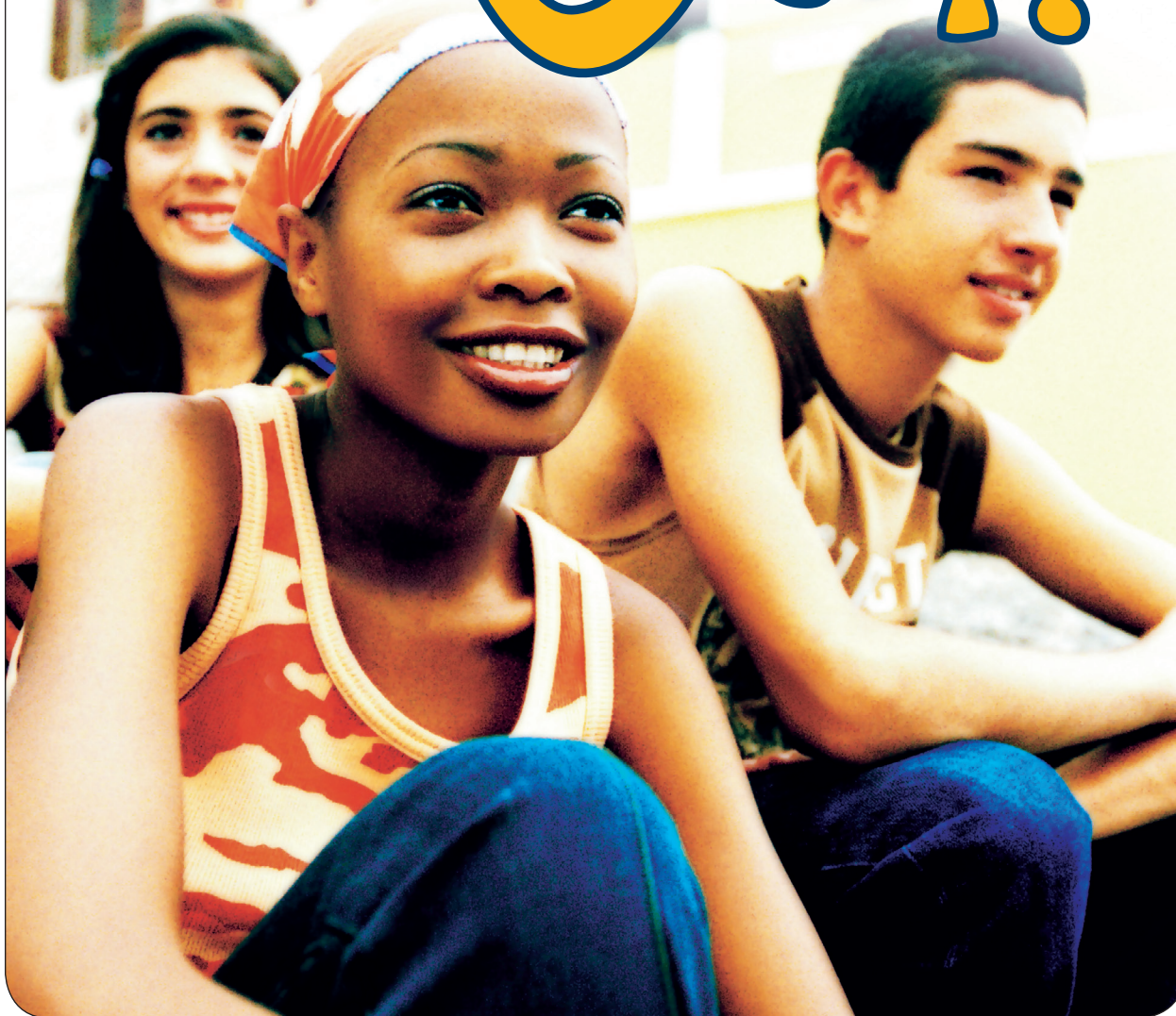
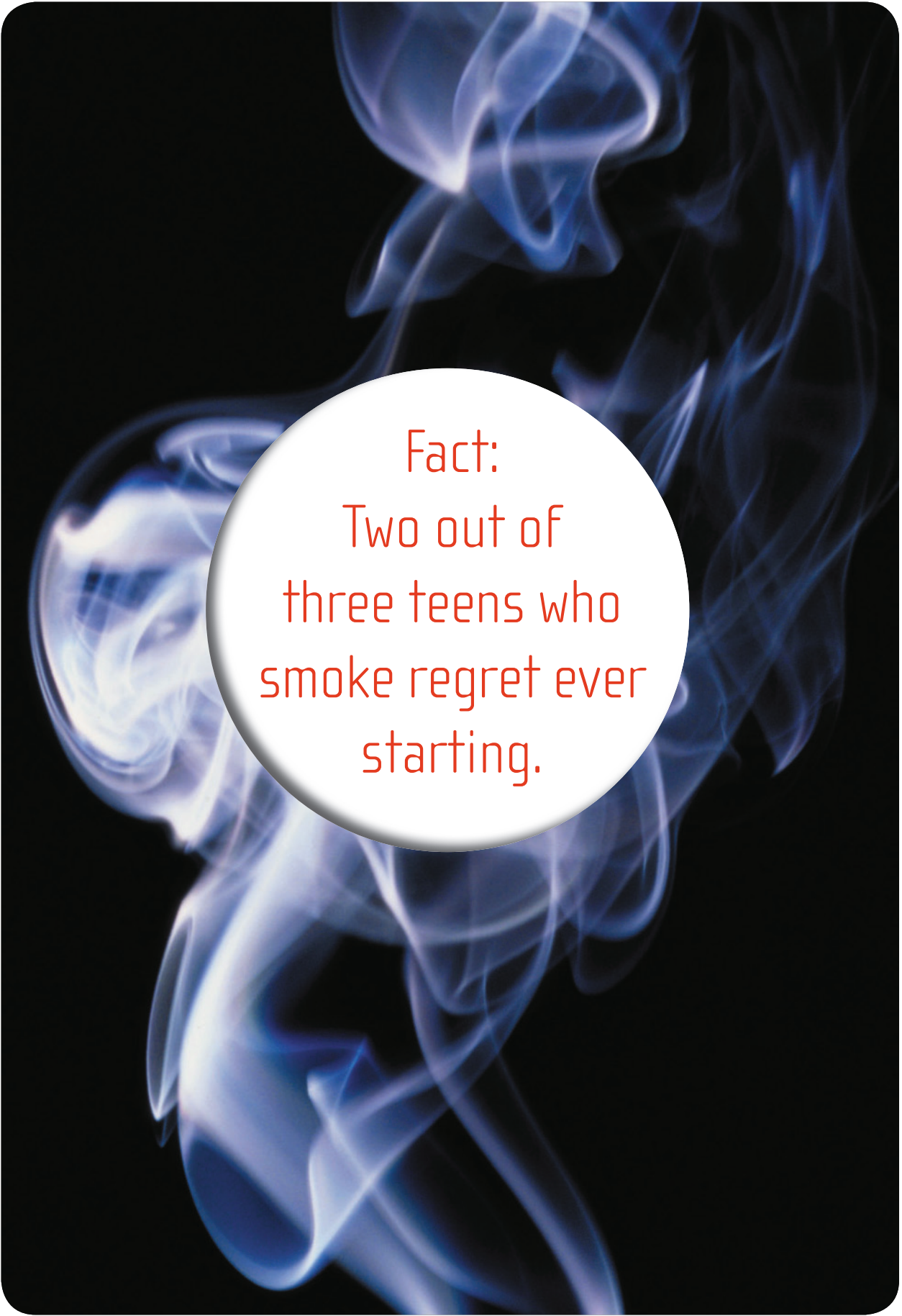


Smoking: what every teen should know.

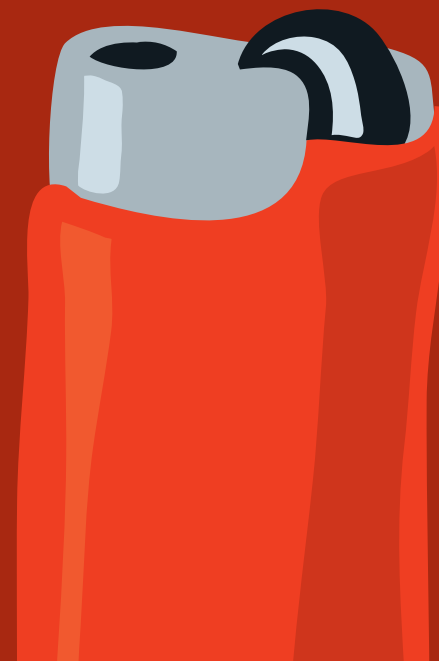
Air it Out.





Fact:
Two out of
three teens who
smoke regret ever
starting.

To smoke or not to smoke.



You've seen the anti-smoking advertising campaigns. You've heard about the health risks associated with smoking. In general, you know that smoking is "bad for you." But in order for you to make your own decision about smoking, you need the facts. If you do not smoke, this book will help you understand the benefits of staying smoke-free. If you smoke, you'll learn about addiction, withdrawal, and what to expect when quitting — including tips from teens who have successfully quit smoking.

REASONS NOT TO SMOKE:

Everyone will have their own reason for not smoking. The following list is based on real teens' reasons for choosing not to smoke. You may share some of these opinions.

But ultimately, you decide for yourself why smoking may not fit into your life.



It smells

It's a hassle

Yellow teeth
and fingers

It's a turnoff

Coughing

Expensive

Second-hand
smoke

I don't want
to get addicted

Shortness
of breath

Cancer

Understanding addiction.

It doesn't take long to get addicted. For some people, all it takes is one cigarette.



The Cycle

Puff

Feel temporary pleasure, relaxation/reduced stress, improved concentration.

Triggers

Pleasurable effects become paired with situations and emotions associated with smoking.

Withdrawal

Pleasurable effects wear off, withdrawal symptoms set in, feel stressed.

Urge

Feel an urge to smoke to relieve withdrawal symptoms.

Loss of control

Need cigarettes to feel normal.

A photograph of four teenagers (two girls and two boys) sitting on a roller coaster. They are all smiling and looking towards the camera. The girl on the far left is wearing a yellow tank top and a patterned headband. The boy next to her is wearing a light blue t-shirt. The girl next to him has long red hair and is wearing a green shirt. The boy on the far right is wearing a yellow t-shirt and a red baseball cap. The roller coaster tracks are green and the background is blurred, suggesting motion.

N

2 out of 3
teens who smoke
regret ever starting.

1 out of 2
teens who smoke
want to quit.

What's the easiest
way to avoid addiction
and the pain of trying
to quit smoking?

Never start.

Though peer and social
pressures can make
saying no difficult,
in the long run you'll
be glad you did.

How you say no is up
to you — some teens
choose to say "no thanks,"
or "I don't smoke,"
or simply walk away.

Methods to quit.

Cold turkey

For most people this is the most successful way. It means stopping completely on the date you choose to quit.

Cutting down

If you are really dependent on nicotine, try cutting down a few cigarettes a day.

Set a date soon to give them all up so you don't lose your determination.

If you choose a gradual method, try not to take more than two weeks to become smoke-free. One thing that will NOT help you quit is switching to cigars, bidis, pipes, or chewing tobacco. These products are also addictive and cause health risks.

Delay

Try putting off the first cigarette of the day by one or two hours. Start, for example, with no cigarettes until nine o'clock. Next day, make eleven o'clock the earliest you can smoke and so on.

Here are some additional methods people have used to quit that you may want to consider:

- >> Quit with a friend
- >> Support groups or classes
- >> Nicotine replacement therapy or Zyban (talk with your doctor or nurse practitioner)
- >> Hypnosis or acupuncture

Questions About Quitting:

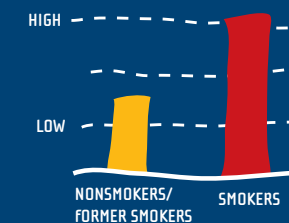
Does smoking really reduce stress?

Smokers often say they feel that cigarettes help relieve feelings of stress. This is because smokers experience withdrawal symptoms when they haven't smoked in a while. Smokers need nicotine to maintain normal moods and suffer from unpleasant feelings of irritability and tension between cigarettes, as nicotine levels fall. Once smokers quit, however, their stress levels return to normal.

What stresses you out:

A fight with parents.
Too much homework.
Problem with boyfriend/girlfriend.
Juggling job and school.
Personal problem.

stress



What you can do:

Take a walk.
Listen to music.
Call a friend.
Stretch/Work out.
Go to a movie.

Can I quit without gaining weight?

Many people who are thinking about quitting are very concerned about gaining weight. Some people gain weight because they eat more once they quit. People often replace smoking with snacking to help occupy their hands and mouth. Nicotine cravings can also be confused for hunger pangs, which can make some people who quit smoking overeat as a result. Because weight gain can be a realistic part of quitting, it's important for you to take charge. To stay in control, consider these tips:

Plan menus carefully. Don't try to lose weight; just try to maintain your pre-quitting weight.

Chew sugarless gum when you want sweet foods.

Have low calorie foods on hand for nibbling, such as fresh fruits and vegetables, fruit and vegetable juices, low-fat cottage cheese, and air-popped popcorn without butter.

Drink a glass of water before your meals.

Take time for daily exercise.



Getting over withdrawal.

Irritability, Headaches

Duration: 2 to 4 weeks.

Cause: Body's craving for nicotine.

Remedy: Take walks and hot baths; try relaxation techniques.

Fatigue

Duration: 2 to 4 weeks.

Cause: Nicotine is a stimulant.

Remedy: Take naps; don't push yourself.

Cough, Dry Throat, Dry Mouth, Nasal Drip

Duration: A few days.

Cause: Body getting rid of mucous which blocked airways and restricted breathing.

Remedy: Drink plenty of fluids; take cough drops; sip ice-cold water or fruit juice; chew gum.

Dizziness

Duration: 1 or 2 days.

Cause: Body is getting extra oxygen.

Remedy: Take extra precautions; change positions slowly.

Lack of Concentration

Duration: A few weeks.

Cause: Body needs time to adjust to not having constant stimulation from nicotine.

Remedy: Plan workload accordingly; avoid additional stress during the first few weeks.

Stopping smoking can trigger a lot of withdrawal symptoms, both physical and psychological, which can make smokers just want to *quit* quitting.

The key to getting through the rough spots is to **a** understand what those symptoms are; **b** know that symptoms will eventually pass; and **c** try some simple techniques that bring relief.

Tightness in the Chest

Duration: A few days.

Cause: Probably due to tension, may be caused by sore muscles from coughing.

Remedy: Try relaxation techniques – especially deep breathing.

Constipation, Gas, Stomach Pain

Duration: 1 or 2 weeks.

Cause: Intestinal movement decreases for a brief period.

Remedy: Drink plenty of fluids; add roughage to diet (i.e., fruits, vegetables, whole grain cereals).

Hunger

Duration: Up to several weeks.

Cause: Craving for a cigarette can be confused with hunger pangs. Oral craving/desire for something in the mouth.

Remedy: Drink water or low-calorie liquids; eat low-calorie snacks.

Craving for a Cigarette

Duration: Most frequent first 2 or 3 days, can happen occasionally for months or years.

Cause: Withdrawal from nicotine, a strongly addictive drug.

Remedy: Wait out the urge which only lasts a few minutes; distract yourself; exercise; go for a walk around the block.

Insomnia

Duration: 1 week.

Cause: Nicotine affects brain wave function, influences sleep patterns; coughing and dreams about smoking are common.

Remedy: Avoid caffeine after 6 p.m.; try relaxation techniques.

Craving a cigarette

Practice the 4 Ds

Delay Delay acting on the urge to smoke.
Wait out the urge – urges last only a few minutes.

Deep breathing Take two deep breaths.
Breathe in slowly and deeply; then breathe out slowly.

Drink water Sip the water slowly and hold
it in your mouth a little while.

Distract Take your mind off smoking.
Get up and move around or refer
back to your list of reasons to quit.

How to stay smoke-free.

Different situations can “trigger”
the urge to smoke. The following list
can help you identify some common
triggers, and give you suggestions
for how to resist smoking.

With friends who smoke

Be ready with a response like, “*No thanks.*”

Refer back to your list of reasons to quit.

Remind your friends and yourself why you quit.

Quit with a friend.

Chew gum.

Put something else in your hand.

Go where smoking is not allowed.

Hang out with nonsmokers.

Reward yourself.

Bored

Play a computer game.

Find new ways to fill time.

Listen to music.

Call a friend.

Take a walk.

Read.

Hungry

Have mints or gum to chew.

Eat a piece of fruit or raw vegetable.

Brush your teeth.

Take a walk.

Morning

Take a shower, eat breakfast or brush
your teeth as soon as you wake up.

Change your usual routine.

Going to and from school

Change your usual routine.

If you are in your car, take the
ashtray and lighter out of the car.

Sing along to the music
on the radio.

Stress

Take a few deep breaths.

Call a friend.

Take a walk.

Write.

Listen to music.

Caffeine

Switch to herbal tea or
decaffeinated coffee.

Hold your cup with the
hand you used to hold
your cigarette in.





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