

# Kicking

THE HABIT FOR



# LIFE

*Information and Resources for  
Tobacco and Smoking Cessation*



UNIVERSITY of MARYLAND  
MEDICAL CENTER

UNIVERSITY & MIDTOWN CAMPUS



# CONGRATULATIONS!

Congratulations, you have made the big decision to quit smoking or using tobacco products! You have made the single best choice for your health. You can quit lots of different ways, but you will be the most successful when you combine a cessation class or counseling with medications. Think about joining a smoking cessation class like the classes at the University of Maryland Medical Center's (UMMC) Patient Resource Center, University of Maryland Medical Center's Midtown Campus, or at your local health department. The important thing is to **START**.

**S** = Set a quit date.

**T** = Tell family, friends, and co-workers that you plan to quit and enlist their support.

**A** = Anticipate and plan for the challenges you'll face while quitting.

**R** = Remove cigarettes and other tobacco products from your home, car, and work.

**T** = Talk to your doctor about getting help to quit.

This handbook gives you very important information on why and how to quit smoking or using tobacco. Resources are listed in the back to help you either online, by phone, by mail, or in person. At University of Maryland Medical Center and the University of Maryland Medical Center's Midtown Campuses, we want to promote your health and your families' health and continue our mission to ... **Heal, Teach, Discover and Care**.

## WHY QUIT?

You've smoked for years, why stop now?

Very simply, you will greatly improve your health and improve your chances for a long life. There are over 70 carcinogens (chemicals known to cause cancer) in cigarettes. These greatly increase your chances of getting some type of cancer. But, there are other health problems when you smoke. Heart disease, stroke, emphysema, asthma, loss of bone density and many others are all caused by smoking. Today, 18% of American adults smoke, and that number has been dropping over the years. Most public places are non-smoking, so it is harder to find a place to smoke outside your home or car.

If you need another reason to quit, think of the money you will save! Your health and life insurance rates may even go down once you have quit. Based on a one pack per day habit at \$8 per pack, you will save:

- \$56 per week
- \$2,880 annually
- \$240 per month
- \$28,800 over 10 years

### **Pipes, Cigars and Chewing Tobacco**

If you smoke a pipe or cigar or chew tobacco, you are also at risk for the same health hazards as smoking cigarettes. If you chew tobacco, you are also addicted to the same nicotine that is in cigarettes, making it hard for you to quit chewing. You are also more likely to get cancer in your mouth or stomach, and you will also be more likely to have heart disease or a stroke. Any form of tobacco, (pipes, cigars, chewing tobacco or cigarettes), are not healthy. Kicking the habit is important for anyone who uses tobacco in any form.

### **Electronic Cigarettes**

Electronic cigarettes or e-cigarettes or vapes are designed to look like cigarettes, right down to the glowing tip. When the smoker puffs on it, a vapor is inhaled into the smoker's lungs. The smoker inhales it like cigarette smoke, and nicotine is absorbed into the lungs. The e-cigarette is usually sold as a way for a smoker to get nicotine in places where smoking is not allowed. Some people think they can be used to help people give up tobacco.

The makers of e-cigarettes say that the ingredients are "safe," but this only means the ingredients have been found to be safe to eat. Inhaling a substance is not the same as swallowing it. There are questions about how safe it is to inhale some substances in the e-cigarette vapor into the lungs. Electronic cigarettes are not labeled with their ingredients, so the user doesn't know what's in them. It's best to stay away from e-cigarettes, because we don't know enough about them yet to say that they are safe.

## Secondhand Smoke

Secondhand smoke is no joke! Secondhand smoke is more than just a drag to be around. There is no safe level of secondhand smoke. Even a little secondhand smoke can be harmful to your health.

What is secondhand smoke? It is the smoke you breathe when someone around you is smoking. It is the smoke that comes from the end of a burning cigarette and the smoke breathed out by the smoker. Both types of smoke are harmful to babies, children, adults and seniors.

For babies and children, secondhand smoke can cause them to get sick more often with asthma, ear infections, and pneumonia. Secondhand smoke can also put a baby at more risk for Sudden Infant Death Syndrome (SIDS). When adults breathe secondhand smoke they are more likely to have lung cancer and heart problems. There is no safe level of secondhand smoke.

**Whatever your reason to quit, your health, family or friends, or money, they all motivate you along your path to a smoke-free life!**

## THE GOOD NEWS — AFTER YOU QUIT!

- **In 20 minutes:** Blood pressure, body temperature and heart rate drop to normal
- **In 8 hours:** Smoker's breath disappears, carbon monoxide levels drop and oxygen levels rise to normal
- **In 24 hours:** Chance of heart attack decreases
- **In 48 hours:** Nerve endings start to recover
- **In 3 days:** Breathing is easier
- **In 2–3 months:** Circulation improves, walking becomes easier, lung capacity increases by 30%
- **In 1–9 months:** Sinus congestion improves, shortness of breath decreases, energy increases
- **In 1 year:** Excess risk of heart disease is half that of a smoker
- **In 5 years:** Lung cancer death rate decreases by half, stroke risk reduced, and it just keeps getting better!

*Source: US Surgeon General's Report, 1998 and 2000*

## HOW TO QUIT

Mark Twain once said, “Quitting smoking is easy. I’ve done it a thousand times.” Why is it so hard to quit smoking or chewing tobacco? Nicotine (the addictive drug in cigarettes) is the answer. Nicotine stimulates the “pleasure centers” of your brain and may make you feel relaxed, less tense, or happy, and over the years you have learned to associate smoking with a sense of well-being. Sadly, the nicotine is very addictive and is one of over 7,000 poisons in cigarettes and chewing tobacco. It’s those other thousands of poisonous chemicals that are so toxic to your body and can lead to cancers, emphysema and heart disease. You know it’s unhealthy to use tobacco, so **let’s learn how to quit one step at a time. You will be most successful if you use medications with a class or counseling.**

## MEDICATION OPTIONS TO HELP YOU

**Chantix Therapy:** Chantix is a medication used only for smoking cessation. It was especially designed for this purpose. It is an oral pill taken daily, and it greatly reduces the withdrawal symptoms. As always, talk about your plan with your healthcare team to see what is best for you. Since Chantix is a prescription medication, you must contact your doctor first if you would like to try this method.

**Nicotine Replacement Therapy:** Nicotine Replacement Therapy (NRT) provides nicotine to the smoker without the other thousands of poisons in the cigarette smoke. There are many nicotine substitutes such as: the nicotine patch, gum and nasal spray. NRT should not be used as the only treatment for smoking cessation. Studies show that cessation programs or therapy coupled with NRT will double the chances of success rates for the smoker. As always, talk about your plan with your healthcare team to see what is best for you.

**Zyban/Wellbutrin Therapy:** Zyban or Wellbutrin are other types of medications often used to help smokers kick the habit. They are anti-depressants that reduce the effects of withdrawal symptoms. They can be used alone or with other NRTs. Since both are prescription drugs, you must contact your doctor first if you would like to try this method.

## BEHAVIORAL OPTIONS TO HELP YOU

**Smoking Cessation Classes:** Studies have shown that the best smoking cessation program includes individual or group counseling. When thinking about a program, ask about the following:

- **Session length:** It needs to be at least 20–30 minutes long.
- **Number of sessions:** Attend at least 4–7 sessions is best.
- **Number of weeks:** Attend for at least 4 weeks.
- **Leader Certification:** Your leader should be certified to teach a smoking cessation class.

The American Cancer Society, American Heart Association, American Lung Association, or your local health department may hold smoking cessation classes in your community. Check out the listing at the end of this booklet for classes in your community.

**Nicotine Anonymous Support Group:** This group is like Alcoholics Anonymous groups, with a 12-step approach. To find a local meeting, look in the business section of the phone book for a local listing or search [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) for more information. There are several local meetings in the Baltimore area you can attend, or you can enter a cyber session online or join one of their many phone meetings throughout the day.

## **SYMPTOMS OF RECOVERY**

Be positive and think of “withdrawal symptoms” as your symptoms of recovery! Your body is healing and getting over an addiction. These feelings or symptoms may not bother you at all or you may have only a few of them, especially if you take medications. Having some of these symptoms is actually good! It means your body is getting rid of the bad chemicals. Coping with these symptoms may be tough, but the good news is that they usually only last a couple weeks. Exercise and relaxation can help with many of them. Very few people have all of these symptoms.

- Anger or irritability
- Anxiety
- Coughing: Sip warm tea or suck on cough drops or sugarless candy to soothe your throat. Your lungs and airways are working better, and your body is “cleaning house” by coughing up mucus and accumulated toxins.
- Constipation: Eat plenty of fruits, vegetables and whole grains, which add fiber to your diet.
- Difficulty concentrating
- Dry or sore gums: Drink cold water or chew sugarless gum.
- Feeling unhappy or depressed
- Headaches
- Increased appetite or hunger
- Trouble sleeping and/or vivid dreams: Avoid drinks with caffeine after 6 pm each night.

## DEALING WITH CRAVINGS

Once you quit, you may have times when you really want to smoke or chew. Sometimes, you may be “triggered” by a memory or a routine where you used to smoke. These are called cravings. Cravings usually last 1–2 minutes and can be managed several ways. Some medications help a lot with cravings, but there are things you can do to help you get through the rough spots. **The 4 Ds can help!**

**Delay:** Do not act on your urge to smoke or chew. It will pass in a minute or two. Do not give in—use your willpower!

**Deep breathing:** Take slow, deep breaths to relax you. Breathe in slowly and deeply through your nose and release the breath through your mouth. Keep breathing until you relax and forget about the urge to smoke.

**Drink water:** Drink water. It helps to flush the toxins from your body and gives you something to do with your hands and mouth.

**Distract:** Take your mind off smoking. Get up and move around. Take a walk. Call a friend. Listen to music. Start a new hobby. Balance your checkbook. Meditate. Pray. Chew gum. Brush your teeth.

## GIVE YOURSELF A PAT ON THE BACK

Way to go! You're on the way to becoming a non-smoker! Get support from others and do things to help you stay a non-smoker.

- Avoid or limit old activities, places, or people that trigger the urge to smoke for awhile.
- Get active: Staying active, even through walking, releases “feel good” chemicals in your brain which boosts your mood and helps you feel better.
- Keep your list of reasons why you quit smoking with you and look at it often.
- Talk to your friends and family daily. Their support will help you to have the willpower to stay smoke-free.
- Do things with your hands: Knitting, needlepoint, crossword puzzles, gardening, washing the car, playing with pencils/pens, or a stress-relief “squeeze” toy may help.
- Track your success every day on the calendar.
- Reward yourself everyday and every week. It will keep you positive and successful.
- Save the money you would have spent on cigarettes and save it for weekly, monthly, or yearly rewards. A new CD, a special dinner out, a new camera, or cleaning service—they all are compliments of your new healthy lifestyle!
- If you do have a slip and smoke, **don't give up! Get right back on track, forgive yourself and stay smoke-free.**

## RESOURCES

Think about joining one of the smoking cessation classes at the University of Maryland Medical Center's (UMMC) Patient Resource Center or at University of Maryland Medical Center's Midtown Campus. Call or stop by for free information, resources and class information to help you kick the habit for life.

**UMMC's Patient Resource Center**  
410-328-WELL (9355)

**UMMC Midtown Campus**  
410-225-UWIN (8946)

**UMMC KICK the Habit**  
[www.umm.edu/kickthehabit](http://www.umm.edu/kickthehabit)

**US Government Tobacco Cessation**  
[www.smokefree.gov](http://www.smokefree.gov)

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

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

**Nicotine Anonymous**  
[www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) or  
[www.nicamar.homestead.org](http://www.nicamar.homestead.org)

**Centers For Disease Control (CDC)**  
[www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

**Maryland Tobacco Quit Line**  
1-800-QUIT-NOW

## SMOKING CESSATION RESOURCE DIRECTORY

### ALLEGANY COUNTY

**American Cancer Society  
Fresh Start Program**  
Call for dates, times and locations  
1-800-227-2345, Option #3  
Free

**Allegheny Health Department**  
12503 Willowbrook Road  
Cumberland, MD 21502  
Tobacco (Individual cessation programs)  
Group sessions are done on as  
needed basis  
Call for dates and times  
Contact: Cathy Wallace-Dudley at  
301-759-5050  
Free

**Anne Arundel Medical Center**  
2002 Medical Parkway  
Annapolis, MD 21401  
Become Smoke Free Adults  
6-week program  
Sign-up online at [www.aamcevents.org](http://www.aamcevents.org)  
Ask AAMC: 443-481-5555

**University of Maryland Baltimore  
Washington Medical Center**  
301 Hospital Drive  
Glen Burnie, MD 21061  
Freedom from smoking program  
Anne Arundel County Adult residents  
Call for dates and times  
Contact: 410-787-4367  
Free

### ANNE ARUNDEL COUNTY

**American Cancer Society  
Fresh Start Program**  
Call for dates, times and locations  
1-800-227-2345, Option #3  
Free

### BALTIMORE CITY DOWNTOWN

**University of Maryland  
Medical Center**  
Patient Resource Center,  
First Floor - Weinberg  
22 S. Greene Street  
Baltimore, MD 21201  
410-328-WELL (9355)  
Call for information packet

**University of Maryland  
Medical Center Midtown Campus**  
827 Linden Avenue  
Baltimore, MD 21201  
410-225-UWIN (8946)

**American Cancer Society  
Fresh Start Program**  
Call for dates, times and locations  
1-800-227-2345, Option #3  
Free

**American Heart Association  
Baltimore Stops Classes**  
410-246-6700 for locations, dates  
and times.

**Baltimore City Health Department**  
1001 E. Fayette Street  
Baltimore, MD 21202  
410-396-4398  
Tobacco Use Prevention Program  
Adults and Adolescents  
Contact: Mary Gardner at  
410-361-9765  
Free

**Baltimore Medical System**  
Free patches, group therapy and  
behavior modification.  
Call Earline Washington: 443-703-3689  
for locations, dates and times.

**CEASE Today, For a Healthy Tomorrow!**  
Group smoking cessation classes led  
by Peer Motivators are held at various  
locations throughout SW Baltimore  
and the Waverly Community. Nicotine  
replacement therapies are provided  
when appropriate. Call 443-814-9145  
for more information.

**Chase Brexton Health Services, Inc.**  
1001 Cathedral Street  
Baltimore, MD 21201  
Some services also offered at:  
4000 Old Court Road  
Pikesville, MD 21208  
Program: The Last Drag  
Participants: Gay, Lesbian, Bisexual  
and Transgender  
410-837-2050, ext. 2617  
Call for fee

**MedStar Good Samaritan Hospital**  
5601 Loch Raven Boulevard  
Baltimore, MD 21239  
Mondays at 6:30 pm  
must call to schedule  
Contact: Debbie Bengledorf at  
443-444-4799  
Free

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## BALTIMORE COUNTY

**American Cancer Society  
Fresh Start Program**  
Call for dates, times and locations  
1-800-227-2345, Option #3  
Free

**Baltimore County Health  
Department/Baltimore County  
Anti-tobacco Coalition**  
6401 York Road, 3rd Floor  
Baltimore, MD 21212  
Group Classes, Acupuncture, and  
Hypnosis sessions  
Contact: Tobacco Referral Line to  
enroll 1-800-QUIT-NOW (784-8669)  
Free

**Baltimore County Stop Smoking  
Hypnosis Clinic**  
8910 Harford Road  
Parkville, MD 21234  
2 Sessions, groups of 16 at a time  
Contact: James White at 410-661-1111  
Call for fee

**Community College of Baltimore**  
7200 Sollers Point Road  
Dundalk, MD 21222  
8-12-week Program for adults  
and adolescents  
Offered at all 3 campuses:  
Dundalk, Catonsville, and Essex  
Contact: Dan Young or Shakyra  
Radcliff at 443-887-3828  
Free

**Dr. Mark Young**

5430 Campbell Boulevard  
 White Marsh, MD 21162  
 Alternative Advantage, Adults  
 Call for appointment: 410-933-8800  
 Debra Walters, Office Manager  
 Single sessions: Combining both  
 Acupuncture and Hypnosis  
 Call for fee

**Franklin Square Hospital Center  
Crawford Conference Center**

9000 Franklin Square Drive  
 Rosedale, MD 21237  
 Stop Smoking Today Sessions: Free  
 Contact: Karen Polite-Lamma at  
 443-777-7900  
 Call for fee

**CARROLL COUNTY****American Cancer Society  
Fresh Start Program**

Call for dates, times and locations  
 1-800-227-2345, Option #3  
 Free

**Carroll Hospital Center**

200 Memorial Avenue  
 Westminster, MD 21157  
 Stop Using Tobacco for Life  
 7-week Education & Support-based  
 Program  
 Call for dates and times  
 410-876-4429  
 Free

**CHARLES COUNTY****American Cancer Society  
Fresh Start Program**

Call for dates, times and locations  
 1-800-227-2345, Option #3  
 Free

**Charles County Health Department**

4545 Crain Highway  
 White Plains, MD 20695  
 10-week Program (Patches are  
 worn for the first 8-weeks)  
 Call for dates and times  
 Contact: Mary Beth Klick at  
 301-609-6932  
 Free

**DORCHESTER COUNTY****American Cancer Society  
Fresh Start Program**

Call for dates, times and locations  
 1-800-227-2345, Option #3  
 Free

**Dorchester County Health  
Department**

3 Cedar Street  
 Cambridge, MD 21613  
 One on One Counseling  
 Call for dates and times  
 Contact: Miranda Lecompte at  
 410-901-8129  
 Free to Dorchester Residents  
 Nicoderm CQ Patch available; Chantix  
 will become available in the future

**FREDERICK COUNTY****American Cancer Society  
Fresh Start Program**

Call for dates, times and locations  
 1-800-227-2345, Option #3  
 Free

**Frederick County Health Department**

350 Montevue Lane  
 Frederick, MD 21702  
 Self-help, one to one counseling,  
 smoking cessation classes, and  
 educational programs  
 Call for dates and times  
 Sessions: 3–6-week sessions  
 Patches are available  
 Contact: PJ Miller at 301-600-1755  
 or pmiller@fredcountymd.gov  
 Free

**GARRETT COUNTY****American Cancer Society  
Fresh Start Program**

Call for dates, times and locations  
 1-800-227-2345, Option #3  
 Free

**Garrett County Health Department**

1025 Memorial Drive  
Oakland, MD 21550  
Individual and Group Counseling  
Call for class schedule  
Contact: Mike Wilburn at 301-334-7730  
Free

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**HARFORD COUNTY****American Cancer Society****Fresh Start Program**

Call for dates, times and locations  
1-800-227-2345, Option #3  
Free

**Harford County Health Department****Tobacco Cessation Classes**

Call for schedule  
Adults and Youth  
Contact: Linda Pegram at 410-612-1781  
Free

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**HOWARD COUNTY****American Cancer Society****Fresh Start Program**

Call for dates, times and locations  
1-800-227-2345, Option #3  
Free

**Howard County Health Department**

4-week course for  
Call 410-313-6265 for information  
and registration  
Free

**Howard County General Hospital**

11055 Little Patuxent Parkway, Suite L9  
Columbia, MD 21044

Program: American Lung Association  
8-week program and ongoing support  
groups

Call for dates and times  
Contact: Sandy Roemer at the  
Wellness Center, 410-740-7601  
Call for fee

**NICOTINE ANONYMOUS**

Held in four locations:

**Columbia Medical Center at the Wellness Center**

Sundays at 5:30 pm (as requested)  
must call to schedule  
Contact: Dale at 410-964-2180  
Free

**Dupont Circle Club**

623 Connecticut Avenue NW #200  
Washington, DC 20036  
Thursdays at 5:45 pm  
must call to schedule  
Contact: Dale at 410-964-2180  
Free

**MedStar Good Samaritan Hospital**

5601 Loch Raven Boulevard  
Baltimore, MD 21239  
Mondays at 6:30 pm  
must call to schedule  
Contact: Debbie Bengledorf at  
443-444-4799  
Free

**The Talbott Springs Neighborhood Center, The Serenity Center**

9650 Basket Ring Road  
Columbia, MD 21045  
Wednesdays at 6:30 pm  
must call to schedule  
Contact: Dale at 410-964-2180  
Free

Nicotine Anonymous available online  
at [www.nicotine-anonymous.org](http://www.nicotine-anonymous.org) or  
[www.Nicamar.homestead.com](http://www.Nicamar.homestead.com)





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**DEPARTMENT OF  
COMMUNITY HEALTH IMPROVEMENT**

1-800-492-5538

[umm.edu/community](http://umm.edu/community)

[umm.edu/kick-the-habit](http://umm.edu/kick-the-habit)

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