

FOCUS_{on}health

■ SUMMER, 2017

Physicians Caring for Kentucky

SO YOU WANT TO QUIT SMOKING

Studies show that 70 percent of smokers want to quit. In Kentucky, 56.3 percent of smokers made a serious but failed attempt to quit smoking in 2014, according to the CDC Behavioral Risk Factor Surveillance System (BRFSS). A law passed during the 2017 legislative session will ensure smokers have access to the counseling and treatment to help them be more successful in their quit attempts.

COMMIT TO
QUIT



SUCCESSFUL STRATEGIES

According to the CDC, scientific research shows these treatments can work to help smokers quit.

- Consultation with a doctor – even one as brief as 10 minutes or less
- Individual, group or telephone counseling
- Behavioral therapies, such as training in problem-solving
- Treatments with more person-to-person contact and more intensity, such as more or longer counseling sessions
- Programs to deliver treatments using mobile phones



CESSATION MEDICATIONS

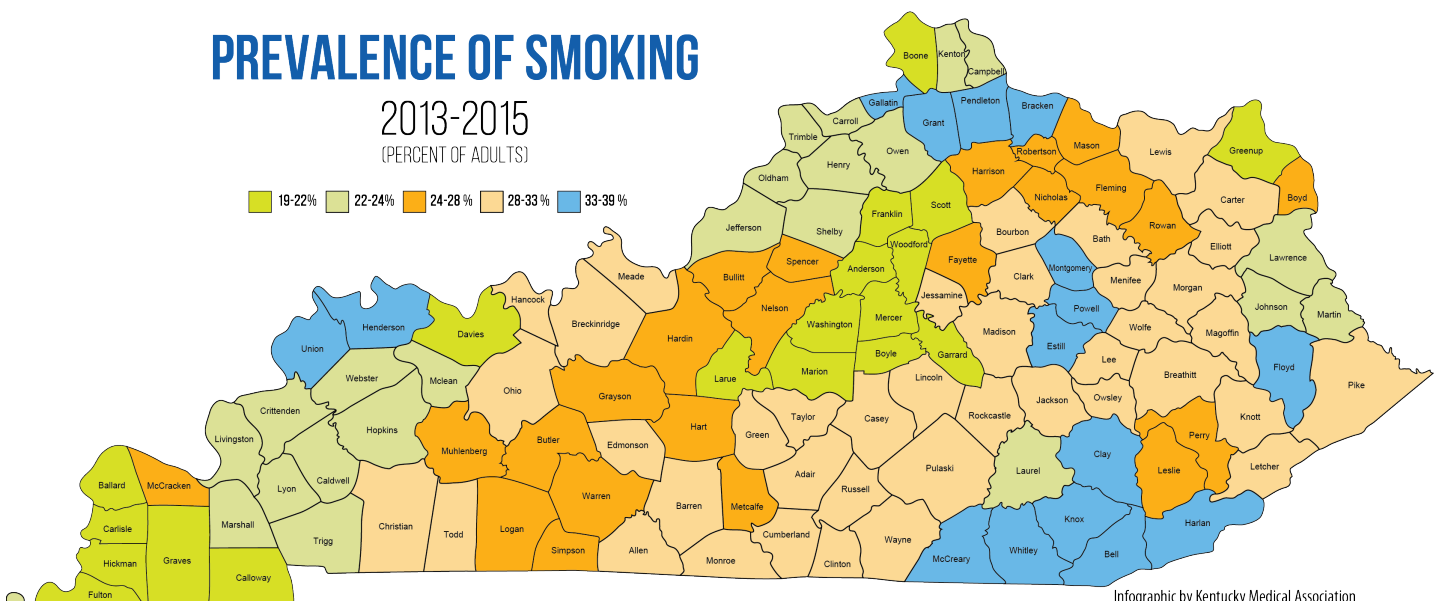
Thanks to Senate Bill 89, these cessation medications are covered under most insurance plans.

- Nicotine transdermal patches
- Lozenges
- Gum
- Inhalers
- Nasal spray
- Bupropion SR
- Varenicline

PREVALENCE OF SMOKING

2013-2015
(PERCENT OF ADULTS)

■ 19-22% ■ 22-24% ■ 24-28% ■ 28-33% ■ 33-39%



SMOKING DAMAGE TO YOUR BODY

You know about the detrimental effects of smoking on your heart and lungs. But the damage from smoking goes well beyond your cardiovascular health. It has harmful effects on every organ in your body.

BRAIN: Nicotine is as addictive as heroin.

EARS: Smoking can cause mild to moderate hearing loss.

EYES: Smoking increases risk of cataracts and macular degeneration.

MOUTH: Smokers have more oral health problems than nonsmokers.

FACE: Smoking can cause your skin to dry and wrinkle; it can also cause your skin to dull or gray.

MUSCLES: Smoking makes it harder for you to build muscle.

BLOOD: Nicotine intake makes it more difficult for wounds to heal.

IMMUNE SYSTEM: Chemicals in cigarettes make it harder for your immune system to fight infections.

STOMACH: Smokers have bigger bellies.

SOURCE: <https://smokefree.gov/quitting-smoking/reasons-quit/health-effects>

PREPARE TO QUIT

Quitting smoking is hard but can be easier if you have a plan. Studies show that working with your physician can help you be more successful. *Smokefree.gov*, a project of the U.S. Department of Health and Human Services, also suggests you take a few simple steps to put a plan into action and quit for good.

KNOW WHY YOU'RE QUITTING

Look inward to understand your reasons for wanting to quit. They can help motivate you. What do you dislike about smoking? How is smoking affecting your health? How will your life improve when you quit?

01

EXPLORE YOUR OPTIONS TO QUIT

Some people can quit "cold turkey," but others need help. Support can be found in text messaging (SmokefreeTXT) and quitlines. Talk to your doctor to find the best quit method for you.

04

LEARN HOW TO HANDLE YOUR TRIGGERS AND CRAVINGS

Specific people, places or activities will make you feel like smoking. Figure out what makes you want to smoke to be able to deal with them. Cravings are intense, but they usually only last a few minutes. Come up with short activities to get you through a craving.

02

TELL YOUR FAMILY AND FRIENDS YOU PLAN TO QUIT

When others know your plans, they can be there to support you. Let your family and friends know you are planning to quit and why. Ask a family member or friend who smokes to not smoke around you. Ask them to be patient if you are in a bad mood as you quit.

05

FIND WAYS TO HANDLE NICOTINE WITHDRAWAL

As your body goes through withdrawal from nicotine, you may feel depressed, be unable to sleep, become cranky or frustrated, feel anxious, nervous or restless or have trouble thinking. Remember they are temporary and avoid giving in to the temptation to smoke. Nicotine replacement therapy can help.

03

MAKE A QUIT PLAN & STICK TO IT

Quitting is as individual as you are. Talk with your doctor about what will work best for you. Visit *smokefree.gov* to create your own personalized plan to help you stay focused, confident and motivated to quit. Visit *committoquitky.com* for more tips and reasons to quit.

06

SOURCE: <https://smokefree.gov/quitting-smoking/prepare-quit>

