



U-KanQuit

Tobacco cessation tools for our patients

U-KanQuit

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U-KanQuit is ready to help in the hospital and provide resources after you go home.

Call 913-317-6931

Don't wait. Ask for help today. A nurse, doctor or tobacco counselor can give you information and medicine to help with your treatment plan.

Get benefits – fast

20 minutes after quitting

Your blood pressure drops to a level close to before you last used tobacco.
The temperature of your hands and feet increases to normal.

8 hours after quitting

The carbon monoxide level in your blood drops to normal.

24 hours after quitting

Your chance of a heart attack decreases.

2 weeks to 3 months after quitting

Your circulation and lung function improve.

1 to 9 months after quitting

Coughing, sinus congestion, feeling tired and shortness of breath decrease.
The lungs regain normal function.

1 year after quitting

The excess risk of heart disease is half that of a tobacco user.

5 to 15 years after quitting

Your stroke risk is reduced to that of a nontobacco user.

10 years after quitting

The lung cancer death rate is about half that of a continuing tobacco user.
The risk of cancer of the mouth, throat and other parts of the body decreases.

15 years after quitting

The risk of coronary heart disease falls to that of a nontobacco user.

You will save money after you quit

If you spend \$5.00 a day on tobacco products, you will save:

- \$35.00 a week
- \$150.00 a month
- \$1,825.00 a year

After you quit, your family, friends and pets will no longer be exposed to secondhand or thirdhand smoke. Thirdhand smoke is the film from tobacco products that coats hair, skin, furniture, bedding, and other surfaces. This may put children and adults at risk for tobacco related health problems. There is no safe level of exposure to tobacco smoke.

Your tobacco treatment plan

Staying tobacco-free will help you heal faster and improve your health.

Making the most out of your medication

- Medication curbs urges to use tobacco
- It doubles your chances of staying quit
- Follow instructions to maximize results

My medications

- | | |
|----------------------------------|--------------------------|
| Nicotine patch | <input type="checkbox"/> |
| Nicotine lozenge | <input type="checkbox"/> |
| Nicotine gum | <input type="checkbox"/> |
| Nicotrol Inhaler | <input type="checkbox"/> |
| Nicotrol Nasal Spray | <input type="checkbox"/> |
| Chantix®/Varenicline | <input type="checkbox"/> |
| Zyban (Bupropion Hcl)/Wellbutrin | <input type="checkbox"/> |

Support after discharge

Ongoing support/counseling doubles chances of quitting.

Sources of support

- ☐ Your free state tobacco quitline (1-800-QUIT NOW or **1-800-784-8669**)
- ☐ SmokefreeTXT—free (**text QUIT to 47848**)
- ☐ Other sources: _____

Change your environment

- ☐ Get rid of cigarettes, ashtrays and lighters
- ☐ Clean your home, car and clothes
- ☐ Discuss goals with family and friends

Other changes I will make

Dealing with difficult situations and urges

- ☐ Think about what worked in the past
- ☐ Try new ways to handle stress
- ☐ Change your routine to break old habits
- ☐ Distract yourself, take deep breaths
- ☐ Avoid alcohol, coffee and other triggers

Other ways I will prepare for urges

What should you do if you slip

- ☐ Forgive yourself
- ☐ Learn from your mistakes and keep trying
- ☐ Keep taking your tobacco medication
- ☐ Remind yourself why it's important to quit

Other ways I will recover if I slip

Reward yourself

- ☐ Reward yourself often
- ☐ Spend money saved on something special

How and when I will reward myself

Handling triggers

Learning to handle triggers is an important step in a successful quit plan. Some common triggers include coffee, alcohol, the end of a meal, being around other smokers, breaks at work and stress.

Here are some tips for dealing with triggers

- ☐ **Change your routine:** Try iced coffee or tea, get up and brush your teeth right after a meal, take a work break with other nonsmokers.
 - ☐ **Ask other smokers not to smoke around you:** Let family and friends know you are quitting. Consider making your home and car no-smoking areas.
 - ☐ **Reduce the amount of alcohol you drink:** Alcohol reduces your will power to stay smoke-free. Consider drinking less often and avoid drinking with friends who smoke.
 - ☐ **Use smoking-cessation medication:** Put on a nicotine patch first thing in the morning, have a piece of nicotine gum or a nicotine lozenge at times you would normally have a cigarette.
 - ☐ **Other ways I will handle my triggers:** _____
-

Coping with stress

Some common stressors that make it hard to quit include: health problems, money problems, the death of a loved one, job or relationship changes, issues with children, and moving. Stress is a normal part of life. Using tobacco can add more stress because of costs, health effects, craving, and withdrawal. People who don't use tobacco have other ways to deal with stress—ask them what they do to cope.

Here are some tips for dealing with stress

- ☐ **Mindfulness:** Pay attention to how your body feels when you are stressed.
 - ☐ **Breathe:** Take a few slow, deep breaths, in through your nose, out through your mouth. You will feel your body start to relax.
 - ☐ **Change your thinking:** Change how you talk to yourself about stress. Instead of telling yourself you have to smoke to feel calm, tell yourself you can handle the situation by: _____
 - ☐ **Relax:** Find ways to relax, such as taking a warm bath or listening to soothing music.
 - ☐ **Exercise:** Activity lifts your mood and reduces stress. A short walk can help.
 - ☐ **Talk:** You don't have to deal with stress alone. Share your feelings with friends, family or a counselor to get the support you need.
 - Other ways I will handle my stress:** _____
-

Dealing with withdrawal symptoms and cravings

Medications can ease your withdrawal and cravings. Most symptoms peak during the first few days and decrease over time. Most symptoms disappear within two to four weeks after stopping tobacco use.

TOBACCO CESSATION MEDICATIONS WILL REDUCE THESE SYMPTOMS

Symptom	Cause	Duration	Try these
Irritability	Body's craving for nicotine	2-4 weeks	Walks, hot baths or relaxation methods
Fatigue	Nicotine is a stimulant	2-4 weeks	Do not push yourself, take naps
Insomnia	Nicotine influences sleep patterns, dreams about using tobacco are common	1 week	Avoid caffeine after 6 p.m.; use relaxation methods
Cough, dry throat, nasal drip	Body is getting rid of mucous that has blocked airways and restricted breathing	A few days	Drink plenty of fluids; try cough drops
Dizziness	Body is getting extra oxygen	1 or 2 days	Take extra caution; change positions slowly
Lack of concentration	Body is adjusting to not having constant stimulation from nicotine	A few weeks	Plan workload accordingly; avoid additional stress during first few weeks
Tightness in chest	Can be due to tension created by body's need for nicotine; may be caused by sore muscles from coughing	A few days	Relaxation methods, especially deep breathing
Constipation, gas, stomach pain	Intestinal movement decreases for a brief period	1-2 weeks	Drink plenty of fluids; add fruits, vegetables, and whole grain cereals to your diet
Hunger	Craving for tobacco can be confused with hunger pangs; oral cravings, desire for something in mouth	Up to several weeks	Drink water or low-calorie liquids; eat low-calorie snacks
Craving for a cigarette	Withdrawal from nicotine, a strongly addictive drug	Most frequent first 2 or 3 days; can happen occasionally for months	Wait out the urge, urges only last a few minutes; distract yourself; exercise; go for a walk around the block

Medications double or triple success

Combined medications are more effective than one medication alone:

- Nicotine patch and other short acting nicotine replacement (gum, lozenge, inhaler, nasal spray)
- Nicotine patch and bupropion SR

Medication	What people like/dislike about these medications	How long to use and dosing	Possible side effects*
Varenicline (also Chantix)	Likes: pill form; reduces cravings and withdrawal Dislikes: takes 1-2 weeks to be fully effective; remembering to take twice per day	3-6 months 1-2 pills daily	Nausea Insomnia Vivid dreams Headache
Bupropion (also Zyban or Wellbutrin)	Likes: pill form; may delay or reduce weight gain; reduces cravings and withdrawal Dislikes: takes a week to be fully effective; remembering to take twice per day	2-6 months 1-2 pills daily	Insomnia Dry mouth
Nicotine patch	Likes: easy to use; effective within 1-2 hours; reduces cravings and withdrawal Dislikes: remembering to put it on; adhesive problems for some	8-10 weeks, or longer with healthcare provider approval Change daily	Skin rash Insomnia Vivid dreams
Nicotine gum	Likes: you can control dose; effective within minutes; reduces cravings and withdrawal; keeps mouth busy Dislikes: remembering to use enough; having to avoid eating/drinking during use	Up to 12 weeks, or longer with healthcare provider approval 1 piece every 1-2 hours	Mouth soreness Stomach ache
Nicotine lozenge	Likes: you control dose; effective within minutes; reduces cravings and withdrawal, keeps mouth busy Dislikes: remembering to use enough; having to avoid eating/drinking during use	Up to 12 weeks, or longer with healthcare provider approval 1 every 1-2 hours	Hiccups Cough Heartburn
Nicotine nasal spray	Likes: you control dose; effective within seconds; reduces cravings and withdrawal; discreet Dislikes: burning in nostrils; aggravates sinus problems; remembering to use enough	3-6 months "dose" = 1 squirt/nostril 1-2 doses/hour	Nasal irritation
Nicotine inhaler	Likes: you can control dose; effective within minutes reduces cravings and withdrawal; keeps mouth/ands busy Dislikes: remembering to use enough; people can tell you are trying to quit	Up to 6 months 6-16 cartridges/day	Mouth/throat irritation

***Side effects are usually mild and tolerable. They often lessen or go away after a few days**

(7,8,9,10)

You can get access to medication

What medications are covered by Medicaid?

Kansas

- All seven FDA-approved medications for quitting smoking
- Four quit attempts per year
- 90 - 180 day supply per quit attempt for all medications
- Combination medications covered
- No copays or deductibles

Missouri

- All seven FDA-approved medications for quitting smoking
- No limit on quit attempts
- 90 - 180 day supply per quit attempt for all medications
- Combination medications covered
- No copays or deductibles

What medications are covered by Medicare?

- Medicare Part D medication plans cover only prescription cessation medications. These include nicotine inhaler, nasal spray, Bupropion, or Chantix
- Some Part D plans cover only one medication, some cover all medications
- Some Part D plans have no copays or deductibles; others have reduced copays and deductibles
- All plans provide coverage for two quit attempts per year

Most private and employer-based, ACA Marketplace and Kansas State Employee insurance plans cover medications, too!

Private insurance plans

- All seven FDA approved medications for quitting smoking
- Two quit attempts per year
- 90 day supply per quit attempt for all medications
- Little or no copays or deductibles
- Coverage may vary by plans. Contact your insurance provider for details

What if insurance is not an option?

- Nicotine patches, gum and lozenges can be bought over the counter without a prescription
- Generic options are often less expensive and coupons can be found online
- Federally Qualified Health Centers can help you get free/low-cost medications:
 - Johnson County Health Partnership Clinic: 913-648-2266
 - Kansas City Care Clinic: 816-753-5144
 - Swope Health Services: 816-923-5800
 - Riverview Health Services: 913-371-7070

Quit-tobacco resources for Kansas and Missouri

Quitline—what can it do for me?

Tobacco Quitlines provide free one-on-one coaching. Services include phone, online and text support, as well as information about medication to help you quit.

- Call the 24-hour toll-free number at 1-800-784-8669 (1-800-QUIT-NOW). You will be connected to the tobacco quitline in your home state.
- When you call the quitline, you will be asked to register, and then you will be connected to a trained quit coach who will help you create a personalized treatment plan.

Texting to quit

Sign up from your mobile phone! Send a text message with the word QUIT to 47848, answer a few questions, and you'll start receiving text messages from SmokefreeTXT.

Free, interactive internet support

- smokefree.gov: This site offers step-by-step information on quitting, as well as a wide range of resources for women, teens, veterans, Spanish speakers and others.
 - women.smokefree.gov
 - teen.smokefree.gov
 - smokefree.gov/veterans
 - espanol.smokefree.gov
- quitnet.com. This site offers an online quit-tobacco program with a quit guide, up-to-date tobacco news and expert support, and provides options for app, text, email, and online support.
- becomeanex.org. This high-tech website has tips, even videos on effective ways to quit, and also offers emails and texts

Free smartphone apps at smokefree.gov/tools-tips/apps

- QuitGuide (Apple IOS and Google Play)
- Quitnow! (Apple IOS and Google Play)
- QuitSTART (Apple IOS and Google Play) This app is geared toward teens.

Turning Point

Free programs that can help you quit by building wellness through exercise, stress reduction and coping skills. Call 913-574-0900 or visit turningpointkc.org.

Support for quitting smokeless tobacco

- chewfree.com. This evidence-based website was developed with research funds from the National Cancer Institute
- smokefree.gov also offers text support and online information about quitting smokeless tobacco/chew
- killthecan.org is dedicated to helping people quit dip, smokeless tobacco/chew

Highly trained U-KanQuit counselors look forward to answering your questions.

Call us at 913-317-6931

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