

How to stop smoking

Presented by:

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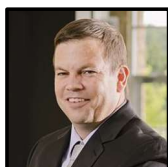
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Evaluation and Implementation of Lifestyle Changes and Life's Simple 7 in Northwest Indiana



Indiana
Department
of
Health

Exercise
is **Medicine**[®]
On Campus

Purdue University Northwest

The American Heart Association's "Life's Simple 7"



Stop
Smoking



Get
Active



Control
Your
Cholesterol



Manage
Blood
Pressure



Eat
Healthy



Lose
Weight



Reduce
Blood
Sugar

What's new?

Sleep added as component of heart health.

- Accounts for vaping and secondhand smoke.
- Creates a new guide to assess diet.
- Adjusts cholesterol and blood sugar measures.

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AHA PRESIDENTIAL ADVISORY

Life's Essential 8: Updating and Enhancing the American Heart Association's Construct of Cardiovascular Health: A Presidential Advisory From the American Heart Association

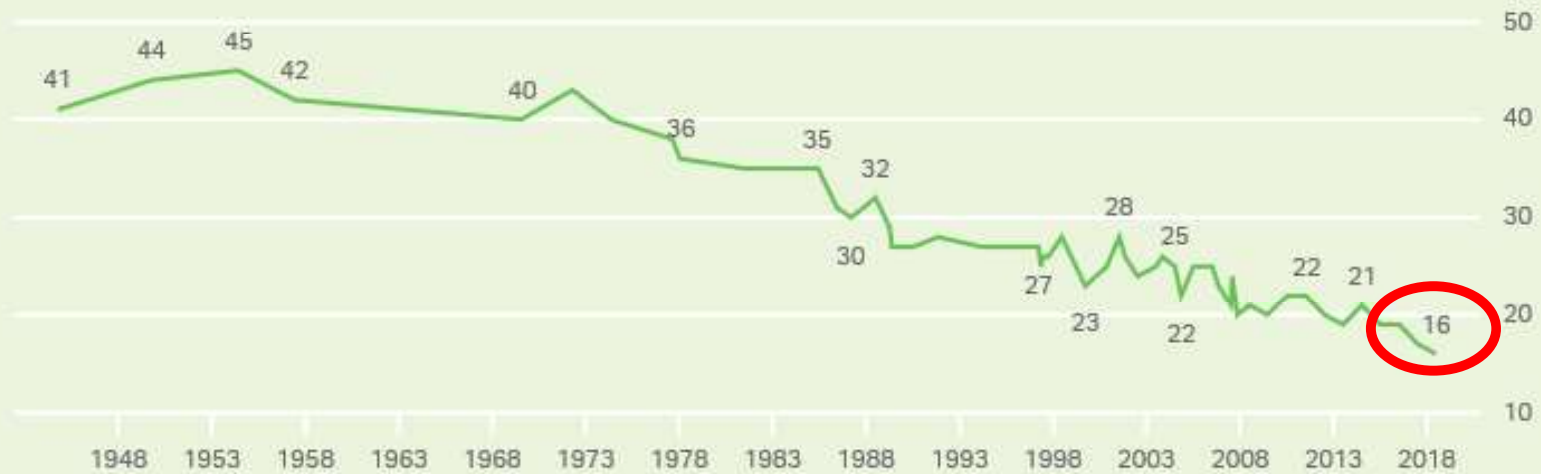


How to stop smoking

Percentage of U.S. Adults Who Are Smokers: 1944-2018

Have you, yourself, smoked any cigarettes in the past week? (% yes)

■ % National adults



GALLUP

As of 2020

Any combustible tobacco product = 15.2%

Cigarettes = 12.5%

Step 1:

Educate yourself

True or false?

It doesn't matter whether I quit smoking—
the damage is already done.



- **Within 20 minutes of quitting:**

Blood pressure and heart rate **recover** from effects of nicotine.

- **12 hours after quitting:**

Blood carbon monoxide levels **return to normal**.

- **After 2 weeks:**

Circulation and lung function **improve**.



- **After 1 to 9 months:**

- Clearer and deeper** breathing.

- Less coughing and shortness of breath.**

- Regain the ability** to cough productively, instead of hacking.

- **After 1 year:**

- Heart disease risk reduced by $\frac{1}{2}$**

- **After 5 years:**

Mouth, throat, esophagus, and bladder cancer risks cut by $\frac{1}{2}$

Cervical cancer and stroke risks return to normal.

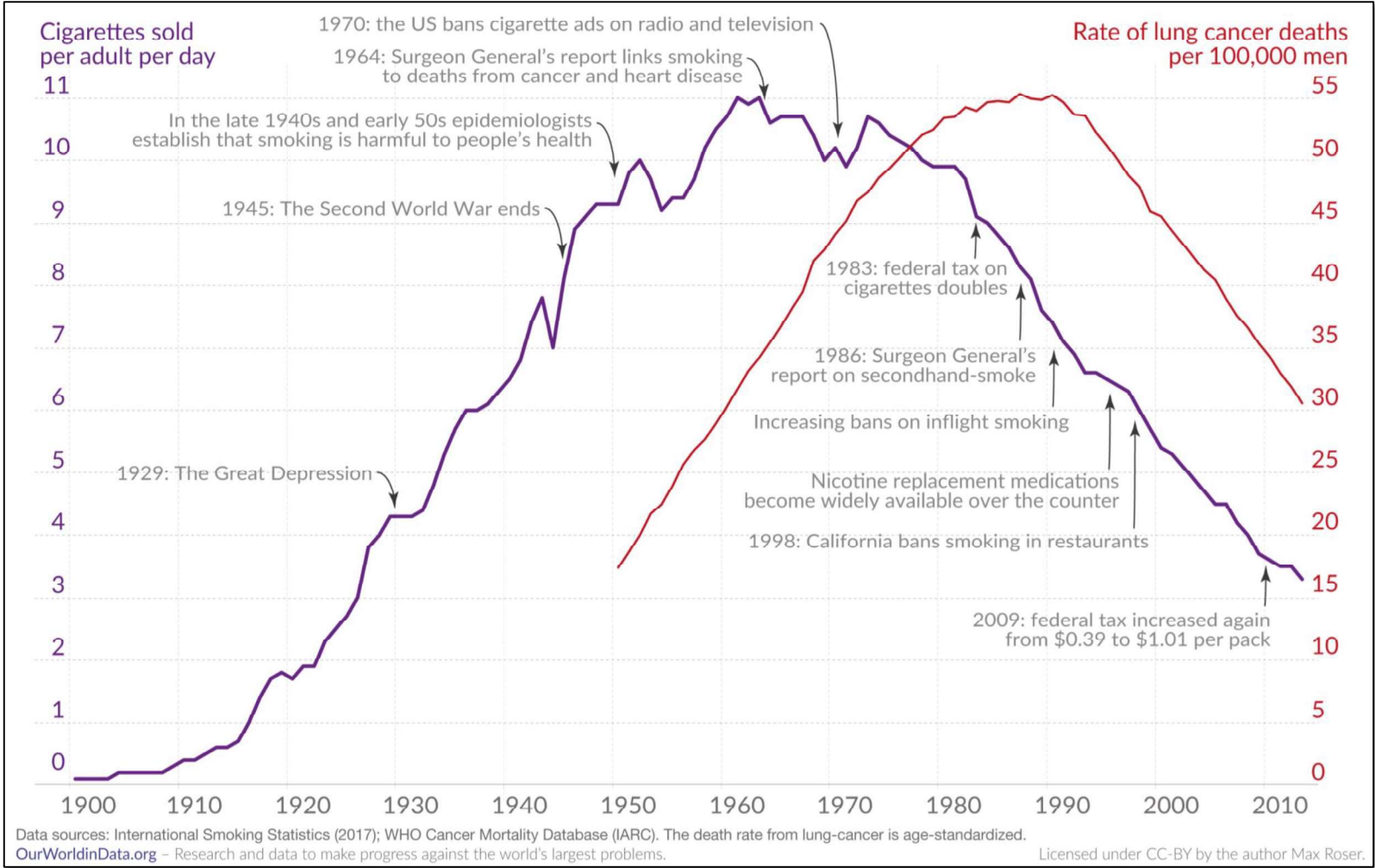
- **After 10 years:**

$\frac{1}{2}$ as likely to die from lung cancer.

↓ risk of larynx or pancreatic cancer.

- **After 15 years:**

Heart disease risk is the same as that of a non-smoker.



Some **other benefits** of quitting...

- You'll be able to be active with **less shortness of breath**.
- Clothes, hair, body, car, and home will **smell better**.
- Sense of taste and smell will **return to normal**.
- Teeth and fingernails stains will **start to fade**.
- Save **hundreds or thousands** of dollars per year.

Costs as of 2022

Average Indiana price per pack = \$7.12

Yearly cost for pack-a-day smoker (Indiana) = \$2,591

True or false?

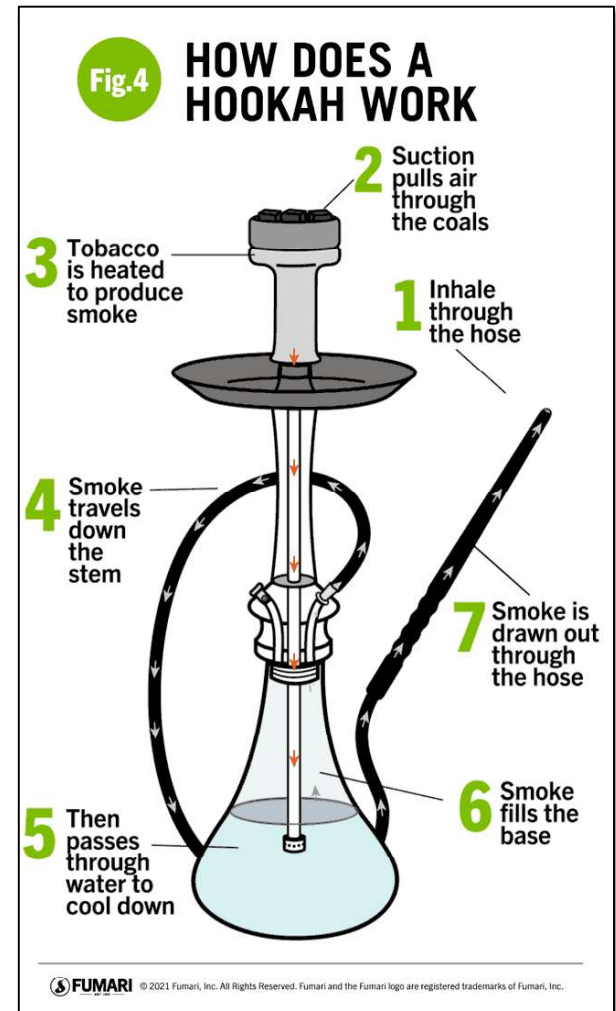
Hookah is a safer form of tobacco.



True or false?

Hookah is **NOT** a safer form of tobacco.

- **100x** more toxic smoke inhalation.
- Still cause addiction.



True or false?

Smokeless tobacco products are safer.



True or false?

Smokeless tobacco products are NOT safer.

- **↑ risk of oral, esophageal, and pancreatic cancer.**
- **Still cause addiction.**



True or false?

Vaping/e-cigarettes are safer.



True or false?

Vaping/e-cigarettes are **MOST LIKELY NOT** safer.

They have fewer chemicals than cigarettes, **but...**

- Still **thousands of chemicals** in them.
- We're **not sure** what many of those chemicals are.
- They deliver **more nicotine per-puff** than cigarettes.

Step 2:

Make a plan to quit

Those who **make a plan are the most successful.**

Set a quit date within the next 7 days.

Choose a method.

Decide if you need help.

Prepare for your quit day.

Quit on your quit day.

Set a quit date within the next 7 days.

JANUARY						
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16	17	18	19	20	21	22
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FEBRUARY						
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MARCH						
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SEPTEMBER						
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OCTOBER						
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NOVEMBER						
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DECEMBER						
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25	26	27	28	29	30	31

Choose a method.

- **Cold turkey?**

- **More difficult, at first.**

or

- **Gradually?**

- **“I will smoke 2 fewer cigarettes per day until I reach 0 per day”**

Decide if you need help.

- **Nicotine replacements?**
 - Gums, lozenges, sprays, patches
- **Health care providers?**
 - If you're not sure what approach is best for you.
 - Can refer you for smoking cessation programs.
- **Prescription medicines?**
 - Varenicline (Chantix)
 - Bupropion (Wellbutrin)

Prepare for your quit day.

How will you deal with **cravings, urges, and triggers?**

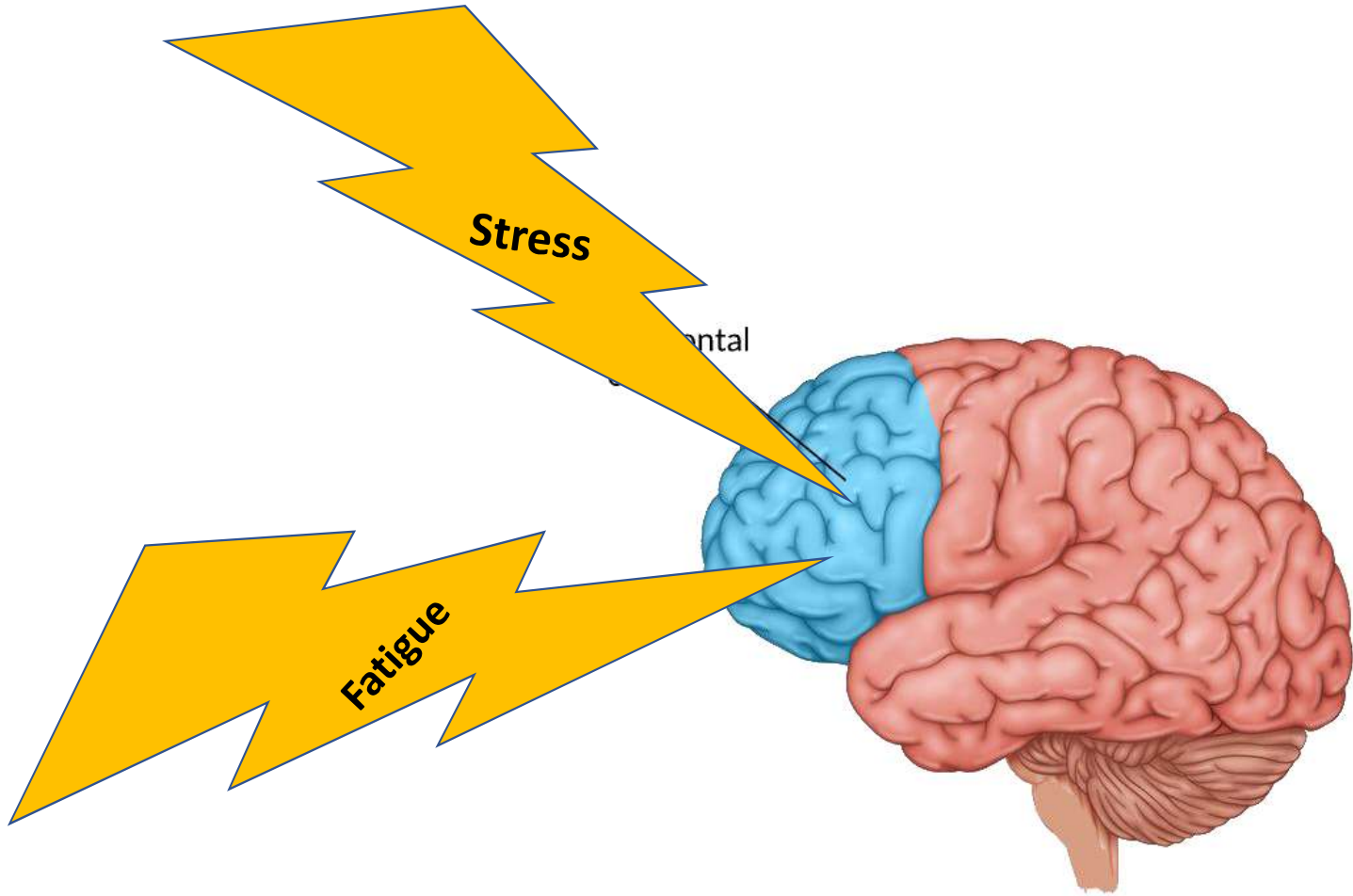
- **Get rid of anything needed for smoking.**
 - **Cigarettes 😊**
 - **Matches/Lighters**
 - **Ashtrays**

How will you deal with **cravings, urges, triggers**?

- Avoid **people** who smoke.
- Avoid **situations** where you may want to smoke.
- Find an **accountability buddy**.

How will you deal with **cravings, urges, triggers?**

- **Make a list of reasons** why you quit.
- **If you feel a craving or nervousness, do something else.**
- **Track your blood oxygen saturation.**
- **Try to get more sleep.**
- **Practice deep breathing and mindfulness.**



How will you deal with **cravings, urges, triggers?**



The image displays three screenshots of the quitSTART app interface, showing different views of the user's progress and challenges.

Left Screenshot (11:38 AM): Shows the user's progress: "Joined for 0 days, 1 hr 39 m 3 s". The "What's Up?" section includes five circular icons: "eek! I'm Craving", "oops! I slipped", "Feeling Down", "Distract me", and "I'm Great". A "Did you know..." section states: "Smoking damages your DNA, which can cause cancer."

Middle Screenshot (11:40 AM): Shows the user's progress: "Joined for 0 days, 1 hr 41 m 13 s". The "Quit Date" is 10-20-15. The user has 1 craving and 1 slip. The "Dollars Saved" is \$6. The "I'm Great" section shows 1 entry. The "October 21, 2015" section includes: "CHALLENGE ACCEPTED: Write out your specific fitness goals.", "I'm Great: i am feeling great!", "SMOKEFREE 1 DAY: Big day! You've made it your first day", and "FREQUENT FLYER: Woohoo! We can see you're dedicated to".

Right Screenshot (11:38 AM): Shows the user's progress: "Joined for 0 days, 1 hr 41 m 13 s". The "11 actions" section includes: "recommended to help you quit smoking.", "Post pictures of family and friends on your phone background, in your locker, and in your bedroom. Seeing them everyday will help keep you on track.", and "My Favorite Cards" section with 3 cards: "Handling Cravings" (2), "Dealing with Slips" (1), and "Help with Feeling Down" (3).

How will you deal with **cravings, urges, triggers?**



What is QuitBet?

QuitBet is a game by WayBetter that motivates people to quit smoking using financial rewards and peer support.

How do I join the study and play?

To play QuitBet, you'll place a \$30 bet on yourself to stop smoking for 4 weeks. If you win, you'll get that money back plus some extra.



Am I eligible?

You may participate if you are at least 21 years old, live in the United States, and smoke at least 5 cigarettes every day.

Quit on your quit day.

What if you fail?

- This **doesn't mean you're a smoker again**—do something now to get back on track.
- Don't **punish** or **blame** yourself.
- Think about what **triggered** the urge.
- Review your plan and **try again**.

Our remaining seminars



How to Manage Weight.

11am to 12pm, Monday, April 10, 2023

Session Topics:

- Understanding facts and myths about managing weight
- How to make a plan to manage weight
- Tips for successfully managing weight
- Free resistance band sets will be provided to the first 20 attendees



How to Be More Active

11am to 12pm, April 17, 2023

Session Topics:

- Understanding facts and myths about physical activity
- How to make a plan to engage in physical activity
- Tips for successfully adhering to physical activity
- Free pedometers will be provided to the first 30 attendees



1-800-QUIT-NOW