

Society for Vascular Nursing Patient Education: Tobacco Cessation

Quitting tobacco is very difficult. If you chew tobacco or smoke cigarettes, cigars, pipes, or other tobacco products, you have a high risk of cancer, as well as vascular disease causing heart disease, stroke and leg problems. Secondhand smoke also poisons those exposed. There are 250 chemicals in tobacco smoke that are toxic. Below is a list of some tips to help you quit tobacco.

DO:

- Find out what makes you want to use tobacco.
- Keep a list or journal of when and why you smoke.
- Ask for help from health care providers (nurses, doctors, therapists, pharmacists, and others that can help you).
- Ask about programs and ways to quit.
- Ask about medicines that may help and if they are right for you.
- Look for support, join a program, see a counselor, or talk to your family.
- Avoid difficult situations while you are trying to quit.
- Lower your stress level by doing things that you enjoy.
- Begin to change your habits - avoid places where you like to smoke, eat well, and exercise more.
- Set a quit date, tell your family and friends of the date, and ask for their help.
- The day before you quit, remove smoke smells (throw away ash trays, clean your home, freshen the inside of your car, wash your clothes, shampoo your hair).
- Save the money you would spend to smoke on treats or rewards.

DO NOT:

- Be afraid to talk about your fears of not being able to quit.
- Smoke while using nicotine therapy (patch, gum, lozenge, spray, or inhaler).
- Miss your healthcare appointments.
- Get into stressful events.
- Drink alcohol while you are trying to quit.

Additional Resources:

Visit these sites for fact sheets, videos, and help to quit:

<http://www.surgeongeneral.gov/initiatives/tobacco/index.html>

<http://www.smokefree.gov>

<http://www.youtube.com/playlist?list=PL184B81EA3136E9FE&feature=plcp>

www.svnnet.org



info@svnnet.org

SVN: Advancing the care of persons living with vascular disease