Freedom From Smoking

AMERICAN LUNG ASSOCIATION®

for

You and Your Baby

Cessation Manual

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Quitting …… BENEFITS FOR YOUR BABY

- Quitting smoking increases the amount of food and oxygen your baby will get
- Quitting smoking decreases the chance of SIDS (Sudden Infant Death Syndrome)
- Prenatal exposure to tobacco smoke may affect mental development
- Prenatal exposure to tobacco smoke increases the risk of stillbirth
- Mothers-to-be who quit smoking eliminate newborn Nicotine withdrawal symptoms

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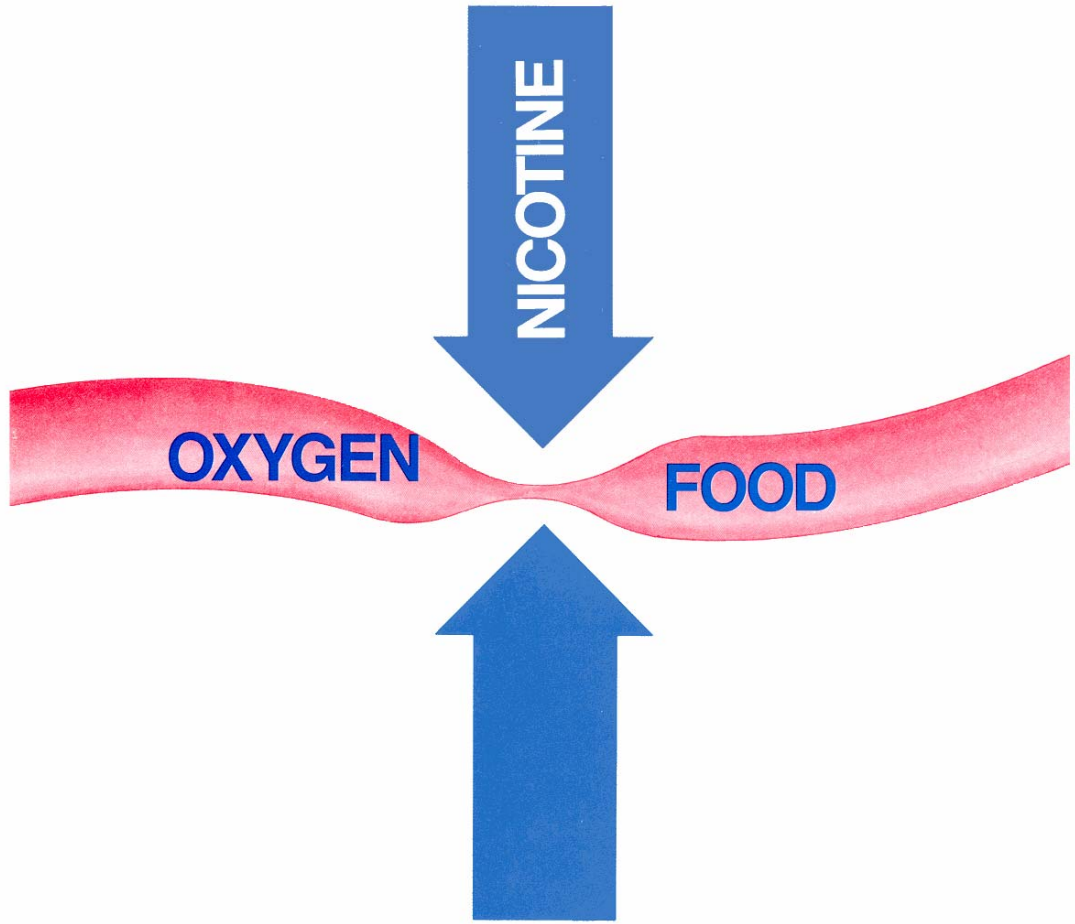
Nicotine from cigarettes tightens up your blood vessels.

This reduces the amount of food and oxygen that reaches your baby.



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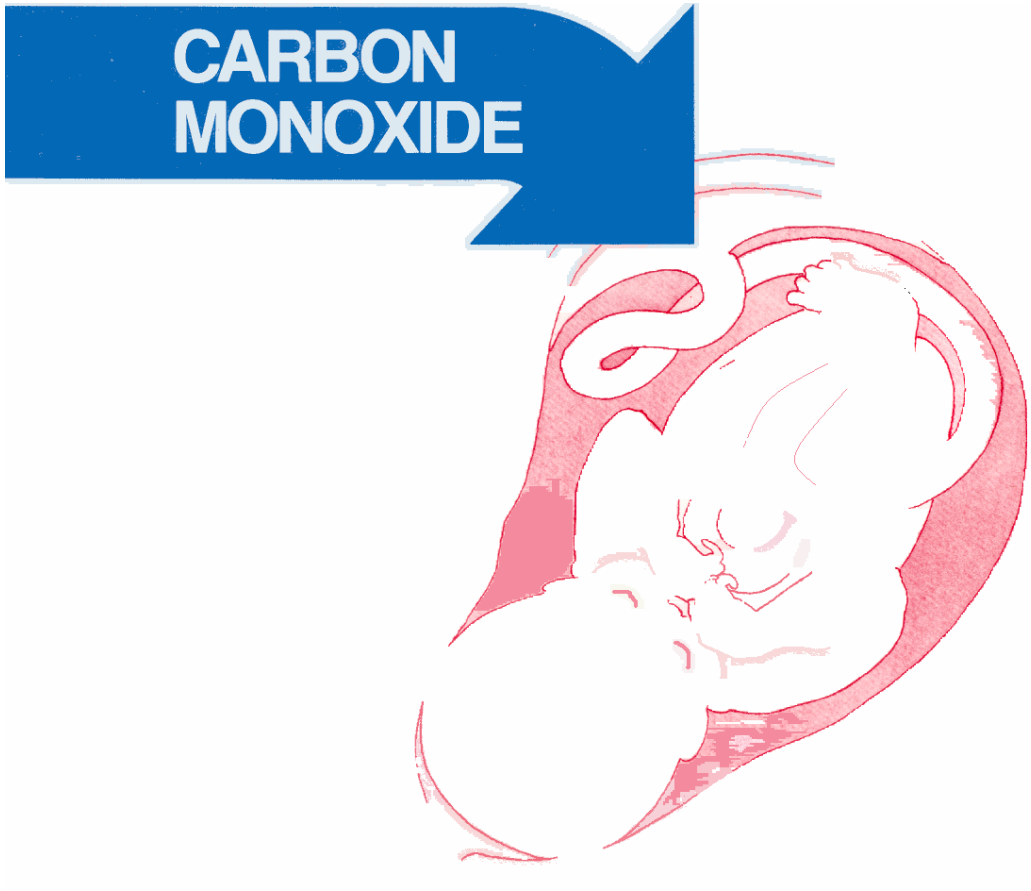

Carbon monoxide from cigarettes is a poison gas.

When it gets in your blood, your baby gets less oxygen.

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Quitting …… BENEFITS FOR YOU

- Pregnant smokers have 30-50% higher risk for miscarriage
- More Energy
- Breathe Easier
- 50% less risk of developing placental problems
- Quitting smoking while pregnant reduces the risk of newborn death

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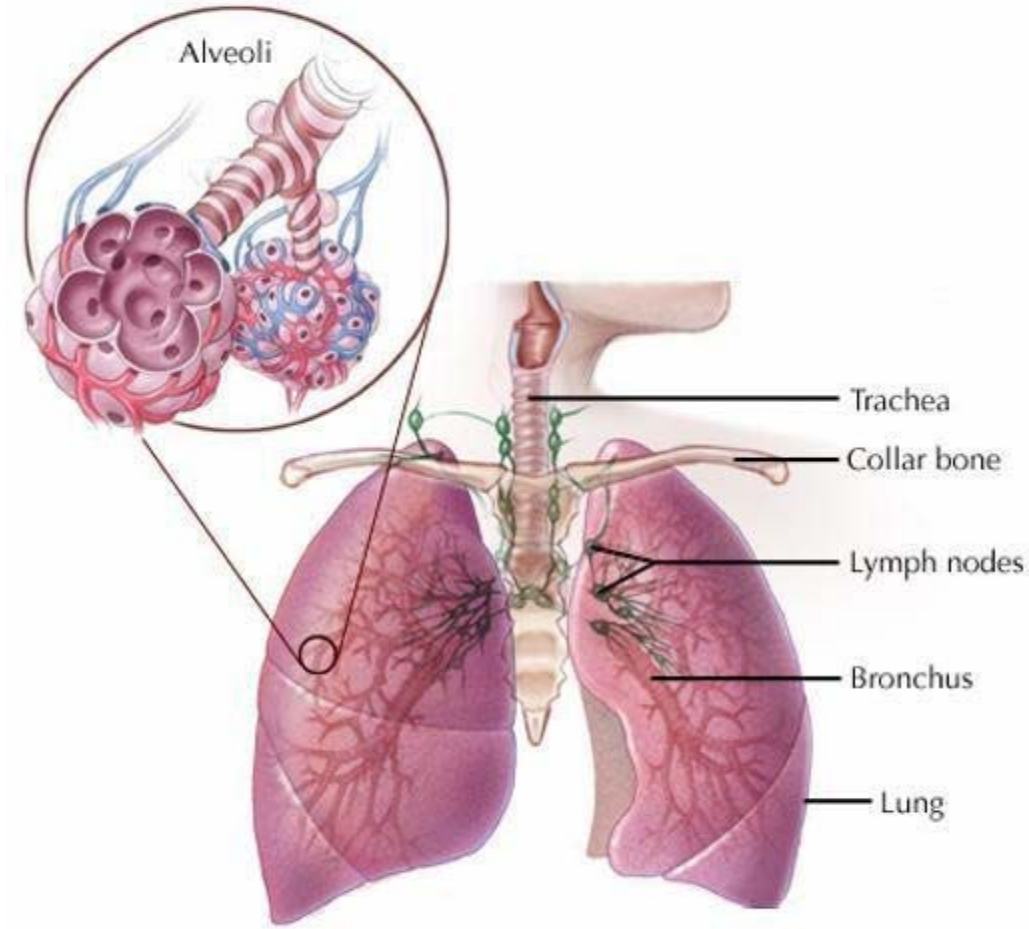
RESPIRATORY
CHART



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WHY do I WANT to quit smoking?

- ☐ My baby will be healthier
- ☐ I will be healthier
- ☐ I'll have more energy for taking care of baby
- ☐ I'll save lots of money

Your Reasons: _____

_____

_____

_____

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I want to quit smoking because:

_____
_____
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_____

I want to quit smoking because:

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_____

Pocket Cards

I want to quit smoking because:

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_____
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_____

I want to quit smoking because:

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_____
_____
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_____

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Ask yourself: Why do I smoke?

The more completely you can answer that question, the better your chances are of becoming a successful nonsmoker. The following test has helped millions of people like you break the tobacco habit. That's why it's important for you to read each question and circle the appropriate number on each line.

My reasons for smoking	Never	Seldom	Occasionally	Frequently	Always
1. I smoke cigarettes to keep from slowing down.	1	2	3	4	5
2. I smoke cigarettes to perk me up.	1	2	3	4	5
3. I smoke cigarettes to get a lift.	1	2	3	4	5
4. Handling a cigarette is part of the enjoyment of it.	1	2	3	4	5
5. Part of enjoying smoking is preparing to light up.	1	2	3	4	5
6. When I smoke, I like watching the smoke I exhale.	1	2	3	4	5
7. When I'm out of cigarettes, I'm a wreck until I can get one.	1	2	3	4	5
8. I really crave a cigarette when I haven't had one in a while.	1	2	3	4	5
9. I'm very aware of the fact when I'm not smoking.	1	2	3	4	5
10. Smoking a cigarette is relaxing.	1	2	3	4	5
11. I want a cigarette most often when I'm comfortable.	1	2	3	4	5
12. I find cigarettes pleasurable.	1	2	3	4	5
13. I smoke automatically without being aware of it.	1	2	3	4	5
14. I often light a cigarette while one is still burning.	1	2	3	4	5
15. I've found a cigarette in my mouth and haven't remembered it was there.	1	2	3	4	5
16. I light up a cigarette when I'm angry.	1	2	3	4	5
17. When I'm bored, I light up a cigarette.	1	2	3	4	5
18. I smoke when I'm blue and want to take my mind off what's bothering me.	1	2	3	4	5

* Adapted from material distributed by the Office on Smoking and Health, Public Health Service, United States Department of Health and Human Services.

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Category 1. "It stimulates me." With a high score here, you feel that smoking gives you energy and keeps you going. So think about alternatives that give you energy, like brisk walking.	**Question** **Total**
Category 2. "I want something in my hand." There are lots of things you can do with your hands without lighting up. We'll be talking about them later.	**Question** **Total**
Category 3. "I'm hooked." In addition to a nicotine dependency, which we'll talk about later on, you have a psychological addiction to tobacco. It's a hard habit to break, but you can do it! We're here to help.	**Question** **Total**
Category 4. "It feels good." A high score means you get a lot of physical pleasure out of smoking. Safe forms of exercise, such as brisk walking, can be an effective alternative to smoking.	**Question** **Total**
Category 5. "It's part of my routine." If cigarettes are part of your routine and not much else, quitting should be relatively easy for you. One key to success is being aware of every cigarette you smoke.	**Question** **Total**
Category 6. "It's a crutch." Finding cigarettes very comforting in moments of stress can make quitting tough. But there are ways to beat the crutch problem, and we'll help you with them.	**Question** **Total**

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RECORDING AND RATING SHEET

FREEDOM FROM SMOKING®
YOU AND YOUR BABY

No.	Time	Need 1 (low) - 5	Place or activity	With whom	Mood or reason	No.	Time	Need 1 (low) - 5	Place or activity	With whom	Mood or reason
1						6					
2						7					
3						8					
4						9					
5						10					

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3						8					
4						9					
5						10					

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4						9					
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2						7					
3						8					
4						9					
5						10					

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11						16					
12						17					
13						18					
14						19					
15						20					

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11						16					
12						17					
13						18					
14						19					
15						20					

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TRIGGERS:

After Eating

Watching TV

Driving

MY TRIGGERS:

_____

_____

_____

MY COPING STRATEGIES:

_____

_____

_____

_____

_____

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_____

_____

_____

_____

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TOBACCO: Habit or Addiction?

- Habit

- Physical Addiction
  - Nicotine
  - 4,000+ chemicals

- Psychological Dependence

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What is in tobacco?

There are 4,000 chemicals contained in each cigarette. Many of the same chemicals can be found in spit tobacco as well. Forty of the 4,000 chemicals are carcinogenic and cause cancer.

Some of the more common chemicals found in tobacco:

Acetone	Cadmium	Hydrogen Cyanide	Phenol
Acetylene	Catecho	Naphthalene	Pyrone
Ammonia	Cyanide	Nickel	Pyridine
Arsenic	Dibenz(aj)acridine	9-Methylacarbazole	Urethane
Benz(a)anthracene	Dimethylnitrosamine	Nitrogen oxides	Vinyl chloride
Beno(i)fluoranthene	Formaldehyde	Nitrosamine	
B-Naphthylamine	Hydrazine	Methanol	

Directions: Write the letter of the correct common use next to the name of each chemical found in tobacco.

Chemicals in Tobacco	Common Uses
_____ 1. Acetone (‘as-e-tone)	A. Fuel used in torches
_____ 2. Methanol (‘meth-e-nall)	B. Found in car exhaust
_____ 3. Nicotine (nik-e-tene)	C. Used in nail polish
_____ 4. Cyanide (’si-a-nide)	D. Used to clean windows and bathrooms
_____ 5. Ammonia (‘a-‘mon-nya)	E. Used as antifreeze in cars
_____ 6. Formaldehyde (for-‘mal-de-hide)	F. Used to preserve human/animal tissue
_____ 7. Carbon monoxide (kar-bon ma-nok-side)	G. Used as a poison
_____ 8. Acetylene (a-‘set-al-ene)	H. Used as an insecticide

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Chemicals in Cigarettes

Chemicals	Ordinary Uses
Arsenic	Powder used in insecticides and glass
Acetone	Colorless liquid, small quantities found in urine
Acetaldehyde	Has anesthetic properties, produces narcosis when inhaled: senses lost
Ammonia	Used as a cleaner, germicide
Barium	Metallic element, whose acid soluble salts are poisonous
Benzoic Acid	Powder in germicides (kill microorganisms)
Carbon	Pure carbon in found in charcoal
Chromium	Used in steel for hardness
Copper	Metal, has poisonous salts
Cresol	A phenol from coal tar or wood tar
Diethylamine	A gas or liquid, from decaying gelatin, decomposing yeast, rotten fish
Ethanol	Used in rubbing alcohol
Ethyl Acetate	A transparent, colorless liquid; flavoring agent
Formaldehyde	Used to preserve, found in dead people
Formic Acid	Acid that has been found in ants
Glyceride	Syrupy liquid made from fats, used in food, cosmetics, and medicine
Hydrocarbons	Found in methane, methane is found in gasoline
Hydro Cyanide	Used in gas chambers
Lactic Acid	Found in your stomach, breaks down foods
Lead	A soft grayish metal with poisonous salts

Chemicals	Ordinary Uses
Lithium	Light metal
Methane	Colorless, odorless gas; produced by decomposition of organic matter
Methanol	Used in rocket fuel
Methylamine	Gaseous ptomaine, from decaying fist and from bacteria cultures
Naphthalene	Used in moth balls
Nicotine	Highly addictive drug, found in insecticides
Oxalic Acid	Poisonous acid, mainly in bleaches and as a cleaner
Phenol	Poisonous mass obtained from coal tar
Phosphatide	Found in fertilizers
Phosphorus	Components found in matches and in fertilizers
Potassium	Found in fertilizers
Propylene Glycol	A gaseous hydrocarbon, has anesthetic properties
Pyridine	A colorless liquid, basic coal tar derivative
Polonium	Radioactive
Resin Acids	Compounds in varnishes, plastics and glues
Silicon	Combined state in minerals and rocks
Stearic Acids	Comes from solid animal fat
Titanium	Used in steel alloys
Viridian	An oily principle, distilled from bone oil and from coal

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My Quit Date is: _____

- Practice! Practice!! Practice!!!
- Friends, Buddies, and Supporters

Name: _____ **Contact info:** _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

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QUIT DAY!!!!!!!!!

- Ceremony

- My Rewards: _____
_____
_____
_____
_____
_____

- 48 Hour Contract

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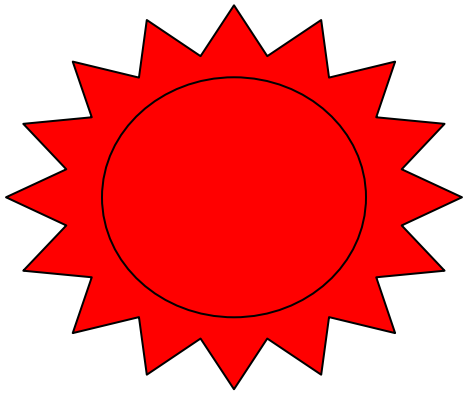
CONTRACT

I, _____, am committed to not smoking for the next 48 hours.

When I am successful in not smoking until _____ o'clock on _____,
(time) *(day)*

I will give myself the following reward:

_____



_____
Signed

_____
Witnessed

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- Second-Hand Smoke

- Assertive Communication

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Positive Recovery Signs

What is Happening?

Try This!!

Recovery!! I notice ……

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Oooops……..

Yes, just one does hurt!!

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After Baby Arrives……

- Stay Smoke Free

- Smoke Free Baby and ME

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Top 10 Reasons Camel Joe & Camel Josephine Quit Smoking

10. Camel Joe found out that second hand smoke can reach his unborn camel fetus.

9. Camel Joe also found out that if Josephine smoked, the nicotine in her cigarettes would reduce the amount of food and oxygen that would reach their unborn camel fetus.

8. Camel nurse also told the couple that smoking increases the possibility of miscarriage, premature birth, stillbirth, birth defects, death in infancy, and difficulty breathing in infancy.

7. Camel Joe Jr. would have a 50% greater chance of developing Sudden Infant Death Syndrome (SIDS).

6. Camel Joe Jr. would have an increased risk of being born with asphyxia, a condition that results from a reduced oxygen supply prior to delivery or during Camel Joe Jr.'s first hours of life. Asphyxia is the leading cause of death among newborn infants.

5. When Camel Joe and Camel Josephine smoke Camel Joe Jr. inhales nearly 4,000 poisonous chemicals including ammonia, benzene, carbon monoxide, formaldehyde, and hydrogen cyanide.

4. When Camel Josephine smokes there is a possibility that there will be nicotine in breast milk.

3. Camel Joe Jr. could be smaller and shorter than other camels of nonsmokers.

2. Camel Joe Jr. may also have twice as many colds and other respiratory problems.

1. Camel Joe Jr. could score lower on math and verbal tests.

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