

Tobacco Cessation Resource Guide



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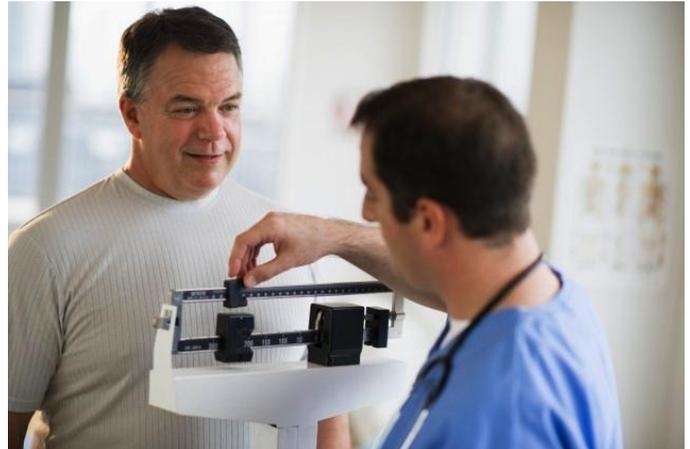


You've decided to quit nicotine!

Terrific! Now, you'll be able to breathe easier, smell better, enjoy food more and live a healthier life. Over time, you'll notice even more benefits to living a smoke-free life

Tips to help you quit

- **Talk to your doctor.** Nicotine – and withdrawal from it – may affect certain health conditions and interact with some medications. Let your doctor know when you plan to stop smoking, dipping or chewing tobacco. Your doctor may have thought or ideas to help.
- **Get support.** Let friend and family know that you are trying to quit. Ask for their support. If anyone smokes or chews, ask them to not offer you tobacco or use it around you.
- **Join a support group.** Or find someone else who is quitting. The two of you can support one another through cravings. This helps to make quitting easier for both of you.
- **Figure out your “triggers.”** When do you most want to smoke or chew? When you’re stressed? After a meal? When you first wake up or at the end of the day? Knowing when you are most likely to smoke, dip or chew will help you to avoid and manage better. You can choose instead to take an after dinner walk or have a piece of gum. Use an index card to write a list of ways to deal with urges that arise. Try doing something from the card whenever you think you might slip.
- **Think “five minutes at a time.”** When you “need” a cigarette, dip or chew, wait five minutes. Many people who do this find that by the time the five minutes have passed, the urge is gone.
- **Write down all the reasons why you want to quit.** Keep copies of this list in the places where you usually keep your tobacco. Review this list whenever the urge to smoke or chew strikes. You might even want to say your reasons aloud a few times.
- **Stay busy.** Become more active. Bike, walk, work out, go to a movie - these are all examples of ways to keep yourself busy and distracted. Remember it’s good to hang out with others who are also trying to quit. It’s also helpful to do things where smoking isn’t allowed.



Quit smoking aids

There are many programs and products designed to help people quit, including:

- **Nicotine patch.** The patch provides small amounts of nicotine through the day. This breaks you of the smoking habit and cuts the amount of nicotine you get over time. You start with a higher dosed patch then decrease over the course of several weeks. This cuts down on cravings. The patch is offered "over the counter" at drugstores and major retail stores.
- **Nicotine gum.** Like the patch, nicotine gum lessens your cravings while you withdraw from smoking. You can purchase it over the counter.
- **Biofeedback.** Professionals who use biofeedback machines offer this treatment. The machine measures your body's response to stress. You then learn ways to relax. This can help you curb urges by teaching you to relax when you feel the need to smoke or chew.
- **Hypnotherapy.** Some clinicians use hypnosis as a form of treatment. The patient enters a state of deep relaxation where he or she becomes more open to suggestion. The hypnotist may suggest that the urge to smoke or chew is no longer present; or suggest that every time the person has the urge to smoke or chew, he or she will reach for a piece of gum instead.
- **In-patient program.** There are some residential, in-patient treatment centers where support, medications, and behavioral therapy are all part of the treatment to help people stop smoking.
- **Support groups.** These groups offer people trying to quit a chance to receive and give support to others who are also trying to quit. You may also receive helpful materials on quitting.
- **Cognitive behavior therapy.** Cognitive behavior therapy is a short-term therapy designed to help you consider how your thoughts lead to undesired behaviors like smoking. It is action-oriented and helps the client learn the skills needed to be free of nicotine.
- **Acupuncture.** This works by stopping messages sent from the brain to the body that nicotine's needed. It is said to reduce nicotine cravings, calm the nervous system and strengthen willpower.
- **Quit-smoking medications.** Check with your physician about FDA-approved drugs that have proven to aid in stopping smoking. Some of these drugs reduce the desire to smoke over time or block the effect of nicotine.



National resources

American Lung Association

1-800-548-8252;

Website: www.lungusa.org.

The American Lung Association offers a variety of smoking control and prevention programs. They have age related groups such as:

- **Teens Against Tobacco Use (TATU)**. This is a peer-teaching tobacco control program aimed at discouraging teens from taking up smoking.
- **Not On Tobacco (N-O-T)**. A program to help teens quit smoking.
- **Freedom From Smoking**. Considered the "gold standard" of group, peer-support to smoke smoking. Contact your local American Lung Information for help in your area.

North American Quitline Consortium

1-800-398-5489;

Website: www.naquitline.org

The North American Quitline Consortium is made up of quitlines around the world. These quitlines help you to gain access to information and resources to quit using tobacco products. Go to the website to find an interactive map that will provide Quitline information in your area.

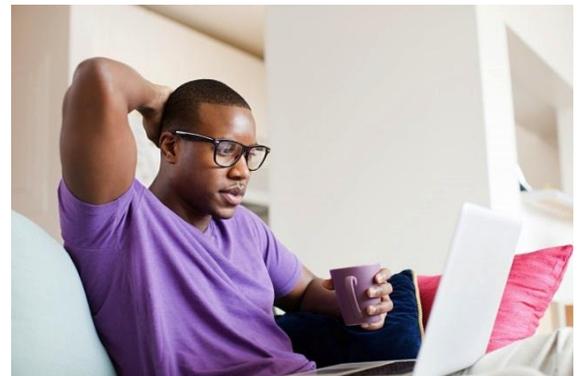
Smokefree.gov

1-800-QUIT NOW (1-800-784-8669);

Website: www.smokefree.gov

Smokefree.gov provides information and resources to help people quit smoking. Go to the website for information on:

- An online, step-by-step quitting guide.
- Local and state telephone quit-lines.
- The National Cancer Institute's instant messaging service.
- Publications which you can download, print or order.



The Foundation For A Smokefree America

Website: www.tobaccofree.org

The mission of the Foundation For A Smokefree America is to motivate youth to stay smokefree and empower smokers to quit. The foundation uses web resources, education-based programs, peer teaching programs, and proactive physician programs to fulfill that mission.

Smoking Cessation

Website: www.smoking-cessation.org

Information on the latest methods for quitting smoking. There is also a savings calculator so you can learn how much you will save in a week, month or year from quitting today!

Nicotine Anonymous

1-877-TRY-NICCA (1-877-879-6422);

website: www.nicotine-anonymous.org

Nicotine Anonymous is a 12-step program to help participants quit using tobacco. Information about meetings is available by phone or on the internet

Getting help

You can call Aetna Resources For Living for additional counseling, research and referral services. We can help you with other types of services – child care, adult/elder care, convenience services – to take some of the stress off of you.

Confidential service is available 24 hours a day, 7 days a week.

Contact us at

or visit our website at



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