



Kick your tobacco habit

You know that tobacco is bad for you. This is true whether you smoke, or use chew tobacco or snuff. So, why not quit today? It's hurting your health, draining your wallet and leaving you behind in a world that's becoming tobacco-free. When you're ready, set a date to quit. And, stick to it. Don't let tobacco control you for one more day. Take charge of your habit and your health.

These quitting tips can help you stop smoking or chewing for good:

- ▶ **Go "cold turkey."** Tapering down is usually less successful than stopping all at once. Clear the air. Clean your clothes, car, carpet, furniture and draperies to get rid of any smoke smell. Also toss any smoking-related items such as ashtrays, matches and lighters. Get rid of these and any other triggers that may cause you to start up again.
- ▶ **Make a "no-strings" commitment.** More than 90 percent of people who quit for good do it alone. That is, they don't make a pact with a fellow quitter. If you team up with a buddy, his or her failure might make it easier for you to fail, too. On the other hand, quitting with someone can provide support and encouragement. Just keep in mind that you can quit even if your friend doesn't.
- ▶ **Reward yourself. Set goals.** Celebrate when you've reached a day, a week and a month tobacco-free. Do something nice for yourself when you meet each goal.
- ▶ **Spread the word.** Let everyone know that you're quitting. This will confirm your commitment. And, the support from those around you will lift your spirits.
- ▶ **Talk with your doctor about aids for quitting.** Using a nicotine replacement therapy can greatly increase your chances of quitting. The nicotine patch and gum are popular choices that you can get over-the-counter. Nicotine lozenges, sprays and inhalers also are available. And, ask your doctor if prescription medicines are right for you.
- ▶ **Consider speaking with a counselor or wellness coach, or joining a support group.** Get a little moral support from someone who understands. It can really help when your willpower is weakening.



Don't become discouraged if you slip up.

Many people try several times before they successfully quit. Just think of it as practice for when you quit for good.

Facts about the effects of smoking

- **Smoking harms** nearly every organ in the body and is a main cause of lung cancer and chronic obstructive pulmonary disease (COPD), including emphysema and chronic bronchitis. It is also a cause of coronary heart disease, stroke, and a host of other cancers and diseases.¹
- Among current smokers, **chronic lung disease** accounts for 73 percent of smoking-related conditions. Even among smokers who have quit, chronic lung disease accounts for 50 percent of smoking-related conditions.²
- **Smoking in pregnancy** accounts for an estimated 20 to 30 percent of low birth weight babies, up to 14 percent of pre-term deliveries, and some 10 percent of all infant deaths.³
- **Secondhand smoke** causes about 3,400 deaths from lung cancer and 22,700 to 69,600 deaths from heart disease each year. It is especially harmful to children, and is responsible for between 150,000 and 300,000 lower respiratory tract infections in infants and children under 18 months of age.⁴

E-cigarettes

E-cigarettes, also known as electronic or vaporizer cigarettes, are devices that emit doses of vaporized nicotine that are inhaled. A study has estimated that there are 250 different e-cigarette brands for sale in the U.S. today and as of early 2014, there is no government oversight of these products. There is likely to be wide variation in the chemicals that each contain, but in initial lab tests conducted by the FDA in 2009, detectable levels of toxic cancer-causing chemicals were found, including an ingredient used in anti-freeze, in two leading brands of e-cigarettes and 18 various cartridges.

The potential harm of secondhand emissions from e-cigarettes is currently unknown. Two initial studies have found formaldehyde, benzene and tobacco-specific nitrosamines (a carcinogen) coming from those secondhand emissions.⁵

A recent study by the Centers for Disease Control and Prevention (CDC) shows calls to the nation's poison centers for e-cigarette exposure poisonings are rapidly increasing. The study found that while most calls involving e-cigarette liquid poisoning came from accidental ingestion of the e-cigarette or its liquid, about one-sixth of the calls related to someone inhaling these items. Exposure through the eye and the skin were also reported.

While there remain a greater number of calls to poison centers about traditional cigarette poisonings, calls for e-cigarettes have been steadily increasing – from one call in September 2010 to over 200 in February 2014. The study found that calls to poison control centers about e-cigarette exposures were more likely to result in “an adverse health effect” compared to cigarette exposure calls – highlighting the toxic potency of these e-liquids. Poison centers reported approximately half of all calls regarding e-cigarette exposures were about a child under the age of 6 but over 40 percent of calls involved someone over the age of 20.⁶

When the going gets tough...

The first few weeks can be hard. Try to remember that it will get easier. In the meantime:

- ▶ **Plan ahead.** Cravings will hit when you least expect them, but will often come when you'd normally reach for tobacco. This could be when you're nervous, angry or sad. Instead, call a friend, run in place or munch on a healthy snack. Find out what distractions work best for you. Cravings will pass after a few minutes.
- ▶ **Create new daily routines.** Start exercising, revive an old hobby or start a new one. Go to places where you can't smoke or chew tobacco.
- ▶ **Keep your mouth busy.** Chew sugar-free gum or suck on a lollipop.
- ▶ **Keep your hands busy.** Doodle, snap a rubber band or play with a ball.
- ▶ **Watch your “tobacco money” pile up.** Keep track of everything you're saving, and plan to spend it on something you've always wanted.

Counseling and resources

To receive free telephone counseling and information from specialists, complimentary self-help booklets, and a list of smoking cessation programs near you, call the toll-free Smokers Quitline in your state or one of the national organizations listed below.

- ▶ **State of Connecticut**
www.ct.gov/dph • 1-866-END-HABIT (1-866-363-4224)
- ▶ **State of New Jersey**
http://nj.quitnet.com • 1-866-NJSTOPS (1-866-657-8677)
- ▶ **State of New York**
www.nysmokefree.com • 1-866-NY-QUITS (1-866-697-8487)
- ▶ **American Cancer Society**
www.cancer.org • 1-800-ACS-2345 (1-800-227-2345)
- ▶ **American Lung Association**
www.lung.org • 1-800-LUNGUSA (1-800-586-4872)
- ▶ **American Heart Association**
www.heart.org • 1-800-AHA-USA1 (1-800-242-8721)



¹ U.S. Department of Health and Human Services. Health Consequences of Smoking: A Report of the Surgeon General, 2004.

² Centers for Disease Control and Prevention. Cigarette Smoking Attributable Morbidity—United States, 2000. Morbidity and Mortality Weekly Report. September 5, 2003; 52(35). <http://www.cdc.gov/mmwr/preview/mmwrhtml/mm5235a4.htm>

³ U.S. Department of Health and Human Services. Women and Smoking: A Report of the Surgeon General, 2001. <http://www.surgeongeneral.gov/library/womenandtobacco/index.html>

⁴ California Environmental Protection Agency. Identification of Environmental Tobacco Smoke as a Toxic Air Contaminant. Executive Summary, June 2005.

⁵ American Lung Association Statement on E-Cigarettes. <http://www.lung.org/stop-smoking/tobacco-control-advocacy/federal/e-cigarettes.html>

⁶ E-Cigarette Poisoning Cases on the Rise. <http://www.lung.org/press-room/press-releases/tobacco-control/e-cigarette-poisoning-cases.html>

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