

Living Well Smoke Free

By RESPIPLUS™



Never too late!



Smoking cessation module

1st edition 2017

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Section 1

**Before your journey begins
to living well smoke free**

Preface

Living Well Smoke Free has been developed by a group of health professionals with extensive experience in the field of smoking cessation, chronic lung disease, and health promotion. This module is designed to help you to recognize the strengths and motivation that you possess to live a healthier and fuller life as a non-smoker.

You may be asking why develop another smoking cessation module when so many already exist. This module is unique in its focus on the challenges of smoking cessation experienced by persons living with chronic lung conditions. It is now included in the well-established Living Well with Chronic Obstructive Lung Disease program. The goal of this program is to help patients attain skills and adopt lifestyle choices that result in better self-management of their lung disease and in improved quality of life.

This module has been designed for you. It uses a series of self-reflection exercises to help you to better understand your own smoking habits and your personal quitting goals. It also provides important information and guidance on strategies to help you to quit now or to reduce how much you smoke to make quitting easier in the future.

Your health care team strongly encourages you to take advantage of the fresh start being offered to you. You can count on us to support you. Helping you to improve your health and well-being is our primary goal. Give yourself the right to a healthier future by taking this chance to embark on a journey to Living Well Smoke Free.

Enjoy!

Jean Bourbeau, M.D.

Montreal Chest Institute

McGill University Health Centre (MUHC)

Disclaimer:

Each smoker is unique. Individual physical, psychological and lifestyle characteristics can influence responses and outcomes to smoking cessation attempts. This module is not intended to take the place of professional medical advice. We encourage you to always work in collaboration with your healthcare team.

Introduction

First of all, a message of hope: The choice to quit smoking for good is a step that will have the greatest impact on improving your health. It is never too late to start. Quitting is possible even if you are a long time, heavy smoker and have tried to quit many times in the past. The human body and spirit has an incredible capacity for positive change. The goal of this module is to help you use this capacity to move forward to a future of Living Well Smoke Free.

Why should you quit or reduce your smoking?

We hope that this module will help you find your own answers to this question. It will help you to discover and strengthen your most profound motivations for quitting.

Each section aims to guide you step by step, to free you from your dependence on smoking. Take the time to complete the tests in each section and to think about what they reveal to you. Some take more time than others, and it may be necessary and beneficial to step back and take a break at times.

The first section will help you to identify where you are and to better understand your own situation in relation to smoking. Looking at your story with cigarettes from the start will help you to understand the motivation and confidence that you bring to your goal to quit.

The second section will help you build a personalized quit plan by providing practical suggestions related to your preparation, your quit day, and after. This section also contains information on methods that have been scientifically proven to increase your chances of succeeding.

The annexe section contains additional information and tools to provide you with extra support as you proceed on the road to Living Well Smoke Free.

The term “cigarette” is used in this module to refer to all tobacco products. This includes cigars, cigarillos, pipes, chewing tobacco, shisha, etc.

If I had only known...

People who smoke often say that they see their cigarettes as a best friend; a constant companion, always there for them during both good times and bad. Cigarettes provide them with a sense of comfort, pleasure and security. Why would anyone want to let that go?

“My cigarettes are there to calm me when I’m stressed.”

“Smoking makes the good times even better.”

As with many relationships however, your relationship with cigarettes can change over time. The thrill of the beginning is replaced by doubts as you start to feel the unpleasant effects of smoking: breathing may be more difficult, it costs too much money and you may be seeing that your ability to function and enjoy your life is diminished as a result.

You know that continuing to smoke especially with a chronic lung disease is likely to harm you. However, the long relationship and the strong physical dependence you have developed to your cigarettes make the thought of breaking your connection to them seem too scary, too difficult.

If you had known that you would feel this way today, would you have decided to take that first puff? You can’t go back in time to change how you started or the choices related to smoking you have made since, but you can decide today to take the first steps to set yourself free.

The module will help you look at the emotional and physical bonds you have made with cigarettes during your life. It will also guide you to realize that a smoke-free future is both important and possible for you.

Remember to contact a member of your healthcare team if you have questions or concerns. They will be able to help you no matter where you are in the quitting process. Seeking help will increase your chances to succeed.

My story



"I started smoking in high school to be cool."

"At first, I just smoked on weekends but now I smoke a pack a day."

"I started in secret, sneaking cigarettes from my parents."

You have your own unique story related to smoking. Take some time to look back and remember how your story began:

When, where and why did you smoke your first cigarette?

When and how did you become a daily smoker?

It is rare to become a daily smoker all at once. Many experiences bring us to that point. Whether it was due to the influence of friends or family, the day that you smoked your first cigarette a cascade of effects was set off in your brain. For some people, the first cigarette is so unpleasant that they never touch another. For others, like yourself, smoking ends up playing an important role in their daily life.

Maybe right now your desire to remain a smoker is stronger than your desire to quit. If this is the case, we suggest that you still take a look and do some of the self-reflection exercises the module contains. They have been designed to be helpful even to smokers who believe they will never be able to quit.

My past quit attempts

If this is your first quit attempt, you can skip ahead to the next page.

You can learn a lot from your past attempts to stop smoking. Take the time to think about them...

Every attempt to quit brings you one step closer to a life without cigarette.

Think about times in the past when you were able to quit or reduce your smoking...

- *What was helpful?* _____
- *What brought you back to smoking?* _____
- *What would help you to succeed if you decide to try again?*

Thinking about your past experiences will help you to see potential obstacles and causes of relapse ahead of time. More importantly, these experiences highlight the unique strengths you possess to meet your goals.

“The greatest failure is the failure to try.”

What smoking cessation resources have you used in the past?




- Consultation with a health care professional
- Smoking Cessation specialist
- Telephone support
- Group program
- Others : _____

Benefits of quitting

Did you know?

Certain cells in your body have the capacity to regenerate and overcome some of the damage caused by smoking.

Living Well Smoke Free means that you (and your lungs) will start to feel the benefits of quitting even after the first week:

 <p>After the 1st week</p>	<ul style="list-style-type: none"> • Oxygen levels in your blood increase. • Carbon monoxide levels return to normal. • Your bronchial tubes relax allowing you to breathe more easily.
 <p>After 1 month</p>	<ul style="list-style-type: none"> • Walking and climbing stairs is easier. • Coughing, shortness of breath and nasal congestion decrease. • Blood circulation improves resulting in a healthier complexion.
 <p>Long term benefits</p>	<ul style="list-style-type: none"> • Risk of developing or aggravating respiratory illnesses decreases. • Complications are fewer and less serious (decreased need for treatment and hospitalization). • Quality of life and survival compared to smokers is improved.

Benefits on treatment outcomes:

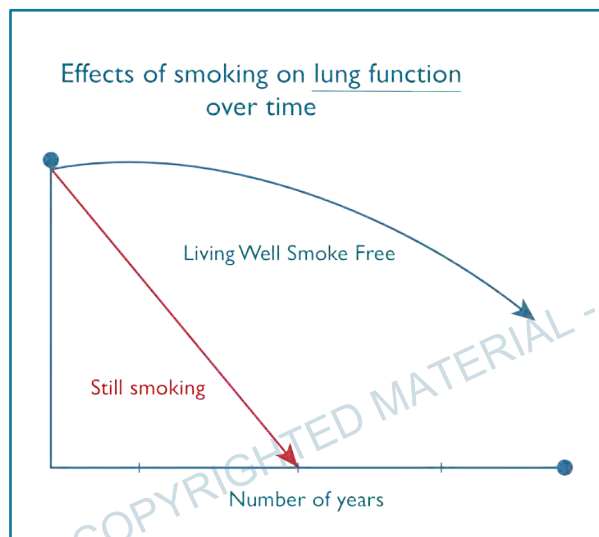
<p>In cancer</p>	<ul style="list-style-type: none"> • Better response to treatments (radiotherapy, chemotherapy, etc). • Reduced rates of relapse and reduced odds of developing a new cancer. • Fewer side effects of treatment.
<p>In surgery</p>	<ul style="list-style-type: none"> • Reduced risk of infections and complications and faster healing

Benefits of quitting

Smoking is the principal cause of chronic obstructive pulmonary disease (COPD) which includes the conditions known as emphysema and chronic obstructive bronchitis.

Aggravation of respiratory symptoms (cough, secretions and shortness of breath) and infections are the main causes of hospitalization for persons with COPD. These symptoms are worse and more frequent in smokers.

Even a few cigarettes a day will result in more rapid loss of lung function in persons with COPD who continue to smoke. Smoking can also cause health problems for family members or pets who live with you.



Adaptation of the Fletcher COPD progression curve

Quitting smoking slows the progression of COPD and the resulting loss of lung function.

Quitting smoking can help you to prolong your ability to work, to be independent and to enjoy the activities that are important to you.

What will be the benefits for you and your loved ones when you stop smoking?

Would you like to know more about the harmful substances contained in cigarettes?
See page 33-35 in the annex for more details.

Exploring my reasons to quit

The importance of change

Describe your personal <u>disadvantages</u> for continuing smoking.	Describe your personal advantages for quitting smoking.

What is your main reason to stop smoking?

Why is this reason so important to you?

Try this helpful exercise...

Close your eyes and imagine yourself in the future as a non-smoker.

What do you see?

Building your confidence

Knowing your strengths

Life presents us with many challenges. You have developed unique strengths from dealing with difficult times in past. These strengths will help you on your path to quit smoking.

In the spaces below, identify three strengths that are particular to you. For example: determination, creativity, confidence, ability to ask for help.

The more aware you are of the strengths you already possess, the greater your confidence will be in your ability to succeed.

1. _____

2. _____

3. _____

Think about a difficult past situation that you managed to overcome.

For example: a separation, death of a loved one, or moving house.

(It can be a big or a small challenge)

What strengths helped you to get through this time?

How can these strengths help you to stop smoking?

Example: My creativity will help me find other things to do to replace smoking.

Building your confidence

Identify ways to increase your confidence

- Prepare for change (available on page 15-16)
- Identify sources of support (available on page 17-18)
- Use smoking cessation products (available on pages 19-22 and 38-40)
- Develop an action plan (available on page 24 and 43)
- Find strategies to distract myself when I'm craving (available on page 25, 36 and 37)
- Learn about dealing with withdrawal symptoms (available on page 26-27)
- Overcome obstacles (available on page 28-29)
- How to stay a non-smoker (available on page 30)

These strategies will help you to move ahead in the process of quitting with confidence, at your own rhythm by choosing actions that make sense for you.

Don't be afraid to ask for help!

Professional support can make a big difference in increasing your chances of success. The following supports are available if you have questions or need help.

- Your doctor or your pharmacist
- Telephone Quit Lines/online support (e.g. ligne j'Arrête/ iQuitNow! in Quebec)
- Cessation specialists in community clinics (e.g. Quit Smoking Centers in Quebec)
- Others: _____

Section 2

**On the road to living well
smoke free**

Getting ready: Preparing for change

Preparing well for quitting is important. Doing so will help you to feel more confident and ready to face the challenges you will face on the road to Living Well Smoke Free.

Just as in the case of moving or going on a big trip, **preparation can make an enormous difference in how things turn out.**

A helpful piece of advice: Choose your quit date

This will give you time to get yourself ready in advance.

I plan to stop smoking on _____

Listed below are useful preparation strategies. Choose those that you think may be helpful and adapt them to your particular situation.

Make your home and car smoke free

- This is a big step forward that will immediately benefit both you and your loved ones.

Change your smoking habits

Gradually break the link between smoking and specific activities and emotions.

- When you smoke, don't do anything else (no coffee, no newspaper, no telephone, etc.)
- Avoid or delay smoking at times you usually smoke (after meals, after waking up, on breaks at work, etc.).

Reduce the number of cigarettes you smoke each day.

- Start by getting rid of the easy ones, then cut back gradually from there. This approach of dealing with easier challenges first will increase your confidence to face more difficult situations later on.

Training tips for successful smoking reduction:

- Set a daily quota of cigarettes. Put only this amount in your pack at the start of your day.
- Keep your cigarettes out of sight and not readily available. Putting an elastic band around your pack can also be helpful
- Buy one pack of cigarettes at a time instead of by the carton.
- Change your brand.
- Increase the time between each cigarette. For example, start with one per hour and then gradually increase the time until the next cigarette.

Preparing for change

Choose activities that you enjoy!

Smoking takes up a lot of time in your day. It is important to plan ahead to fill the void when you quit by choosing activities that you find enjoyable.

Go for it! You can think about joining a walking group, a choir, going to the gym or anything else that pleases you.

What activities would you enjoy doing?

Prior to my quit date I will start the following activities:

Be patient with yourself.

Success is often a chain of small successes.

Preparing for change

Before quitting smoking, it is important to have a good understanding of the moments and situations in your day that lead you to smoke. You can keep a record of your smoking using the example shown in the table below. You will find a detachable version in the annex on page 42-43.

Smoker diary

#	Hour	Reason	Place	With whom?	Intensity (1 - 5)
1	7h15	Waking up	Kitchen	Alone	5
2	8h00	Habit	My car	Alone	3
...					

Intensity of need: 1 = Low and 5 = Strong

Before moving forward, it is important to learn about your smoking triggers.

Identify your smoking triggers:

- | | |
|------------------------------------------------------------------|------------------------------------------------|
| <input type="checkbox"/> With coffee | <input type="checkbox"/> Reading the newspaper |
| <input type="checkbox"/> With alcohol | <input type="checkbox"/> On the phone |
| <input type="checkbox"/> With other smokers | <input type="checkbox"/> In my car |
| <input type="checkbox"/> Watching TV | <input type="checkbox"/> After eating |
| <input type="checkbox"/> Games (cards, bingo, video games, etc.) | <input type="checkbox"/> At the computer |
| <input type="checkbox"/> Stressful situations | <input type="checkbox"/> When I'm bored |
| <input type="checkbox"/> To manage my emotions | <input type="checkbox"/> Other: _____ |

The effect of cigarettes on stress

Many smokers believe that cigarettes help to calm them down in times of stress. However the "calm" they feel from smoking is more due to the cigarette relieving symptoms of nicotine withdrawal. Cigarettes, as such, do not relieve stress. Moreover, after quitting, stress levels tend to decrease because the constant need to relieve withdrawal symptoms is no longer there.

Building your support network

Your support network plays an important role in smoking cessation. There may be some difficult moments when you are quitting so you need to know who you can count on for support.

People close to you

How can your family and friends support you in your goal to quit?

Your healthcare team

Your doctor, pharmacist, respiratory therapist or nurse can answer your questions. Do not hesitate to contact them.

Tobacco cessation helplines

These are free, easy to use and they offer a range of services, including:

- Personalized calls planned in advance, for encouragement and support
- Helplines to talk to someone who will support you
- Information on smoking cessation products, withdrawal symptoms, laws and regulations, etc.

Your contact persons are:

"Getting support from the smoking cessation counsellor really helped me to deal with my dependence on cigarettes"
André

Building your support network

Would you like to have personalized support to help you quit?

You can call the Canada national toll-free line at:

1-866-366-3667

You will be automatically transferred to the help line in your province

In **Quebec**, the Quit Smoking Centres (QIT), the Quebec Lung Association and the IQuitnow line are free services available to smokers. For more information, visit the following websites:

Quit Smoking Centres (QIT):

<http://www.jarrete.qc.ca/fr/centres/index.html>

The Quebec Lung Association:

www.pq.poumon.ca

I Quit Now line:

www.iquitnow.qc.ca 1-866 527-7383

Your loved ones want to help you but they don't know how?

Please contact the Canadian Cancer Society at 1-888-939-3333. They will send you a free booklet on how people close to you can help. The title of the booklet is "Helping a person quit smoking one step at a time".

Smoking cessation products

These products can make quitting easier and more comfortable. When you use them to decrease cravings and withdrawal symptoms (the #1 cause of relapse) you are 2 to 3 times more likely to quit for good, especially if they are combined with professional cessation support.

Nicotine replacement therapies

Patch (long action nicotine delivery)

Apply to a clean, dry, hairless area on upper part of your body (arms, chest and back).



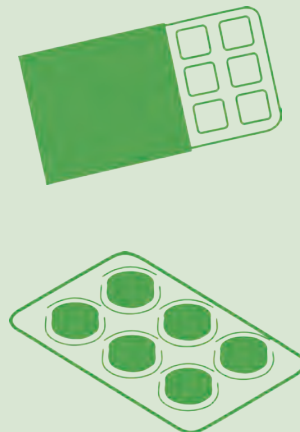
Gums and Lozenges (short-acting nicotine delivery)

Gums:

- Chew it once or twice, then “park” the gum between your cheek and gums.
- Wait one minute, chew the gum slowly a few more times, and then “park” the gum again alternating on each side of mouth.
- Repeat the process for 20-30 minutes

Lozenges:

- Let it dissolve completely in your mouth, moving it back and forth from time to time. It will take about 20-30 minutes.



Inhaler (short-acting nicotine delivery)

- Take puffs without inhaling too deeply and repeat until the craving subsides.
- Each cartridge contains approximately 80 puffs.



Oral Spray (short-acting nicotine delivery)

- Press top of dispenser rapidly to release a dose inside your mouth, avoiding lips and back of throat.
- Avoid inhaling when you spray. Try not to swallow for a few seconds after spraying



Note: Short-acting nicotine products are safe to use in combination with the patch. It can be helpful to take them prior to times when you expect to have cravings. Use as much of the short-acting nicotine product as you need up to its maximum daily dose to manage your craving. These products are available with prescription or over-the-counter.

Smoking cessation products

Products without nicotine (tablets/pills)

Bupropion (Zyban ^{MD})

- Stimulates certain areas of the brain.
- Helps reduce cravings and withdrawal symptoms.
- Can be used in combination with nicotine replacement therapy.
- Take your pill **after** eating with a large glass of water.
- Keep at least an 8-hour interval between doses.



Varénicline (Champix ^{MD})

- Stimulates the same areas of the brain as nicotine.
- Decreases smoking pleasure, craving and withdrawal symptoms.
- Take your pill **after** eating with a large glass of water.
- Keep at least an 8-hour interval between doses.



These products are available by prescription only.

Who can prescribe?

In some provinces (e.g. Quebec), pharmacists and some nurses, in addition to your doctor, are also able to prescribe smoking cessation products. Be aware that in order for costs to be covered by an insurance plan, these products need to be prescribed.

Have you had an unpleasant experience in the past with any of these products? Talk to a health care professional. It may be that you just need to change the way you use it.

Have you had an unpleasant experience in the past with any of these products? Talk to a health care professional. It may be that you just need to change the way you use it.

Smoking cessation products: myth or reality?

Many claims are made about smoking cessation products.

What is really true?

1. If I use patches or other products containing nicotine, I could become addicted to them. It is just replacing one addiction with another.	True <input type="checkbox"/>	False <input type="checkbox"/>
2. If I smoke at the same time I use a nicotine patch, it increases my risk of heart attack.	True <input type="checkbox"/>	False <input type="checkbox"/>
3. I can use more than one smoking cessation product at a time.	True <input type="checkbox"/>	False <input type="checkbox"/>

1 – False.

The nicotine contained in the replacement products is not absorbed as quickly as the nicotine from cigarettes. The concentration of nicotine of these products is also much lower. Therefore, it is very rare to become addicted to them.

2 – False.

Smoking with a nicotine patch does not increase the risk of heart attack. It is important to keep the patch on, even if you smoke a few cigarettes. If your cravings are frequent and intense, the nicotine dose may be too low. Ask a health professional for advice, they can adjust the dose to better cover your needs.

3 – True.

Combining patches with lozenges or other nicotine and/or a nicotine-free product results in better control of cravings. Combining these products increases your chances of quitting.

Keep an open mind about using these products even if they have not worked for you before. Most of the time, difficulties are due to a use not properly adjusted to your needs.

Making smoking cessation products work better for you

1. Use an adequate dose

Using too low a dose of nicotine replacement is an important cause of relapse.

In order to manage your cravings, the dose of nicotine from these products must be enough to relieve your withdrawal symptoms.

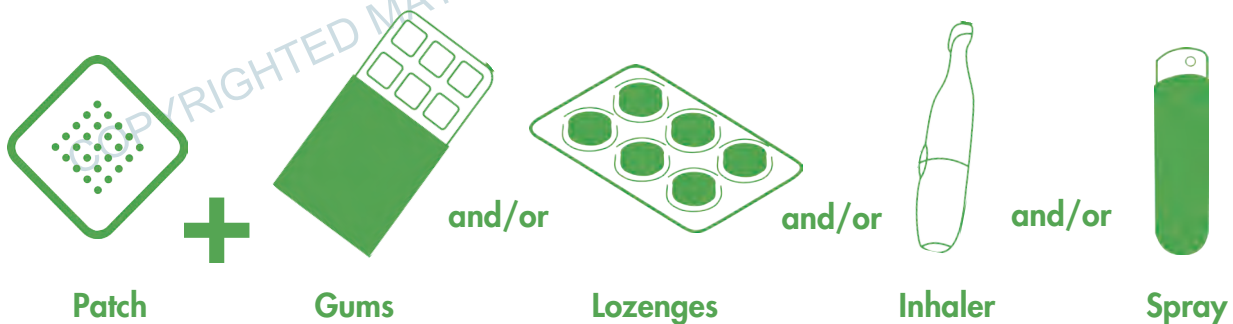
Before starting, ask a health care professional to help you calculate the dose of nicotine that is right for you.

2. Use for an appropriate length of time

Even if you have quit smoking easily, it is important to continue using the cessation products for the recommended duration. **This reduces the risk of relapse.**

3. Use a combination of cessation products

Combining products increases both your odds of quitting and your comfort. For example, the patch provides a continuous dose of nicotine throughout the day. If you get a sudden craving, you can also take a quick-acting nicotine product (gums, lozenges, inhaler and/or vaporizer). This will quickly relieve your urge to smoke.



Other methods

Alternative approaches

Studies on alternative approaches to quitting, such as acupuncture, laser or hypnosis have not been able to demonstrate their effectiveness. These methods can be costly, but some people find that they help.

And the electronic cigarette...

What we know

We know **the effects of traditional cigarettes**. The danger of smoking cigarettes has been clearly demonstrated. Smoking is the biggest preventable cause of death and disabling illness in the world today.

At this moment

To date, many studies have suggested that the harmful effects of using electronic cigarettes are much less than from smoking cigarettes.

What we don't know yet

Is the electronic cigarette effective in helping people to quit smoking? Studies are now underway to look at this question. We will know more about this over time.

If you are unable to quit despite considering all of the approaches proposed in this module, the electronic cigarette could be an option for you to think about. If you wish, discuss this with your healthcare professional.

Is nicotine harmful to your health?

Only at very high doses. The nicotine contained in smoking cessation products is safe. It is the combustion, that is to say the action of burning and smoking of tobacco, which releases products that are harmful to the body. Smoking cessation products do not produce any combustion and do not increase the risk of cancer or respiratory problems. Also, no combustion is involved with the use of the electronic cigarette.

Your quit day and beyond...

A few days before your quit date

- Have your smoking cessation products ready.
- The day before, get rid of your ashtrays, lighters and matches.
- Plan what you will do with your remaining cigarettes.

Starting on your quit date

- If you plan to use:

1) the patch

Put it on in the morning when you wake up. Also, always have short-acting nicotine products (lozenges, gums, inhaler or spray) available and ready to use.

2) a non-nicotine medication (bupropion or varenicline)

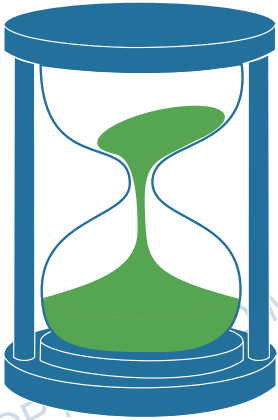
Start taking these medications in the morning at least one week before your planned quit date.

- Whenever possible, stay away from smokers.
- To replace the act of smoking: drink plenty of water, use toothpicks, occupy your hands, brush your teeth, etc.
- Avoid drinking alcohol, especially during the first few weeks, and reduce your caffeine consumption by half. Try avoiding it after 2 pm.
- If you can avoid stressful situations, do so. Plan alternatives in advance that will help you overcome stress without having to smoke.
- Pamper yourself.
- Increase your level of activity, depending on your abilities. Exercise helps to relieve stress.

Complete your action plan. See detachable version on page 43

My motivations
My strategies to manage my cravings
My resources

Remember the 4Ds



Delay

Cravings usually last
3 to 5 minutes



Drink water

This will help to
distract you and
eliminate toxins from
your body

4D's



Deep breath

This will help you to
relax

Do something else

Occupy your mind:

1. _____
2. _____
3. _____
4. _____

Be aware (but don't despair!)

You may experience a variety of withdrawal symptoms:

- Strong cravings to smoke
- Mood changes
- Difficulty concentrating
- Sleep changes
- Constipation
- Increased appetite
- Dizziness
- Fatigue
- Cough



Here are some possible solutions for each of the symptoms as well as information on how long after quitting the symptom usually lasts.

Dizziness



What to do: Get up slowly when you change positions.



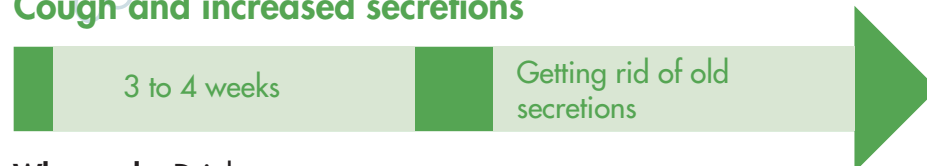
Craving for a cigarette



What to do: Take a quick-acting nicotine replacement and use the 4D's.



Cough and increased secretions



What to do: Drink water



Mood change



What to do: Use fast-acting nicotine replacement, go for a walk, practice relaxation techniques, etc.



Be aware (but don't despair!)

Concentration problems



What to do: Take a quick-acting nicotine replacement product and take breaks.



Constipation and bloating



What to do: Drink water, eat high fiber foods and stay active.



Fatigue, lack of energy



What to do: Take a short nap if you are tired and avoid overwork.



Increased appetite



What to do: Drink water and plan low-calorie snacks.



Sleep problems



What to do: Reduce your caffeine intake by half and avoid it after 14:00.



Adapted from: The Québec pulmonary association and the www.iqitnow.qc.ca site

Remember: withdrawal symptoms have a beginning and an end. See them as signs of recovery!

Dealing with challenges

When you are quitting, some situations are more risky than others. Being aware of them helps to avoid relapse.

Plan what to do in the presence of other smokers

If members of your family smoke, talk to them about your plan to quit. Share this module with them. If they are not ready to quit, respect their decision.

However, ask them to support you. For example, you can ask them:

- Not to offer you cigarettes
- Not to leave cigarettes in sight
- To keep ashtrays clean
- Not to smoke in the car or in the house

Reduce your caffeine intake by half

- Cigarette smoking affects the breakdown of caffeine by your body. When you stop smoking, this breakdown is slower: one cup of coffee gives the effect of two.
- Caffeine may increase withdrawal symptoms such as nervousness, restlessness, insomnia.
- Caffeine may cause heart palpitations.
- Think about trying decaffeinated coffee (or reduce the concentration of caffeine by mixing with decaffeinated).

Outings and celebrations

- Before going out, visualize yourself saying no to an offer for a cigarette.
- You have quit smoking. Take the opportunity to announce the good news!
- When people go outside to smoke, go to the bathroom. Wash your hands.
- Stay close to non-smokers or to friends who support your plan to quit.
- Avoid drinking alcohol, especially during the first few weeks. After that, drink in moderation to avoid losing control.

Dealing with challenges

Stressful or crisis situations

- Be aware that smoking will not solve the problem.
- Remember that doing physical exercise or practicing deep breathing are excellent ways to manage stress.
- For other ideas, read the Stress and Anxiety Management module of the Living Well with COPD program. Website: www.livingwellwithcopd.com.

Periods of aggravation of respiratory symptoms

- If you have an action plan, follow it. This may include taking your medications and/or using the pursed- lip breathing technique.
- Smoking a cigarette when you are sick may relax you for a few seconds. But it also makes your symptoms worse and may prolong the time it takes to feel better.
- Advise your health care team if your symptoms do not improve.

What do you think will be your biggest challenges?

Take time to consider your strategies.

You are the best person to know what strategies will work for you. What will be your strategies to deal with difficult situations?

Staying smoke free

Keep the motivation

You quit smoking. Congratulations! The next challenge is to stay quit. There will be temptations to smoke, so being prepared and having your own plan to deal with them will help to keep you on track.

Do not forget to reward yourself

How?

Rewarding yourself helps to keep your motivation to continue on Living Well Smoke Free.

It may be tempting to test your control by smoking “just one” cigarette. Giving in to this temptation can quickly lead back to full-time smoking.

After a slip or lapse (just ONE time)

- It is best to get back on track right away.
- Identify what led to this slip.
- Don't be too hard on yourself. Focus on your motivation and the benefits you have noticed since quitting.
- Consult a health care professional if you think you need extra help.

After a relapse (you restarted smoking regularly)

- Most importantly, don't give up!
- Try to understand what caused your return to smoking.
- Re-read this module to find strategies to help you to avoid future relapse.
- Ask for help if you need it.

The most common mistake is letting yourself believe that it is impossible for you to succeed. With time, persistence and motivation you are as able as anyone to quit smoking and to stay quit!

A few last words...

In conclusion, what does Living Well Smoke Free mean to you?

Testimonials from ex-smokers gathered by our team:

"I am so proud of myself to have finally stopped smoking for a year!."

Alex, 28 ans

"I feel more in control of my health. I can do more activities."

Roger, 57 ans

"My daughter doesn't hesitate to bring my grandchildren to stay with me since there is no more smoke in my house."

Linda, 49 ans

"I thought I would never get there, but I finally succeeded after understanding better why I was smoking."

Paul, 48 ans

"Preparing myself a few days before stopping helped to decrease my withdrawal symptoms."

Michelle, 57 ans

"Everything has a better smell now, my home, my hair, my clothes..."

Isabelle, 32 ans

"It is one of the most beautiful moments of my life."

Lorraine, 62 ans

"I feel better physically. I'm much less afraid of being sick all winter, like last year."

Samuel, 53 ans

This module does not replace the support and advice of a health professional. Do not hesitate to consult.

Section 3

Annex

Annex 1: Cigarette smoke: 7300 chemical products

Cigarette smoke contains more than 7,300 chemical products! Many are toxic and can cause lung disease, heart disease and at least a dozen different cancers. Some irritate the bronchial tubes and destroy small cells on their surface called cilia. Cilia keep your lungs clean by clearing secretions. Damage to the cilia increases the risk of respiratory infections in smokers.

Formaldehyde

A substance used as an embalming product and as a pesticide. Formaldehyde can cause cancer and respiratory problems

Tar

Tar comes from burning of tobacco. It is the most carcinogenic by-product. It sticks to the cilia lining the inside of the lungs.

Arsenic

A deadly poison formerly used as rat pesticide. It can cause lung, bladder, skin, and kidney cancer.



Ammonia

Causes airway irritation and is lethal at high doses.



Carbon monoxide

It sticks to red blood cells taking the place of oxygen. This means that you can easily get out of breath with physical activity because there is less oxygen available.

Annex 2. Second-hand and third-hand smoke

Second-hand smoke

Did you know that two-thirds of the smoke from a cigarette is released into the air without having been smoked by the smoker? Second-hand smoke contains more toxic substances than the smoke inhaled by the smoker. This explains why it can cause health problems in people and pets in close contact with smokers.

Second-hand smoke consists of:

- smoke exhaled by the smoker
and
- smoke from the cigarette that escapes directly into the air

Potential consequences of exposure to second-hand smoke

- In adults

- greater risk of asthma, chronic bronchitis, emphysema and cancer .
- irritation of the eyes, nose and throat
- headaches

- In babies and children

- twice the risk of sudden infant death syndrome (SIDS)
- greater risk of ear infections and respiratory problems (bronchiolitis, pneumonia, asthma)
- Young children are more susceptible to second-hand smoke because:
 - They breathe faster so they absorb more of the toxic products.
 - Their immune systems are not fully developed making them less able to fight infections.

- In pets

- greater risk of cancer and other health problems

What about third-hand smoke?

Third-hand smoke is secondary smoke deposited on the surface of objects. The toxic products deposited break down over time, and become even more toxic. Third-hand smoke remains on objects for a long time. It is especially dangerous for young children and animals (who put objects into their mouths or lick themselves).

Source: Canadian Cancer Society

The best way to provide a healthy environment for the whole family is to not smoke, or to smoke outside. This can be a first step towards Living Well Smoke Free!

Annexe 3. Harmful substances

Harmful Substances Contained in Tobacco Smoke



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Cigarette smoke contains ± 4,000 harmful substances, of which the six most toxic are:

Nicotine

creates a dependence. An oily substance that sticks to the inner walls of the lungs and arteries, causing cardio-vascular and pulmonary illnesses.

Carbon monoxide

Being faster than oxygen to attach itself to blood hemoglobin, carbon monoxide hinders the transportation of oxygen throughout the body, thus reducing the capacity of vital organs such as the brain, the heart and muscles to recover following efforts.

Tar

This comes from the burning of the tobacco and contains hundreds of chemical composites, some of which are classified among dangerous wastes. Tar may obstruct circulation and respiratory systems.

Formaldehyde

Classified among pesticides in Canada. May cause irritation in the nose and throat, and cause other respiratory problems for smokers and those who breathe in second-hand smoke. A carcinogen, it causes respiratory, dermatological and gastro-intestinal problems.

Benzene

A hydrocarbon extracted from petroleum or bituminous coal. It is mentioned as a toxic substance in the *Canadian Environmental Protection Act*. It may be carcinogenic.

Hydrocyanic acid

The most toxic substance in tobacco smoke. Exposition to small amounts of this substance can cause weakness, headaches, nausea, accelerated respiration and irritation of the eyes and skin.

Other Harmful Products Found in Cigarette Smoke

Cadmium

A metal that is highly toxic for the liver, the kidneys and the brain. Used in the fabrication of car batteries. According to current studies, it cannot be eliminated by the human body.

Propylene glycol

Increases the distribution of nicotine. Used in windshield washer liquid.

Xylene

An aromatic hydrocarbon which may be carcinogenic. Was once used in felt markers.

Naphthalene

Is used in the fabrication of moth balls.

Ammonia

Ammonium chloride transforms into anhydrous ammonia during combustion. Makes the lungs more permeable for the absorption of nicotine. Increases the dependence on tobacco.

Lead

Lead poisoning can stunt growth, cause weight loss, anorexia, vomiting and neurological lesions.

Methoprene

An insecticide that regulates growth in insects and delays the development of larvae.

Arsenic

A pesticide used on tobacco plants, it is absorbed by the plants. A carcinogen for the lungs and the lymph system.

Acetone

Is used in dissolving solutions and nail polish.

Butane

Is present in starter fluid in briquettes. Inhaling butane may cause damage to the brain.

Turpentine

Made of resin from conifers. Totally natural, but extremely toxic. One prolonged inhalation can cause nausea, dizziness and irritation of the mucous membrane.

If you want to quit smoking, *you're not alone!* Counsellors at the j'Arrête Smokers' Helpline and Quit Smoking Centres are there to help you in your initiative. Call 1 866 JARRETE (1 866 527-7383). Also visit our www.jarrete.qc.ca Web site



Annex 4. What to do instead of smoking?

To help you manage your cravings, here are some simple tips. They help the brain to focus on another activity.

Use a marker to highlight or circle strategies that might help you.

Change the ritual and habits of cigarette smoking for other activities:

- Do some housework, sort out your closets or drawers, do some filing
- Reduce your caffeine intake by half and avoid it after 14:00
- Take a shower or a bath to relax
- Practice a relaxation technique (e.g. yoga, meditation, visualization, breathing)
- Plan to get a massage or practice self-massage
- Do crosswords, wordsearch puzzles, sudoku or scrapbooking
- Read
- Draw or colour (e.g. a mandala)
- Listen to music, hum or sing; play a musical instrument
- Organize an activity (card games, pool, bowling)
- Participate in a leisure activity (painting, knitting, carpentry, sculpture)
- Try some new recipes
- Summer: work in the garden
- Planning an outing (shopping, dining, movies, shows)
- Volunteer
- Other: _____

TIPS AND TRICKS

- Choose a leisure activity that you like. If you enjoy it, you will be motivated to make it part of your routine
- Seek out people with a positive attitude: they will help you to stay positive.
- Choose places where not smoking will be easier for you.
- Respect your strengths and limitations: if climbing stairs is difficult for you, long hikes may not be the best activity to choose.
- Take time to relax.

Annex 4. What to do instead of smoking?

When speaking on the phone

- Doodle
- Get up and stretch
- Manipulate objects to keep hands busy (e.g. elastic, pencil, stress ball, etc.).
- Other: _____

After meals

- Plan before your meal what you will do right after (e.g. do the dishes, walking)
- Leave the table as soon as the meal is over
- Brush your teeth, use a mouthwash or dental floss
- Other: _____

Social events / alcohol

- Stay close to non-smokers
- Take drinks that don't have a strong association with cigarettes for you (e.g. juice, milk, herbal teas)
- Ask your friends not to offer you cigarettes
- Keep an elastic around your wrist and during a craving, pull it lightly (to distract yourself)
- Have a plan B, if it becomes too difficult (leave the event earlier, plan alternative transportation if accompanied)
- Limit drinking alcohol so that your judgment and determination are not affected.
- Other: _____

Other Tricks

- Keep your reasons for quitting handy and refer to it when you are tempted to smoke.
- Turn negative thinking into positive thinking
- Positively encourage yourself
- Drink plenty of water (use a straw, add a lemon). This helps to eliminate toxins.
- Eat raw vegetables such as: _____
- Plan a project with the money you save: _____
- Be active: walk, stretch, go out...
- Identify an activity that will help you forget about smoking: _____
- Go to a public place with a smoking ban (cinema, restaurant, etc.)
- Other: _____

Document prepared by Brigitte Fortier, Clinical Nurse at the Tobacco Abandonment Center (CAT) of the CIUSSS of the East-Island of Montreal. December 2015

Sources: Healthy Workshops. Yes, I quit / quit smoking ". Inspired by the participants of the smoking cessation group offered in 2015 at the CSSS de la Pointe-de-l'Île

Annex 5. Cessation products: Helpful hints

Product	Problem	Possible cause	What to do
Patches	Skin redness, itching, rash at patch location	Normal reaction: Abnormal reaction:	<p>Skin reactions should subside within 1 hour after applying: Try not to apply the patch too soon after a hot bath or shower (wait a few minutes for the skin to cool down).</p> <p>If the reaction lasts 24-48 hours: Apply a cream (with or without cortisone) to skin after removing the patch Wait 7 days before using this site again</p> <p>If the reaction is intense and doesn't go away: Stop using the patch and talk to a healthcare professional. Use short-acting nicotine replacement in the meantime.</p>
	Patch doesn't stick	Oily skin or sweat Use of hydrating soap or silicone based shower gel Not applying properly.	<p>Apply the patch to clean, dry and hairless skin.</p> <p>Use a regular bar soap without moisturizers.</p> <p>When putting the patch on, apply pressure on its outline for 1 minute. If still not sticking, use adhesive tape applied in an X shape over the patch.</p>
	Headache Dizziness Tremors Palpitations	Dose too high Nicotine absorption through the skin while manipulating the patch	<p>See your healthcare professional to adjust the dose.</p> <p>Wash your hands after handling the patch.</p>
	Sleeplessness Nightmares	Normal side effect	Remove the patch at bedtime and apply a new one when you wake up. Use short acting nicotine if needed

Annex 5. Cessation products: Helpful hints

FOR DISTRIBUTE

Product	Problem	Possible cause	What to do
Gums Lozenges	No effect on smoking cravings	Inappropriate use Dose too low Malabsorption of nicotine	Review user instructions or speak with health professional. Chew the gum or suck on lozenge more slowly. See your healthcare professional to adjust the dose. Try not to swallow too much while using the product, avoid eating or drinking 15 minutes before and during use (especially acidic liquids or food like juice, coffee or tea).
Gums Lozenges Inhaler Spray	Hiccup Reflux Gas Heartburn	Inappropriate use Nicotine is swallowed & absorbed in the stomach instead of in the mouth.	Revoir les instructions ou consulter votre professionnel. Mastiquer la gomme ou sucer la pastille plus lentement. Try not to swallow too much saliva while using the product.
Inhaler Spray	Cough Choking Burning	Inappropriate use	Inhaler : Avoid inhaling deeply. Spray : Press top of dispenser rapidly to release a dose inside the mouth, avoiding lips and back of throat. Avoid inhaling when you spray. Do not swallow for a few seconds after spraying.

Annex 5. Cessation products: Helpful hints

Product	Problem	Possible cause	What to do
Bupropion and Varenicline	Nausea Vomiting	Common side-effect	Take your pill after eating with a tall glass of water (8 ounces). If symptoms persist; it is possible to reduce the dose. Talk to your healthcare professional.
	Disturbed sleep Abnormal dreams	Common side-effect	While respecting at least an 8-hour interval between doses, take evening dose as early as possible.
Bupropion	Dry mouth Altered taste	Common side-effect	Drink more water. Try unsweetened candies or gum. Use a product that stimulates saliva (consult your pharmacist).

If you have questions or difficulties with any of these products, do not hesitate to ask your pharmacist or other healthcare professional for help.

Annexe 7. My checklist (detachable version)

Here are two versions of the detachable action plan, one format to put on the fridge and a wallet format

My Checklist

My motivations
My strategies to manage my cravings
My resources

Mes motivations
Mes stratégies pour gérer mes envies de fumer
Mes ressources

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Authors

Michel Lebel, RN, BSc • Marie-Claude Bray, DtP, BSc • Siobhan Carney, RN, BSc •
Julie Chagnon, RN, BSc • Brigitte Fortier, RN, BSc • Catia Mosca, RT • Maria Sedeno, BEng, MM

Collaborators

Priscilla Bélanger, BSc, MSc • Jean Bourbeau, MD, MSc, FRCPC • Patricia Côté, RN, MA •
Julie Dallaire, RN, BSc, MSc • Joseph Erban, BSc, MA, TTS • Isabelle Éthier, BA, SCC •
Josée Fortin, BSW, BSc • André Gervais, MD, FRCPC • Cassandra Giaccari, BFA • Sean Gilman,
MD, FRCPC • Alexandre Joubert, RN, BSc • John William Kayser, RN, PhD (candidate) • Kim
Lavoie, PhD, FCPA • Linda Lehrer, RD • Martine Leroux, RN • Anya Lundy • Marie-Michèle Man-
tha, MSc • Gaston Ostiguy, MD, MSc, FRCPC • Gilles Pelletier • Sylvie Roberge, RN, BSc • Martine
Robert, RN, MSc • Véronique Therrien, RD • Geneviève Tremblay, RT

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- McGill University Health Center (MUHC)
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