

Methods to Stop Smoking

If you've tried to quit before, you may need to try another method. The chart inside this pamphlet outlines the many programs and services available.

"Cold Turkey"

This is the most common method. Here are some tips to remember. Choose a quit date. Before you quit, switch brands and change as many of your smoking-related activities as you can. On your quit day get rid of all ashtrays. Drink plenty of water, chew gum or candy, hold a pen, straw or other object in place of a cigarette. When the urge to smoke is strong, try to do something physical, like go for a walk.

On your own with materials

A variety of materials, pamphlets and other literature can help you understand your smoking patterns, set a target date for quitting, resist urges to smoke, think of alternative activities to smoking, limit weight gain after quitting, relax and reduce stress, restrict your access to cigarettes, and handle any slips after you quit. See also "Other Resources including Self-Help Videos."

Group Support Clinics

While most smokers who quit do so on their own, many may want or need the support of group programs to quit smoking. Clinics are offered through voluntary health agencies or at worksites. They provide a structured format of scheduled meeting times and group support. Most programs run for several weeks.

Hypnotherapy

Hypnotherapy creates a state of complete mental and physical relaxation and helps eliminate the desire to smoke. Participants in controlled therapy sessions will learn how to break unwanted habits, and to change your attitudes about smoking in ways that will help you quit.

Acupuncture

Acupuncture is based on the Chinese Science of connections in the body. Acupuncture treatment consists of inserting needles or staples into the skin near surface nerves. It is a relatively painless procedure.

Fitness Combination Programs

Some local fitness centers offer programs combining exercise, nutrition and diet control encouragement with smoking cessation support. Programs generally last eight weeks and offer varying options.

Nicotine Replacement Products

Quitting smoking is a two-step process that involves overcoming the physical addiction to nicotine and breaking the smoking habit. Nicotine replacement products help take care of nicotine addiction so you can work on breaking the habit. They are available in a variety of forms, including the nicotine patch, nicotine gum, nicotine nasal spray and the nicotine inhaler. They are safer than smoking because they do not contain the more than 50 toxins found in cigarettes. You can purchase the nicotine patch and nicotine gum over the counter, but the nasal spray and inhaler require a doctor's prescription.

Other Resources

New York State Smokers Quitline

1-888-609-6292

The NYS Quitline is a free service that provides NYS residents with help when they are ready to stop smoking. All services of the Quitline are free and confidential. The Quitline is staffed by Information Specialists who can provide information on a variety of stop smoking topics such as medications available, withdrawal symptoms and local programs. The Quitline can also assist friends and family of smokers, educators, parents and students looking for information. The Quitline is based out of Roswell Park Cancer Institute and funded through the New York State Department of Health.

Websites – There is a large amount of health information on the web; some is very reliable and some is very questionable. The two sites listed below are affiliated with reputable health organizations.

www.quitnet.org QuitNet brings proven scientific methods of quitting smoking and support to smokers whenever they need it. Quitnet is operated by Boston University School of Public Health.

www.mayohealth.org To find the Stop Smoking Planner look at the left side of the page under Take Charge of Your Health. Click on Healthy Lifestyle Planner, look again at the left side of the page and click on Stop Smoking Planner. The Mayo Clinic operates the Stop Smoking Planner.

In the fall of 1999, the New York State Medicaid Program began covering prescription smoking cessation products such as nicotine patches, sprays, inhalers, gum and Zyban. Contact your physician to learn more about how to obtain these products.

Want to Stop Smoking?

Start with this Guide; help is everywhere.

Capital District



COALITION

Capital District Tobacco-Free Coalition

% American Lung Association

3 Winners Circle, Suite 300, Albany, NY 12205

(518) 459-4197 ext.322

www.capitalquits.org

CDTFC has compiled this list of resources to help you choose what will work best for you. Most people quit smoking on their own. Others attend clinics, have individual counseling or use self-help programs. There is no best way—the decision about when and how to stop smoking is an individual one.

What is the Capital District Tobacco-Free Coalition?

CDTFC is a three-county coalition of local organizations and individuals committed to encouraging a tobacco-free environment.

The Coalition includes:

Albany Citizen's Council on Alcohol and Other Chemical Dependencies

Albany Medical Center

American Cancer Society

American Heart Association

American Lung Association

Blue Shield of NENY

Cancer Information Service at Samaritan Hospital

Center for Coordinated School Health

Maternal Infant Network of the Capital Region

Members from the Albany, Rensselaer and

Schenectady County Health Departments

Schenectady County Committee on Health Care Issues

Seton Health System

St. Peter's Hospital/Mercycare

The Coalition also includes representatives from schools, health care and other community organizations as well as interested individuals.

CDTFC will engage in a variety of activities aimed at changing the community's attitudes and policies with regard to tobacco use. Target areas include schools, worksites, health care settings, community groups, community environment.

MISSION STATEMENT —The Capital District Tobacco-Free Coalition is committed to reducing adolescent and adult use of tobacco through cooperative programs in prevention, cessation, advocacy and community education.

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How the body changes after your last cigarette -

20mins
WITHIN 20 MINUTES:

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

8hrs
WITHIN 8 HOURS:

Carbon monoxide level in blood drops to normal. Oxygen level in blood increases to normal.

24hrs
WITHIN 24 HOURS:

Chance of heart attack decreases.

48hrs
WITHIN 48 HOURS:

Nerve endings start regrowing. Sense of smell and taste is enhanced.

72hrs
WITHIN 72 HOURS:

Bronchial tubes relax, making breathing easier. Lung capacity increases.

2wks-3mo
WITHIN TWO WEEKS TO THREE MONTHS:

Coughing, sinus congestion, fatigue, shortness of breath decrease. Cilia regrow in lungs increasing ability to clean lungs and reduce infection. Body's overall energy level increases.

5yrs
AT FIVE YEARS:

Lung cancer death rate for average smoker (1 pack a day) decreases from 137 per 100,000 people to 72 per 100,000. After 10 years, rates drop to 12 deaths per 100,000 or almost the rate of nonsmokers.

10yrs
AT TEN YEARS:

Precancerous cells are replaced. Risk for other cancers (mouth, larynx, esophagus, bladder, kidney and pancreas) decreases. (There are 40 chemicals in tobacco smoke that cause cancer.)

Resources for People Who Want to Stop Smoking and Stay Smoke-free

<i>Provider</i>	<i>Description</i>	<i>Cost</i>
Acupuncture Health Care Ctr. 23 Computer Drive East Albany Tel: 438-6202	Acupuncture for Smoking Cessation – Very effective in reducing cravings, inducing a calm mental and physical state, and making the process of withdrawal much less difficult. Treatment is private, individually tailored and lasts about 1 hour. The average is 2-4 sessions.	\$50./session
Alpha Associates Tel: 459-4877	Hypnotherapy – Certified therapists who offer group and individual hypnotherapy. Call Barbara Davison at 459-4877.	Call for price
American Cancer Society 260 Osborne Road Loudonville Tel: 438-7841 or 1 800 725-3185	Living Well – Tobacco-Free – ACS trains businesses and community agencies to provide smoking cessation programs at their site. ACS also provides technical assistance for agencies and businesses to become completely smoke-free.	No Charge
American Heart Association 440 New Karner Road Albany Tel: 869-1961	Self-help brochures and additional information available by calling the American Heart Association or check out their website www.americanheart.org	No Charge
American Lung Association 3 Winners Circle, Suite 300 Albany Tel: 1 800 LUNG-USA (586-4872)	Freedom From Smoking – Offers both a 7-session group and self-help program. Programs offer strategies for quitting, understanding nicotine addiction and relapse prevention strategies. ALA also offers a school-based teen cessation program entitled Not On Tobacco , and a worksite cessation program. For more information or to register, contact the Program Director.	Call for price
Bio-Therapy Hypnosis Services 2119 Broadway Schenectady Tel: 346-8861	Bio-Therapy Cessation Program – This tailored program is offered as individual treatment. Private session includes analysis of individual need and appropriate treatment. The consultation is free and the cessation is guaranteed. Call for an appointment.	Call for price
Capital District Physicians Health Plan (CDPHP) 1223 Washington Avenue Albany Tel: 641-4800	Small group cessation programs designed to help participants stop smoking by providing information, strategies and group support. Call for more information or to register. You may also read about future programs on the internet at www.CDPHP.com	No Charge Open to members first
Kenneth Einbinder 2280 Western Avenue Guilderland Tel: 456-6038	Hypnotherapy – Individual and group sessions available including behavior modification offered for habit control. Each individual is given their own smoking cessation tape as part of this process.	Call for price
Ellis Hospital, Community Health Information Program 1101 Nott Street Schenectady Tel: 1 888 355-4746	Fresh Start – American Cancer Society's small group cessation program designed to help participants stop smoking by providing information, strategies and group support. There are four to five 1-hour sessions held in the early evening. Also available to train facilitators. Call for more information.	No Charge
Philomena Wah Kong, MD 2498 Western Avenue Guilderland Tel: 862-9580	Acupuncture – Effective in patients who wish to discontinue smoking and have the withdrawal symptoms relieved by acupuncture. Patient motivation is important for the success of treatment. Estimated four to five sessions. Please call for more information.	\$45/session
Northeast Women's Health Services 2215 Burdett Avenue Troy Tel: 271-3552	Smoking Cessation Using Hypnotherapy – Certified therapists offer group or individual hypnosis therapy.	Call for price
Pharmacists Society of the State of New York Tel: 869-6595 www.pssny.org	Pharmacists – Pharmacists are trained to run smoking cessation classes in the community. There are 6-8 evening sessions, and they also offer a support group. Call Craig Burrige for more information.	Call for price
St. Peter's Hospital 315 South Manning Blvd Albany	Nicotine Anonymous – Drop-in support group on Thursdays at 7:40 pm on the 7th floor Cusack building. Contact Maureen at 368-6210 for more information.	No Charge
Schenectady County Anti-Smoking Academy 600 McClellan Street Schenectady Tel: 347-5596	Smoking Cessation – Support group cessation programs designed to help individuals stop smoking offered at various locations in Schenectady County. Day, evening, weekend programs available. Participants may qualify for free program.	Low cost or free
Seton Health 1300 Massachusetts Avenue Troy Tel: 268-6165	Cessation services include low cost or free sessions. Group programs offered at a variety of times and locations throughout the Capital District. Highly trained facilitators guide you through the quitting process. Free workbook and CD. Individual telephonic counseling available. Nicotine Anonymous – Drop-in support group on Tuesdays at 7:30 pm in Marrilac boardroom, St. Mary's Hospital. No charge.	Call for price
Stratton VA Medical Ctr. 113 Holland Avenue Albany Tel: 626-5341	QuitSmart – Group cessation program designed to help participants stop smoking by providing information, strategies and group support. There are five 1½-hour sessions. Call Behavioral Health to register.	No Charge to veterans Minimal charge to non-veterans (for materials)
Willis Van Dyne, Psy.D. 1939 5th Avenue Troy Tel: 272-0506	Hypnosis for Smoking Cessation – Individual sessions of clinical hypnosis and/or behavioral modification procedures. For more information or to schedule an appointment, call Dr. Willis Van Dyne, Clinical Psychologist.	Call for price
Venture Inward 568 Columbia Turnpike East Greenbush Tel: 477-6566	Hypnosis – Individual or group sessions of hypnosis utilizes breathing, relaxation, and guided imagery to change your habitual behavior at the subconscious level. Group sessions available at your workplace or their office. Free hypnosis audio tape included.	Call for price
Voorheesville Public Library 51 School Road Voorheesville	Nicotine Anonymous – Drop-in support group on Saturdays at 10:15 am in the Community Room. Call Maureen at 368-6210 for more information.	No Charge