the use of drugs or nicotine replacements.

- **Other prescription medications** have been approved to help with smoking cessation. Ask your doctor about what is available and discuss options with your physician.

- **Smoking & Tobacco Cessation Classes:** Classes are designed to motivate and reinforce those wanting to quit tobacco use. Participants learn to identify obstacles in quitting, and receive encouragements and develop strategies to combat obstacles.