

Preparing *to* Quit Tobacco



Objectives

- 3 types of addiction and how they work
- Skills to quit – addressing each type of addiction
- Putting it to work – Personalize your strategies
- Resources

Readiness to Quit

Maintenance

Action

Preparation

**Weighing the pros
and cons of quitting**

**Not even thinking
about quitting**



Introduction

The bad news:

- Difficult to quit

The good news:

- More former tobacco users
- Many benefits of quitting



Who is most likely to get addicted?

Do any of these conditions apply to you?

- Depression
- Sleep disorders
- Genetic predisposition



Who is most likely to have trouble quitting?

- ❑ Heavy smokers
- ❑ People with depression, anxiety or high levels of stress
- ❑ People with sleep apnea or insomnia
- ❑ Women
- ❑ People who fear weight gain
- ❑ People with ambivalence



Addressing Ambivalence (I want to/don't want to)

The Tobacco Cessation Balance Tool:

- Helps address your reasons to quit and not quit.
- Helps prevent relapse and get you back on track.

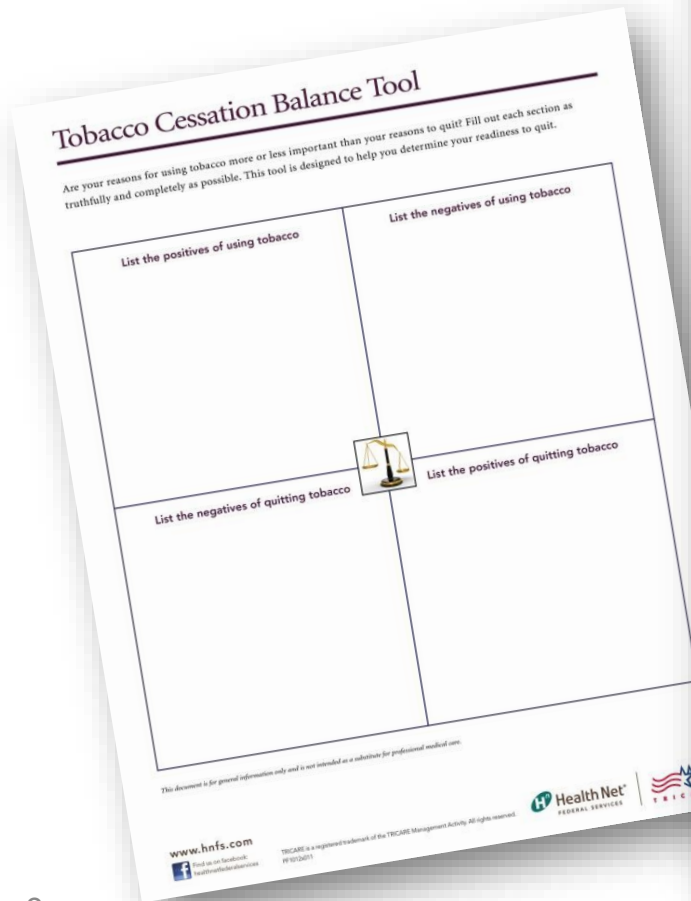


Case Study of Relapse

Jane is a 27-year-old asthmatic who has smoked for the past nine years, up to a pack per day.

- She has tried quitting too many times to count, with the longest smoke-free period lasting three weeks.
- She comes from a family of smokers including her father, brother and all four grandparents.
- She and her husband smoke outside only, and he is not interested in quitting.
- Her two young daughters want her to quit and tell her smoking is gross.

Jane's Balance Tool Example



<p>List the positives of using tobacco</p> <p>Helps with stress</p> <p>Chats with friends</p> <p>Gives me something to do when bored</p> <p>Helps to deal with anxiety – nicotine is calming</p>	<p>List the negatives of using tobacco</p> <p>My asthma is worse</p> <p>I am spending too much money</p> <p>It tastes horrible</p> <p>I am setting a bad example for my daughters</p>
<p>List the negatives of quitting tobacco</p> <p>Not having a quick outlet for stress</p> <p>Gaining weight</p>	<p>List the positives of quitting tobacco</p> <p>Better breathing</p> <p>Save money</p> <p>White teeth</p> <p>Better health</p>



Fundamentals of Tobacco Addiction

There are three types of addiction that should be addressed when quitting tobacco:

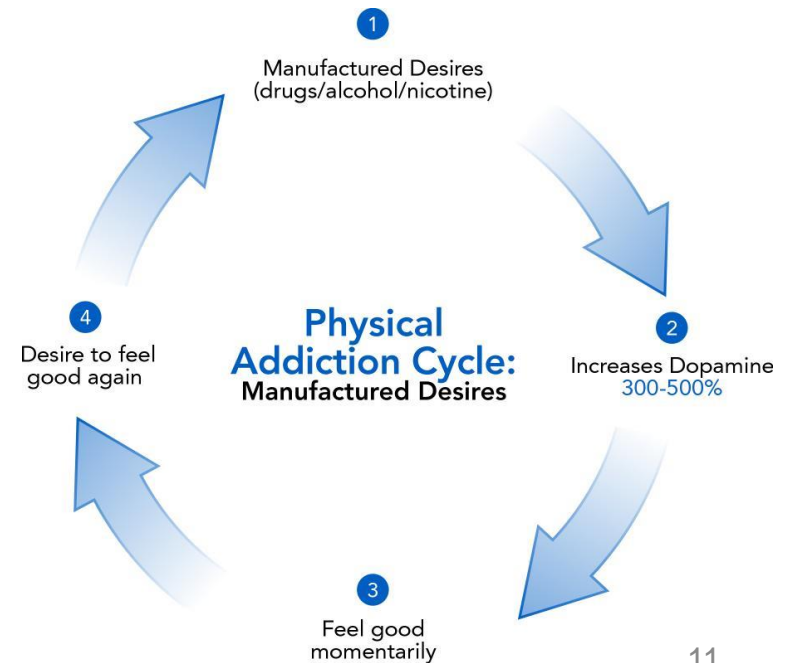
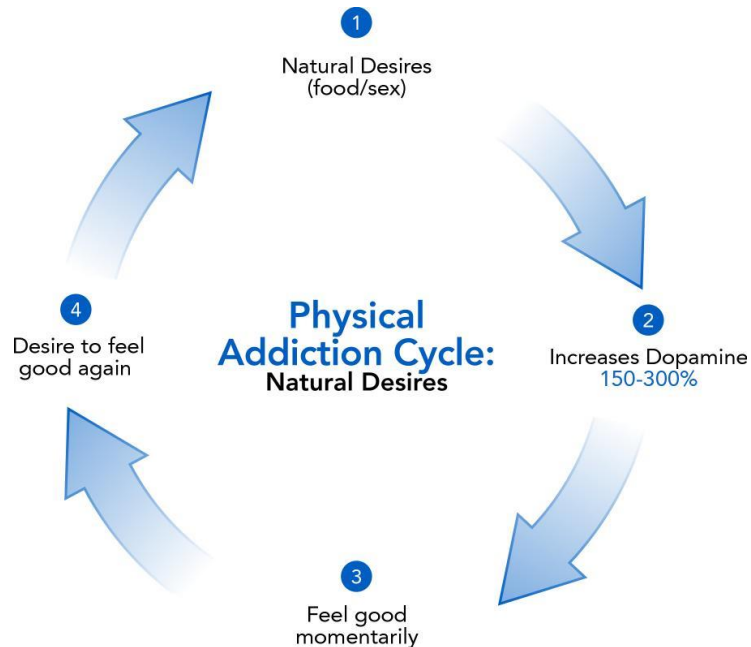
1. Physical
2. Psychological
3. Habitual



Fundamentals of Tobacco Addiction

1. Physical Addiction

- Dopamine and the pleasure principal
 - How manufactured drugs affect dopamine
- Withdrawal symptoms



Physical Addiction and Medication

Nicotine replacement

- Patch, gum, lozenge, inhaler, or nasal spray

Oral medications*

- Bupropion (Zyban or Wellbutrin)
- Varenicline (Chantix)

Combination therapy*

- Patch + bupropion
- Patch + gum
- Patch + lozenge and inhaler

* FDA APPROVED



Medication Disclaimer

Prescription or over-the-counter medications may not be appropriate for some individuals. Some may have certain side effects or interactions with other medications that could be harmful to your health. Discuss your individual health condition with your doctor and work together to determine which medications are best for you. The U.S. Food and Drug Administration has approved the medications mentioned in this program.

Visit www.tricare.mil and www.express-scripts.com/tricare for current benefit and prescription information.

Skills to Quit: Physical Addiction

Repeated tries are often needed.

Build on previous success and try new strategies.



Methods of quitting:

- Cold turkey
- Tapering

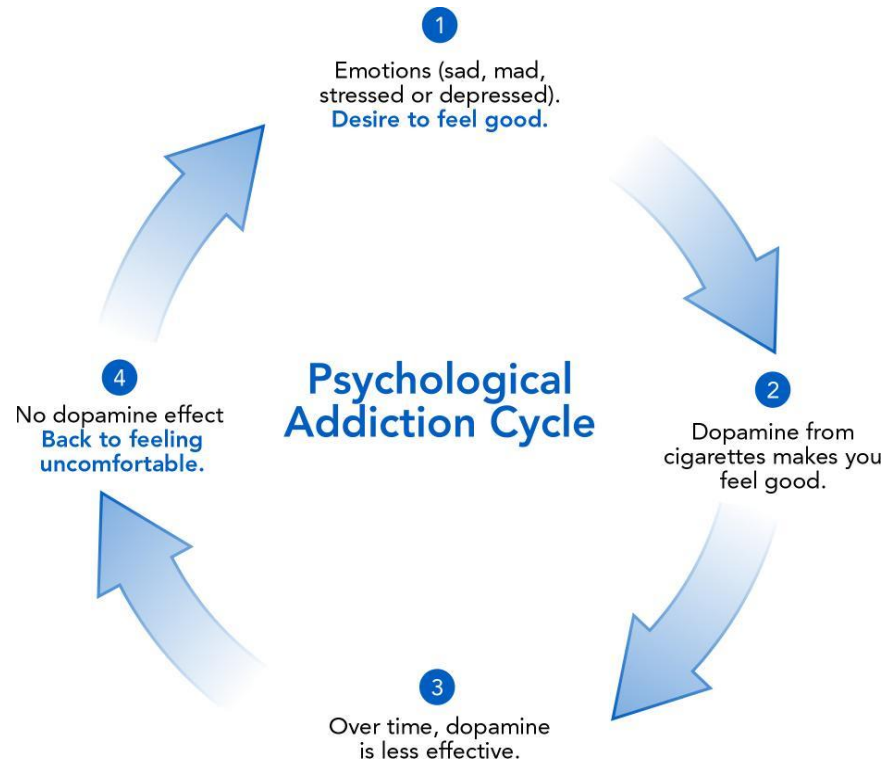


Fundamentals of Tobacco Addiction

2. Psychological Addiction

Tobacco fills the psychological needs of comfort.

- Emotions and the dopamine connection
- Smoking to make yourself feel good
- Law of decreasing returns



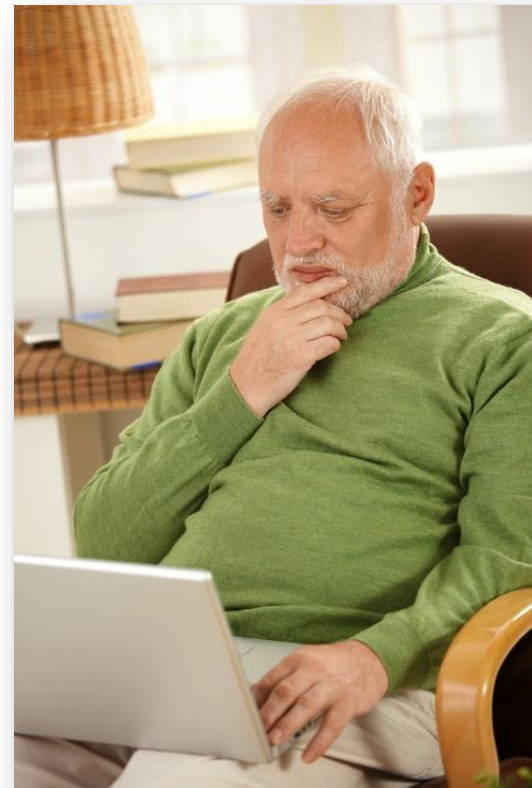
Skills to Quit: Psychological Addiction

Identify your issues first

(Decision Balance Tool)

Methods to consider:

- Counseling: group or individual
- Programs: telephone or Web
- Medications
- Cognitive therapy
- Support system



Fundamentals of Tobacco Addiction

3. Habitual Addiction

Involves three main issues:

- Cue – induced wanting
- Cravings – dopamine driven
- Habit forming

Cues & Smoking as a Habit



Skills to Quit: Habitual

Prepare yourself in advance

- Identify your cues
- Devise strategies
- Assemble your helpers
 - Human
 - Objects
 - Self-talk



Avoiding/Dealing with Relapse

Having important reasons to quit, learning from past attempts and having a quit plan will help you get and stay on track.

- Tobacco Cessation Balance Tool
- Physical addiction
- Psychological addiction
- Habitual addiction



Having a quit plan can increase your chance for a successful quit.

Use the Personalize Your Strategies to Quit Tobacco handout to help you develop a plan for quitting.

Set Goals and Reward Yourself for Quitting

Take small steps to change.

Examples:

- I will complete my quit plan in 30 days.
- I will research tobacco cessation support groups within the next three days.
- I will make an appointment with my doctor this week to determine which methods of quitting might work best for me.

My goals. *I will....*

Tobacco Cessation Resources

Web Programs:

- [DoD – YouCanQuit2 – Quit Tobacco](#)
- [HNFS –Time to Quit online program](#)
- [Tobacco Cessation resources](#)



Programs and Tele-classes

Online Programs

- Assessing Your Readiness for Healthy Change
- Basics for Reaching a Healthy Weight
- Healthy Weighs for Life
- Take Charge of Your Health
- The Basics of Asthma Management
- Time to Quit

Classes

- Heart Healthy Living (recorded)
- Making Healthy Changes for Life (live)
- Preparing to Quit Tobacco (recorded)
- Stress Management in Times of Uncertainty (recorded)
- The Basics of Depression Management (recorded)
- The Essentials of Diabetes Management (recorded)
- What You Need to Know About Anxiety (recorded)

Access Health Net Federal Services Health and Wellness programs and resources

www.tricare-west.com > *Beneficiary* > *Health and Wellness Center* > *Wellness Programs and Resources*

Disease Management Programs

Two Ways to Self-Nominate

- Call 1-844-732-2436 from 8 am–6 pm local time Monday through Friday.
- Click on the link in the Class Resources section to go directly to the [Disease Management Program Information and Nomination page](#), and use the self-nomination form at the bottom of the page.



[Disease Management Education Center](#)

Programs include: anxiety, asthma, chronic obstructive pulmonary disease, coronary artery disease, depression, diabetes, heart failure

Additional Information

Find a TRICARE-authorized provider

- Use the online provider directory.
- Call the TRICARE Customer Service Line.

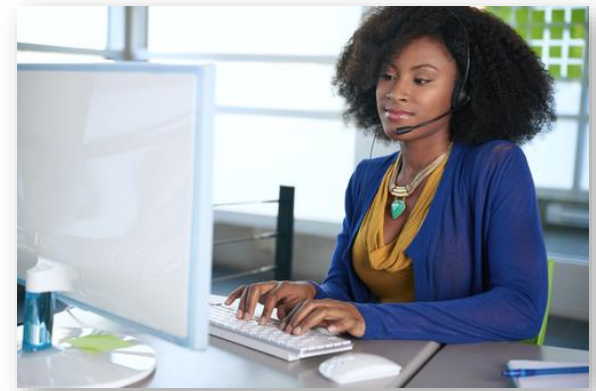
1-844-866-WEST (866-9378)

Call the Nurse Advice Line

1-800-TRICARE (1-800-874-2273), option 1

24 hours a day, 7 days a week

Chat or video chat at MHSNurseAdviceLine.com



Fill a prescription

- Fill your prescriptions at your military pharmacy or through home delivery.

Contact TRICARE's Pharmacy Home Delivery

(Express Scripts) at: 1-877-363-1303.

Conclusion

- Thank you!
- Class evaluation



Presentation References

¹Prochaska, JO.; DiClemente, CC. The transtheoretical approach. In: Norcross, JC; Goldfried, MR. (eds.) Handbook of psychotherapy integration. 2nd ed. New York: Oxford University Press; 2005. p. 147–171. ISBN 0-19-516579-9.

^{2, 4}NIH National Institute on Drug Abuse, The Science of Drug Abuse and Addiction, Is Nicotine Addictive? <http://www.drugabuse.gov/publications/research-reports/tobacco-addiction/nicotine-addictive>. Accessed 10/1/2020.

³Adapted from Helpguide.org, Understanding Addiction, How Addiction Hijacks the Brain. Located at <http://www.helpguide.org/harvard/how-addiction-hijacks-the-brain.htm>. Accessed 10/1/2020.

⁵Helpguide.org, by Lawrence Robinson, and Melinda Smith, M.A. Located at <http://www.helpguide.org/articles/addiction/how-to-quit-smoking.htm>. Last updated 10/2019. Accessed 10/1/2020.