

January 2013 Is Tobacco Cessation Month



At the State Employees' Insurance Board (SEIB)
Wellness Center and Pharmacy



The Truth about Tobacco

- Cause of many different cancers and chronic lung disease (emphysema, bronchitis) and heart disease
 - cigarette smoke contain more than 7000 chemicals that are toxic or have potential to cause harm to the body
- Risk of Lung Cancer:
 - lung cancer is the leading cause of cancer death in the US in males and females
 - ~90% of lung cancer deaths in males due to smoking
 - ~80% of all lung cancer deaths in females due to smoking
- Smokers are 6x more likely to have a heart attack than non-smokers
- Smoking causes over 440,000 deaths annually
 - Approximately 50,000 deaths are due to exposure to secondhand smoke
- Although quitting may seem difficult and daunting, many people do quit. There are more previous smokers than current smokers today
- Smokeless tobacco (chewing tobacco, snuff) is NOT a safe alternative to cigarettes
 - Can lead to cancer, oral health problems (tooth decay, gum disease) and nicotine addiction.

Wellness Center Hours:

Monday-Wednesday, Friday
8:00 am to 5:00 pm
Thursday
9:00 am to 5:00 pm

(334) 263-8470



Pharmacy Hours:

Monday-Wednesday, Friday
7:30 am to 5:30 pm
Thursday
9:00 am to 5:30 pm

(334) 263-8460

We can help you kick the habit! The State Wellness Center offers comprehensive tobacco cessation counseling services. You are eligible for an initial consultation and subsequent follow up visits to help you stay on track. Call today to set up your FREE visit with our healthcare team!

Employees and dependents insured by the SEIB (BCBS Group 13000, 60913, 61013, 72013 and Southland Group 2000) can purchase various products at discounted prices at the SEIB Pharmacy.

NOTE: Only Group 13000 members may purchase **prescription** drugs.

The SEIB Pharmacy offers **FREE NEXT DAY*** delivery for your prescriptions! *Requests must be received by **3 pm**.

Your **insurance card** and a **photo ID** must be presented when purchasing all products and services.

Purchases of over-the-counter items are limited to: 1 box/1 bottle/30-day supply.

Visit the SEIB State Wellness Center & Pharmacy at 101 South Union Street, Montgomery, Alabama.

334-263-8460

rx@alseib.org

www.alseib.org

Benefits of Tobacco Cessation:

- Decrease risk for lung cancer
- Decrease risk of developing heart disease such as heart attack or stroke
 - risk can be decreased significantly within 1-2 years of cessation
- Decrease problems with breathing such as coughing, wheezing, or shortness of breath
- Decrease risk of developing chronic obstructive pulmonary disease (COPD), a disease particularly associated with smoking
- Decrease risk of infertility or having a baby with low birth weight for women who quit smoking
- Benefits of smokeless tobacco cessation: decreased risk of oral cancer, healthier mouth/gums, better breath, saving money, you no longer will spit/drool tobacco juice, and MOST importantly you will break your addiction to nicotine!

Concerned About Withdrawal?

- Nicotine dependence is the most common type of chemical dependence in the US and when smoking is stopped, some withdrawal symptoms are possible
- Common withdrawal symptoms include:
 - Nicotine cravings
 - Anger
 - Frustration
 - Irritability
 - Anxiety
 - Depression
 - Increased appetite
 - Weight gain
- Many patients become discouraged by the symptoms of withdrawal and may relapse, particularly due to increased stress or weight gain

Concerned about Cravings?

- Cravings usually start an hour or two after you have your last cigarette or dip/chew. They usually peak in several days, but symptoms may last for several weeks. As time goes on, cravings will be farther apart. Occasional mild cravings may last for up to 6 months
- **How to Manage Cravings:**
 - Remind yourself that cravings will pass
 - Avoid situations that you associate with smoking
 - Chew on carrots, pickles, apples, sugarless gum or hard candy instead of smoking
 - Practice breathing exercises: breathe slowly through your nose and then exhale through your mouth
 - Discuss pharmacological options with your doctor or pharmacist to help with cravings

Products to Assist You With Your Quit Attempt:

- Discuss these with your doctor or pharmacist to determine which product would be best for you!
- Nicotine replacement products are available in the following forms:
 - Patch
 - Gum
 - Lozenge
 - Nasal spray
 - Inhaler
- Prescription medications include:
 - Bupropion (Wellbutrin®)
 - Varenicline (Chantix®)

Helpful Tips to Help You Kick the Habit:

- Avoid triggers, which are moods, feelings, places, or things in your daily life that make you want to smoke
- If triggers are unavoidable, recognize the ones that are significant to you and make a conscious decision to avoid turning to smoking when exposed to your particular triggers
- Common Triggers Include:
 - Being around smokers or those who dip/chew
 - The beginning of the day
 - Feeling stressed
 - Being in a car
 - Drinking coffee or tea
 - Enjoying a meal
 - Drinking alcohol
 - Boredom
- Realize that you CAN quit and the cravings and feelings of wanting to smoke or dip/chew will pass with time!

Resources:

National Cancer Institute Fact Sheet. National Institutes of Health. Updated 10/2010. [Accessed 2 December 2011]. Available from: <http://www.cancer.gov/cancertopics/factsheet/Tobacco/symptoms-triggers-quitting> and <http://www.cancer.gov/cancertopics/tobacco/smoking>

Centers for Disease Control and Prevention: Smoking and Tobacco Use, Smoking Cessation and Smokeless Tobacco Cessation. Updated 11/2011. [Accessed 2 December 2011]. Available from: http://www.cdc.gov/tobacco/data_statistics/fact_sheets/cessation/quitting/index.htm and http://www.cdc.gov/tobacco/data_statistics/fact_sheets/smokeless/smokeless_facts/