

Break Free

**CoMMoN
RoADBLocKS**

**TouGHiNG
iT ouT**

**Stress tips
and survival kit**

The gruesome

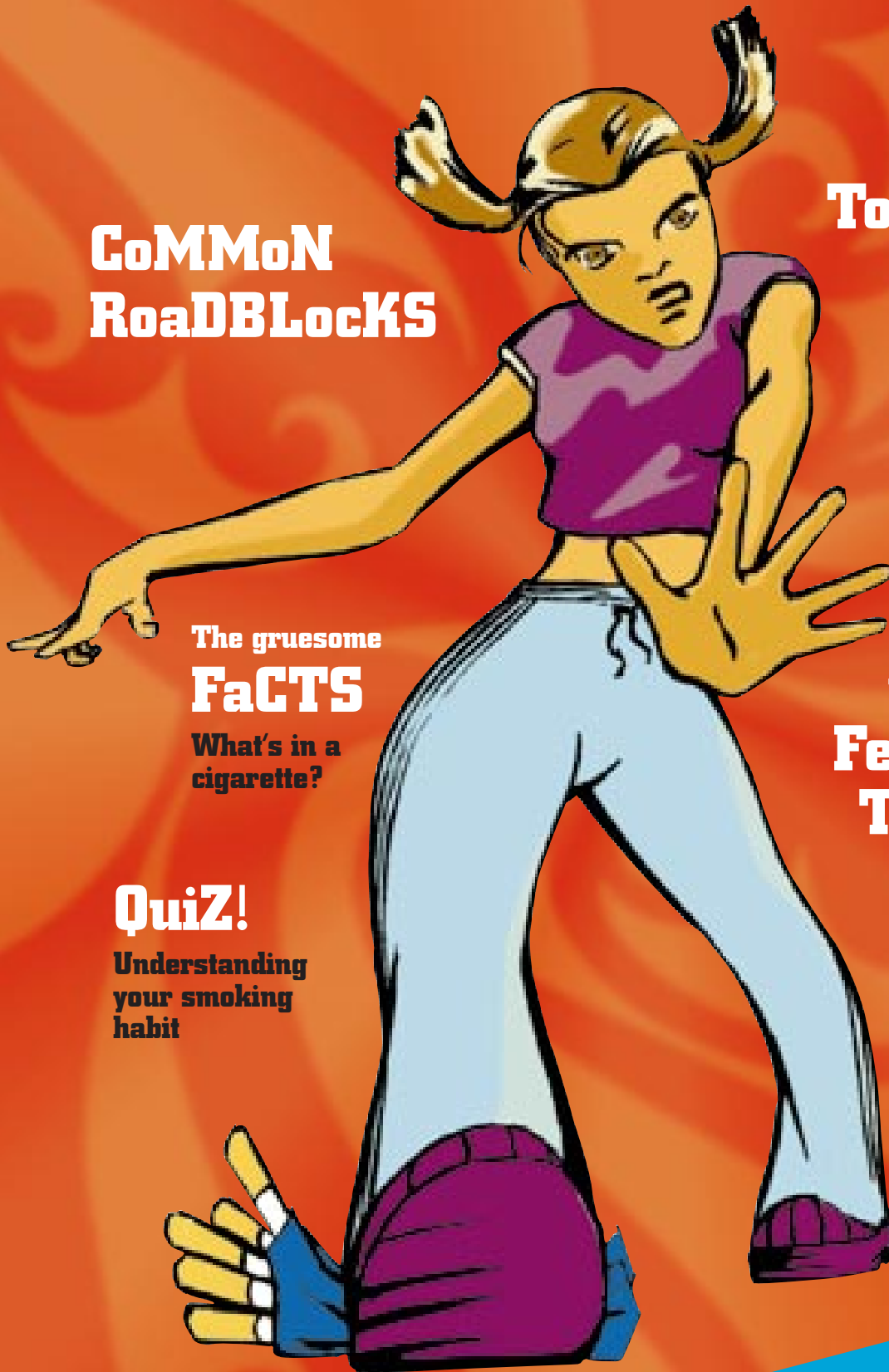
FaCTS

**What's in a
cigarette?**

**What does it
Feel Like
To QuiT?**

QuiZ!

**Understanding
your smoking
habit**



A GUiDe To QUItTiNG SMoKiNG



How Does Smoking Affect You Right Now



CONTENTS

How does smoking affect you right now? >

Who makes the decision to smoke? 1

Understand your addiction 2

Track your smoking 3

What's in a cigarette? 4

Common roadblocks 5

How to quit 6

What does it feel like to quit? 7

The trauma of breaking up with your cigarette 8

Make a survival kit 9

Dealing with friends and family who smoke 10

What if I slip up? 11

Common questions 12

Tobacco companies pay big bucks for marketing campaigns to get people to smoke their cigarettes. What do they think about smokers? Do they think smoking is cool and sexy or are they just using smokers to make money? Here's what one tobacco industry executive told an American Committee hearing: "We don't smoke the shit, we just sell it. We reserve that for the young, the black, the poor and the stupid".

How does smoking affect you? It affects your whole life. In fact, it's a huge part of who you are.

Relationships

Who you end up going out with could depend on whether you smoke or not. If you're a smoker you're more likely to hang out with other smokers. And if you have kids, they are more likely to grow up being smokers.

Hassle

Being a smoker can be a real hassle. Like, when you go to places where you can't smoke, eg, the movies, and when you start work – smoking isn't allowed in heaps of workplaces.

Looks

If you keep smoking it will thicken and age your skin, giving you wrinkles. Smoking also causes ugly nicotine stains on your fingers.

Break Free, March 2000
Editor: Felicity Close,
Health Sponsorship Council
Design and production:
Scenario Communications
Illustrations: Putahi Associates
Photography: Dean Zillwood

Published by The Quit Group
and Health Funding Authority
in March 2000. Code 1119.



TE HŌTU MANAWA MAORI
The Beat of the Māori Heart

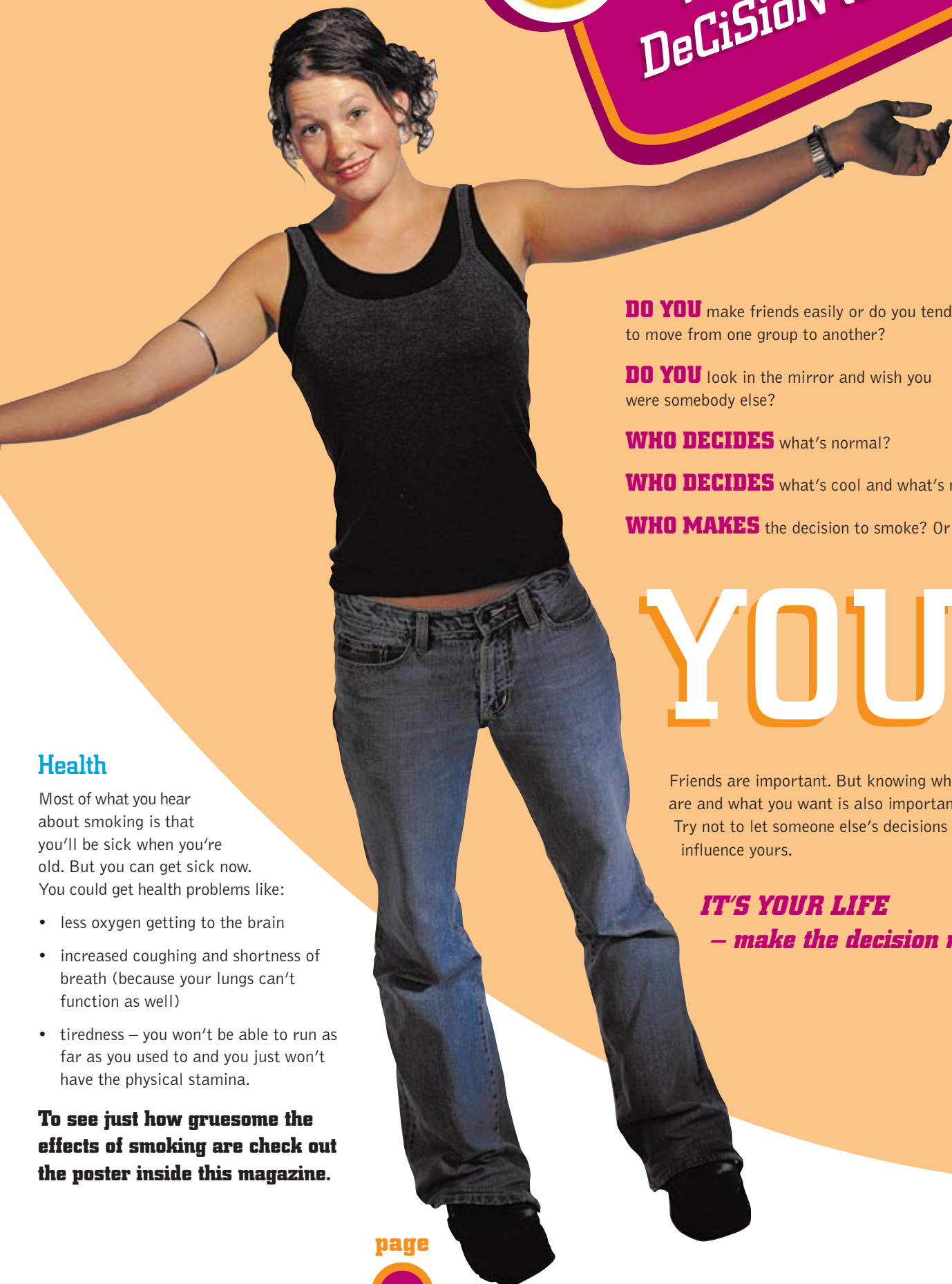


Cancer Society

Health Funding Authority
Te Mana Puta Hauora O Aotearoa



WHO MAKES THE DECISION TO SMOKE?



DO YOU make friends easily or do you tend to move from one group to another?

DO YOU look in the mirror and wish you were somebody else?

WHO DECIDES what's normal?

WHO DECIDES what's cool and what's not?

WHO MAKES the decision to smoke? Or quit?

YOU!

Friends are important. But knowing who you are and what you want is also important. Try not to let someone else's decisions influence yours.

IT'S YOUR LIFE
– make the decision now.

Health

Most of what you hear about smoking is that you'll be sick when you're old. But you can get sick now. You could get health problems like:

- less oxygen getting to the brain
- increased coughing and shortness of breath (because your lungs can't function as well)
- tiredness – you won't be able to run as far as you used to and you just won't have the physical stamina.

To see just how gruesome the effects of smoking are check out the poster inside this magazine.

page

1

UnDeRSTAnD youR aDDiCTiON



Chances are you've thought about quitting before or tried to do it. If you plan before you quit you're more likely to be successful. So take the step and start planning now – it doesn't take much time.

Smoking is an addiction with three parts:

- addiction to nicotine
- habit
- feelings.

Do the quiz below to help work out how you are addicted.

QUIZ

tick the comments that sound like you

- I smoke more when I'm under stress
- I need a cigarette when I drink socially
- I must have a cigarette after a meal or with coffee
- My friends and whānau aren't helping me be smokefree
- I can't concentrate without a cigarette
- I must have a cigarette during work/study breaks
- I sometimes smoke a cigarette even if I don't want it
- When I see others smoking, I want a cigarette too
- I have a cigarette when I'm feeling down
- I get grumpy when I haven't smoked for a few hours
- I get depressed when I don't smoke
- If I weaken and have a cigarette, I get annoyed and keep smoking

Score – Score one point for every statement that is true for you. How many did you score of each type?

- If you scored mostly squares, you're addicted to the nicotine
- If you scored mostly triangles, it's tied up with your habits
- If you scored mostly circles, it involves your feelings

page

2

What does this mean?

Some people are addicted in all three ways (nicotine, habits, and feelings) and some are not. If you find it really hard to give up, chances are you've got the lot.

✓ Addiction

Nicotine is one of thousands of chemicals in cigarettes. It's addictive and causes most of the withdrawal symptoms you feel when you first stop.

Note: Two hours after you stop smoking all the nicotine is out of your system, and the nicotine by-products are gone in two to three days. But once the nicotine has gone it's the addiction, the habits, and the feelings that make you want to keep smoking.

△ Habits

You have trained yourself so well that you think you can't do some things without a cigarette. It becomes so automatic you don't even notice it. For example:
 walking home from school – craving – cigarette
 school pressures – craving – cigarette
 argument with parents – craving – cigarette
 boredom – craving – cigarette
 alcohol – craving – cigarette

✓ Feelings

Feelings are also important. You smoke when you're happy, when you're sad, when you're tired, or for something to do when bored. You might use cigarettes to cover up uncomfortable feelings too, such as when you're angry or when you're nervous.

Spot your trouble areas and you can untangle yourself.

Time	Habits	Feelings	Cravings 1 = I could do without it 2 = I feel like it 3 = I need it 4 = I'm desperate for it	What I could do instead
7am	Wake up		3	Get into the shower immediately
8am	Coffee	Grumpy	3	Drink fruit juice instead
10am		Upset	4	Deep breaths, go for a walk
11am	Morning tea	Hungry	2	Eat an apple



Keep a record (like the one above) of when you smoke. This helps you get to know your smoking habit.

Each time you have a cigarette, or feel a craving, fill in the date, time, activity, what you are feeling and how much you feel you need a cigarette, using the point system shown in the table. Look for the main trigger that set it off. A habit? A feeling? Can you do without this cigarette?

If you think there's no reason, keep looking. To start with it can be hard to see because the habits have become so automatic. You'll need to keep a sharp eye on yourself for a while, but it's worth the effort.

TRaCK YouR SMoKiNG

If you find it too hard to fill the table in during the day, do it when you get home.

As you see the links between each cigarette and your habits and feelings, you'll start to get ideas. Work out what you will do instead of smoking. This sort of planning will help you quit more comfortably.



**WHaT'S iN a
CiGaReTTe?**



Acetone

(paint stripper)

Ammonia

(toilet cleaner)

Methanol

(rocket fuel)

Naphthalene

(moth balls)



Some facts you deserve to know – when you smoke you inhale more than 4,000 chemicals and heavy metals including:

Formaldehyde

(dead frog preservative)

Carbon monoxide

(car exhaust fumes)

Cyanide (rat killer)

Toluene (industrial solvent)

Arsenic (ant poison)

Butane (lighter fuel)

DDT (insecticide)

Cadmium (car battery metal)



CoMMoN RoaDBlocks



Most people who quit successfully go through three stages:

- **building up your determination to quit**
- **learning new coping skills, eg, saying “no” to friends when they offer you a smoke**
- **stopping or gradually reducing the number of cigarettes you smoke each day.**

fact

Three out of four Marlboro men have died from cancer.

How long that takes depends on you. Some of the common roadblocks are:

Fear of losing friends

It can be really hard if your friends and whānau continue to smoke while you are quitting. You could try to get them to quit with you or try hanging out with people who don't smoke. More than 70% of secondary school students in New Zealand don't smoke regularly.

Fear of failing

Each time you try to quit, you learn more about why you smoke and about how to stay smokefree next time. Keep trying. You will succeed!

“We're all going to die some time”

This is an excuse some smokers use. You could get run over by a bus too – but who lies out on the road waiting for it! The reality is that every cigarette you smoke is damaging your body – your heart, lungs, bones and blood vessels.

Sadness

Sometimes you might feel sad about quitting. It's OK to feel like this and it will go away.

Whatever happened to the Marlboro Man?

In the early 1960s David McLean was hired to portray the Marlboro Man in TV and print advertising (he had already been a smoker for over 20 years, having started at 12). During the taping of the commercials, McLean was obliged to smoke Marlboro cigarettes. Sometimes he smoked up to five packs per take to get the ashes to fall a certain way, the smoke to rise perfectly, etc.

Afterwards, McLean continued to smoke Marlboro cigarettes, and he continued to receive free cigarettes. In 1985, McLean began to suffer from emphysema due to smoking. In 1993, McLean's doctors found a tumour in his right lung and he was diagnosed with lung cancer. He had surgery but the cancer spread to his brain and spine and he died in 1995.

Another Marlboro Man, Wayne McLaren, became an anti-smoking crusader after developing lung cancer in 1990. McLaren, a rodeo rider, actor and Hollywood stuntman, was hired in 1975 to appear in Marlboro magazine and billboard ads.

A week before his death McLaren said his pack-and-a-half-a-day habit had caught up with him. “I've spent the last month of my life in an incubator and I'm telling you, it's just not worth it.”

Following his death his mother said “He fought a hard battle. Some of his last words were: “Take care of the children. Tobacco will kill you, and I'm living proof of it.”

How To QUIT



Once you've decided to quit, choose an easy day to stop – when you won't be under too much pressure, but will have plenty to occupy yourself. Keep busy, but make sure you include some fun things.

Clean up before your quit day. Toss out all your cigarettes, lighters and ashtrays.

Choose a quit method that will work for you. Everyone is different, so you need to find one that works for you.

Going cold turkey means stopping suddenly and completely. This works for lots of people.

Cutting down is another way. You could reduce your smoking by half and/or delay your first cigarette by an hour each day.

Take with you only the number of cigarettes that you plan to smoke each day.

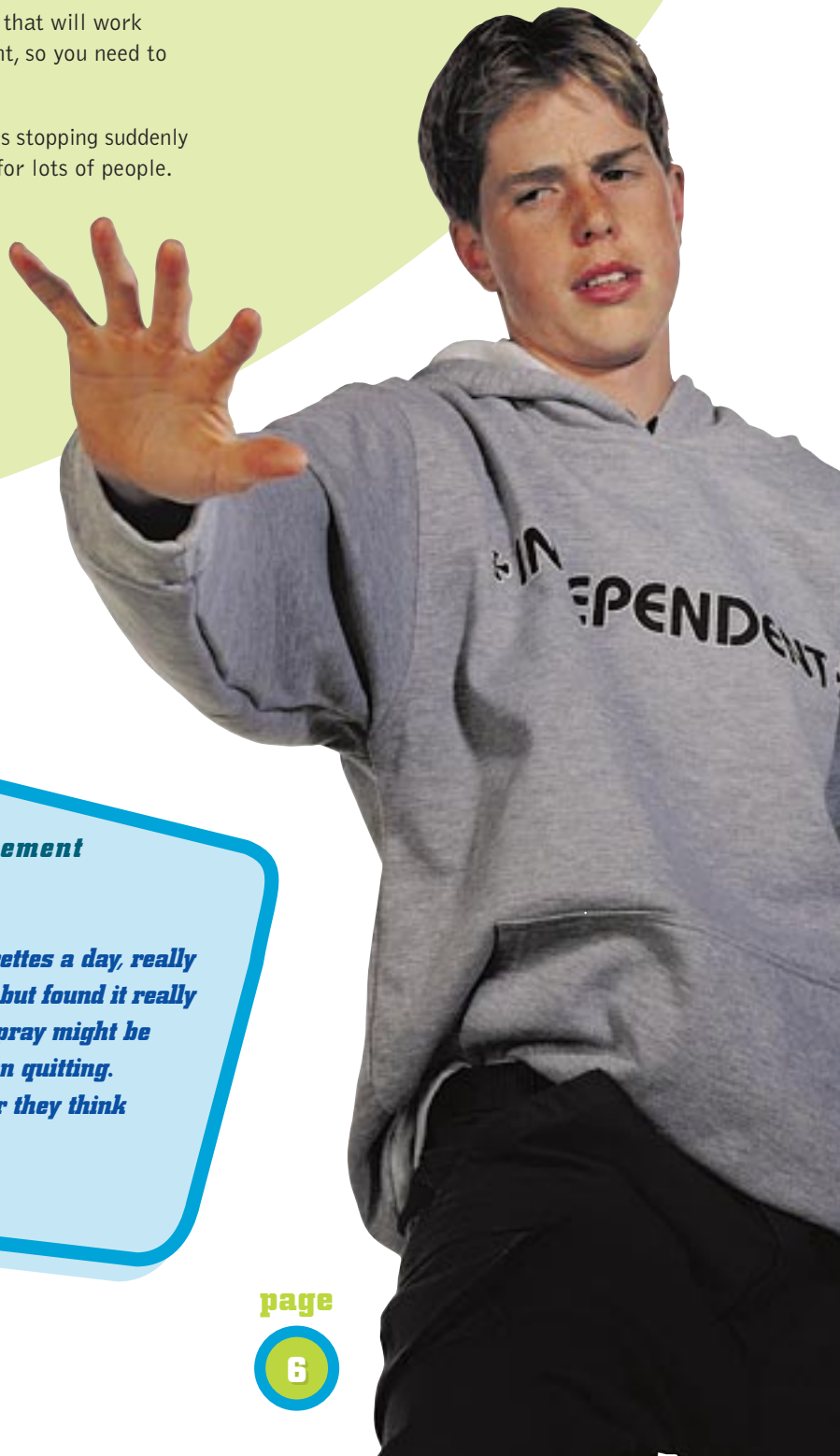
Remember, there's no such thing as failure – cutting down the number of cigarettes you smoke is a great start, but make sure you still set a quit date.

If you try one way of quitting and it doesn't work, then try something else. Don't give up. Each quit attempt brings you closer to quitting for good.



Nicotine Replacement Therapy (NRT)

If you smoke more than half a pack of cigarettes a day, really want to stop smoking and have already tried but found it really hard, nicotine gum, patches, an inhaler or spray might be helpful. They can improve your success when quitting. You should talk to your doctor about whether they think this will help you.





WHAT DOES IT FEEL LIKE TO QUIT?



When you give up smoking you may experience one or more recovery symptoms. Some people call these withdrawal symptoms but they are actually a good sign. They mean your body is getting rid of harmful chemicals.

Most symptoms will last only a few days, but some take a few weeks to settle down. Hang in there, they will go away.

Some people experience some of the following recovery symptoms:

Cravings. These can be really strong and you need to know how to deal with them. Check out the tips on page 9.

Occasional headaches. Quitting can be stressful, so try and relieve the pressure by doing some deep breathing or some exercise.

Tingling fingers. Cigarettes reduce blood supply. When the blood supply improves, more oxygen can cause a healthy tingle in fingers and toes.

An upset stomach. This can be a problem while your body is getting rid of the nicotine. A varied diet with lots of fruit and vegies and heaps of water (6-8 glasses a day) can help.

Restlessness and difficulty concentrating or sleeping. Your body is adjusting to being free of nicotine. These feelings will pass as your system settles down. Deep breathing and relaxation exercises can help.

Coughing. Your lungs are cleaning themselves out. The little hairs that clean the lungs are working again and getting rid of the gunk in your lungs.

Feelings of grumpiness and sadness. Quitting can be like losing a friend. It's normal and okay to feel sad. Do things you enjoy – listen to music, read a book, watch a movie, visit a friend.

Two hours after you stop smoking all the nicotine is out of your system.

fact

Wanting to eat more, using food as a substitute. Choose your food carefully and drink lots of water.

Lacking energy. Feeling tired, spaced out or lethargic are common reactions. Get lots of rest, exercise and fresh air.

Feeling bored. Stay active!

Remember, these symptoms will pass if you hang on and stay smokefree/auahi kore.

page

7

THE TRAUma OF BReaKiNG uP With youR CiGaReTTe

Here are some things you can do to help stay smokefree/auahi kore. Plan ahead for times when cravings seem unbearable:

Give up with a friend or whānau member. This gets you out of a smoking atmosphere and helps you stay strong against temptation.

Ask your friends not to give you cigarettes. If they do offer them, say "No". You do not need to explain.

Ask your parents to quit or smoke outside.

Take one day at a time. Don't worry about the rest of your life – it's today that counts.

Talk to yourself (it's probably best if you don't do this out loud!) Tell yourself you can do it and that you're worth it.

Brush your teeth often. This will make smoking less appealing.

Keep active. This will keep you feeling good about yourself and help you handle stress better. Whatever exercise you enjoy is the one to do, eg, swimming, basketball, volleyball, aerobics, weight training.

TOBACCO GOES TO HOLLYWOOD

Movies show smoking four times as frequently as it really is. Think about films like Titanic, Pulp Fiction and Fight Club. Even kids' movies like 101 Dalmatians and Alice in Wonderland show lots of smoking. Sylvester Stallone was paid \$500,000 to smoke in five different movies.

Check out the website www.wholetruth.com for the goss on what some American teenagers have been up to.

The first few days after you quit can be the hardest. Here are some tips to help:

Face up to the cravings. Nearly all smokers feel some cravings, so you've got to learn to deal with them until they no longer happen. **Remember THE 4Ds:**

Do something else. Take your mind off smoking by taking action – put on some music, play cards, doodle, ride your bike, chew gum or do anything else that will distract you from smoking.

Delay acting on the urge to smoke. After five minutes the craving weakens and your determination to quit will come back.

Deep breathe. Take a long slow breath in, and slowly let it out again. Repeat three times.

Drink water. Sip it slowly, holding it in your mouth a bit longer than usual.

Eat breakfast. This kick starts your body's metabolism.

Set up Smokefree zones. Clean up places where you used to smoke such as your bedroom or in front of TV, and make them off-limits to smoking.

Keep your hands busy. Try playing with keys or beads, clicking a pen (quietly), playing on Play Station, or dialling up the Internet.

WITHIN TWO DAYS OF QUITTING, your taste buds come alive and your sense of smell improves.

Your breath, hair, fingers, teeth and clothes are all cleaner.

fact

Keep an eye on the drink. Most people find it's really hard not to smoke when they're drinking. You could limit the number of smokes you take or, if it seems too hard, just avoid parties for a while.

Get involved in a new activity – tae bo, swimming or rollerblading – something interesting you've always wanted to get your teeth into.

Reward yourself for not smoking.

Go to a movie, buy yourself a pair of jeans or a new CD with the money you've saved by not smoking. One day, one week, two weeks, one month! Treat yourself, you deserve it!

You can save heaps by quitting.

(Based on the cost of \$7 for a pack of 20).

Number of cigs a day	Money saved each week	Money saved each month	Money saved each year	Money saved over 10 years	Money saved over 20 years
5	\$12.25	\$53	\$637	\$6,370	\$12,740
10	\$24.50	\$106	\$1,272	\$12,720	\$25,480
20	\$49.00	\$212	\$2,548	\$25,480	\$50,960

Make a Survival Kit



Turn your backpack into your personal survival kit. Carry sugar-free gum, your drink bottle, snacks, fruit, toothpicks, or anything that will keep your hands busy.



page

9

Remember, the urge will pass.

DeaLiNG With FRieNDs aNd FaMiLy wHo sMoKe



Friends and whānau are often the most difficult to deal with. Tell them that quitting is the hardest thing you have ever done, and you need their support.

Rely on non-smoking friends and whānau who will be understanding if you get grumpy or uptight. Tell them you're quitting and that you might be calling on them for support – and call them if you need to!

Or call the Quitline – 0800 778 778.

It's available 24 hours a day. You can talk to a quit adviser who will listen, offer support and let you know where to go for help in your own area. Most of the advisers are ex-smokers who are experienced at helping people to stop smoking. Alternatively, your school might have a quit smoking course. Ask your Guidance Counsellor.

fact ***AFTER THREE WEEKS WITHOUT SMOKING you'll find it easier when you exercise because more air is getting into your lungs.***

Be positive (not negative)

Negative thought	Positive thought
Just one cigarette won't hurt	Why get hooked and go back to the start again? I don't need that!
Everyone else is smoking and I feel left out	80% of smokers would like to quit, and I am actually doing it
Who cares? I feel depressed and I need a smoke	Feeling depressed is normal when you quit – talk to a friend or call the Quitline 0800 778 778
I've tried quitting before and failed – this time's no different	It can take a few tries to quit, but each time you're closer to your goal

Stress tips – find new ways to relax

It's a challenge to stay smokefree.

Try these stress tips:

Avoid people and situations that might tempt you to smoke until you get control over your smoking habit. It might be difficult to do, but it's a really important part of your commitment to quitting.

Reach for your survival kit. Chew that gum, eat that apple.

Try deep breathing. Breathe in slowly to a six count and then exhale slowly to a six count. Repeat a few times and you'll feel more relaxed.

Make a change in your routine.

- Walk to school with someone else.
- Sit somewhere else at lunchtime.
- Have a pen and paper by the phone so you can doodle, or move around while you are talking.
- Go off alcohol for a while.

Call a supportive friend.



0 8 0 0 7 7 8 7 7 8

call the

QuiTLiNe

www.quit.co.nz

page

10

WHAT IF I SLIP UP?

Quitting can be hard. You might be going along OK, and suddenly you feel like smoking again.

Sometimes, as you gain confidence, you start to think quitting is easy, so why not smoke again?

Remember, every craving lasts only a few minutes. You can fight it off: delay, deep breathe, drink water, or do something else.

Remind yourself of the early days when you found it really tough. Think of how far you have come. Do you really want to start all over again?

List your reasons for quitting on a card and carry it with you. Read the reasons whenever you feel the urge to smoke.

If you slip up – remember that one cigarette doesn't mean you've failed. You are not weak, and you're not back on cigarettes.

Work out why you smoked and how you can prevent it next time. Don't use a slip up as an excuse to go back to smoking.

Slip up tips

- Most slip ups occur in the first three days. Be prepared by doing the activities on page 9.
- After a slip up you will probably feel really guilty and self critical. Don't waste your energy – just get back into it.
 - Feeling angry, sad or grumpy is connected to slipping up. Try to deal with these feelings each day.
 - Alcohol causes one quarter of all slip ups. Drink less, drink differently and go home if it gets too hard.



If you go back to regular smoking

Don't despair, and don't give up on your plan to quit.

- Every day that you spend smokefree makes your body healthier. It also helps to break your habit and weaken your addiction.
- Remember, you took a long time to learn the habit of smoking, so you might take a while to learn to be a non-smoker.
- Use what you have learned from your quit attempt, and plan another quit date as soon as possible. If you have lost the urge to give up, re-read this magazine again if that helps you.

Remember, the Quitline is there for you. Call 0800 778 778.



REMEMBER, if you slip up, you can still become a non-smoker.



CoMMoN QueSTioNS

Q: When my mother gave up smoking she put on heaps of weight. Does this mean that quitting makes you fat? (Megan, aged 16)

A: You won't necessarily get fatter. Not everyone puts on weight when they stop smoking, but some do. If you want to avoid putting on weight, eat a balanced diet. Eat high-energy foods like bread, pasta (minus the creamy sauces though), potatoes and rice. Avoid high-sugar, high-fat foods like biscuits and cakes. Keep some healthy snacks like chopped fruit and vegies in the fridge, but be realistic – allow yourself some treats. And get some exercise – it's the best way to keep your weight down and it keeps you fit.

Q: I've heard smoking can affect my sex life. Is it true? (Leah, aged 17)

A: Men who smoke may suffer impotence due to damage to the blood vessels in the penis. Smokers may produce less sperm and their sperm may have more abnormalities. Women who smoke take longer to conceive and are more likely to have a miscarriage. Babies born to mothers who smoked in pregnancy are more likely to be premature, stillborn or die shortly after birth. A baby exposed to tobacco smoke has a higher risk of dying from cot death.

Q: I've tried quitting a couple of times, but every time I see my friends smoking I feel like a cigarette too! How can I still hang out with my friends and not smoke? (Nikki, aged 15)

A: This is a common problem. Hopefully your friends will like you for who you are and will respect your efforts to quit. But if they give you a hard time why not ask one of them to quit with you? It will be a lot easier. Or plan activities when your friends won't be smoking, eg, go to a movie, shoot baskets, go jogging, swimming or rollerblading.

Q: My grandmother smoked all her life and seems to be quite healthy. If smoking is so bad for you, why doesn't she have cancer or any of those other diseases? (Marcus, aged 15)

A: Yes, it's true – not everybody who smokes dies of cancer. But then again, think of all the tangihanga (funerals) you've been to of kaumatua (respected elders) who have died because of smoking. If you keep smoking, on average, you'll die 14 years earlier than someone who's never smoked. On the plus side, it's never too late to quit. Much of the damage caused by smoking is reversible and the earlier you quit the more chance your body has to repair itself.

Q: Is smoking marijuana as dangerous as smoking cigarettes? (Cameron, aged 16)

A: Yes. The smoke from marijuana contains similar poisonous substances as tobacco (see page 4). Smoking cannabis is associated with diseases like acute and chronic bronchitis. There is also an increased risk of getting lung cancer and other cancers such as cancer of the mouth, throat and upper respiratory tract.

WARNING

**The warning on your cigarette pack
is incomplete.**

To find out what the tobacco
companies forgot to tell you, open the
enclosed poster (at your own risk).

*The enclosed poster is reproduced in full from the Italian magazine **Colors**,*

and we were required to include the Italian text.

