

Tobacco Prevention Tips

Smoking Cessation

www.tobaccoprevention.net

Ready, Set, Go!

Get ready to quit--Set a quit date and get rid of all cigarettes and smoking paraphernalia in your home, car, and workplace. Replace them with objects such as beads, stones, or marbles that can keep your hands occupied when you quit.

Review you past quit attempts. What helped you stay quit as long as you did? What caused problems for you? What led to your relapse?

Rally support. Tell your relatives and friends you're quitting. Ask for their support and ask them not to smoke around you and not to offer you cigarettes.

If your state has one, call a tobacco quit line and talk to a phone counselor about quitting.

Talk to your clinician. Ask him or her to suggest a nicotine replacement therapy right for you. The following treatments are currently recommended as smoking cessation aids: nicotine gum, nicotine inhaler, nicotine nasal spray, and nicotine patch ("the patch"). Bupropion SR is another treatment available, but must be administered by a physician.

Get involved in a smoking cessation support group at your clinic, tribal or community center. Social support will increase your likelihood of quitting and staying quit.

Get involved in a smoking cessation program. One successful American-Indian specific program is "Second Wind." For information or to get a copy of this curriculum, contact Cynthia Coachman at Muscogee (Creek) Nation, 800-782-8291 ext. 285.

For Clinicians

Excerpted from: U.S. PHS. *Treating Tobacco Use and Dependence*. Fact Sheet, June 2000.

Tobacco dependence is a chronic condition that often requires repeated intervention.

Brief tobacco dependence treatment is effective, and every patient who uses tobacco should be offered at least brief treatment. There is a strong dose-response relation between the intensity of tobacco dependence counseling and its effectiveness.

Because effective tobacco dependence treatments are available, every patient who uses tobacco should be offered a first or secondline pharmacotherapy combined with counseling or behavior therapy whenever possible.

It is essential that clinicians and health care delivery systems (including administrators, insurers, and purchasers) institutionalize the consistent identification, documentation, and treatment of every tobacco user seen in a health care setting.

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For more information, call 503.228.4185 or visit the website: www.tobaccoprevention.net. Funded by CDC, grant #U1A DP000556-01.