



# THE FREEDOM EXPRESS



Informed to Quit. Inspired to Quit.  
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Tobacco Free Florida's Area Health Education Center (AHEC) Tobacco Program at Florida State University College of Medicine

Summer 2014



Ms. Daisy Barrett

## Taking the Elevator to Success!

*Ms. Barrett was familiar with the struggles of trying to quit smoking, so when she decided to give it another try, she knew she needed help. This time, she was determined not to go it alone. That's when she decided to try the Quit Smoking Now program at the Center for Independent Living of Broward and start a new journey on the freedom express.*

By the time Ms. Barrett made the decision to join the Quit Smoking Now (QSN) program, she had already been through a few attempts to quit smoking. But she had enough and was determined to kick the habit.

After attending the QSN program, Ms. Barrett shares, "The information I received over the six week QSN class changed my way of thinking in many ways. I learned things about myself, my smoking habits, and about tobacco itself. In addition to providing information on the effects of tobacco, including the effects of second and third hand smoke, the program gives participants a chance to take a close look at their smoking habits and the triggers that lead them to pick up a cigarette. After taking a QSN assessment during her class, Ms. Barrett was surprised by

*"Since the law prohibits smoking while in an elevator, I ride the elevator down to the ground floor and back up to the third floor when I have the urge to smoke."*

the findings. "I found out that I was not as heavy a smoker as I thought I was. I was actually smoking 40% or less of each cigarette. Because I wasn't smoking as heavily as I presumed, it seemed easy for me to identify my triggers and reasons for smoking. Using that information, I was able to concentrate on avoiding my triggers."

Ms. Barrett has used the lessons she learned from the QSN program to help her create new habits so she can remain tobacco free. She shares "One new habit I use is to find an elevator whenever I feel the urge to smoke. Since the law prohibits smoking while in an elevator, I ride the elevator down to the ground floor and back up to the third floor when I have the urge to smoke. By then the feeling of wanting to smoke is GONE!"

*Interested in joining a QSN program in your area? Call 877-848-6696 today!*

### Coaches Corner

**Meet Daisy Barrett's Quit Smoking Now facilitator, Mr. Adriano Castagnino!**

In September 2012, Mr. Adriano Castagnino was chosen to take part in the FSU College of Medicine nationally accredited Tobacco Treatment Specialist program. Since that time, Adriano has worked with consumers of the Center for Independent Living of Broward and has facilitated several Quit Smoking Now classes. As a case manager at the CIL, Adriano plays an active role in helping his class members succeed in quitting tobacco.



CENTER FOR INDEPENDENT LIVING  
OF BROWARD

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## 3 EASY & FREE WAYS TO QUIT



Talk to a Quit Coach® who can help you quit tobacco.  
**1-877-U-CAN-NOW**  
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Online help quitting tobacco is only a few clicks away.  
**[www.quitnow.net/florida](http://www.quitnow.net/florida)**



Looking for local face-to-face help? Find classes near you.  
**[www.ahectobacco.com](http://www.ahectobacco.com)**

# IT'S A FACT:

More than 3 million smokers have quit

## Q&A with the expert

*Q*  
**I WAS THINKING ABOUT TRYING THE PATCH, NICOTINE GUM OR SOMETHING LIKE THAT TO HELP ME QUIT SMOKING, BUT I'VE HEARD THAT IT IS ADDICTIVE. IS THIS TRUE?**

*A*  
Nicotine Replacement Therapy (NRT), most commonly the patch, the gum and lozenges, are products available to help you quit smoking. NRT works to help ease the transition to nonsmoking by reducing the nicotine withdrawal symptoms that many people have.

### **Addiction and NRT**

Now to your question - is it addictive? NRT does contain nicotine

and nicotine, in all forms, is an addictive substance. However, the addictive potential of nicotine, as with all addictive substances, varies with the rate (how fast or slow) and route (the way that nicotine is taken into the body).

The main reason that nicotine from cigarettes is so addictive is because nicotine from cigarettes is absorbed through the lungs. Using this route, it takes an average of about 10 seconds for the drug to reach the brain (that is faster than taking the same amount of IV injection of nicotine!). In short, because the nicotine reaches the brain so fast, it causes a more intense response that we call addiction.

In contrast, NRT releases the nicotine in a much slower rate and at much lower doses. Because of this, the brain is less likely to have the intense reaction; therefore less likely to become addicted. Using

NRT maintains physical dependence on nicotine but does not prolong addiction.

### **Other benefits of NRT**

Another important thing to keep in mind is that when you are using NRT, you are not getting all of the other chemical additives found in the cigarettes that are so very harmful. You are only getting the nicotine and we know that major side effects from using nicotine gum, lozenges and the nicotine patch are very rare.

The Food and Drug Administration (FDA) has approved some NRT's for use up to 6 months. However, most of the time, when smokers quit, they find that they do not use these products for nearly that long.

**The take home message** is that not only is NRT minimally addictive, it's a great way to help some smokers kick the habit. In fact, it can nearly

double your chances of being successful and using NRT is far better than smoking!

### *Author's bio:*



Karen Myers, ARNP, is a founding member of the faculty at the Florida

State University College of Medicine, where she serves as an Assistant Professor in the Department of Family Medicine. Ms. Myers is a nurse practitioner and a Certified Tobacco Treatment Specialist who joined AHEC's Tobacco Program efforts in 2007.

Have a question for Ms. Myers? Please email your question to [freedomexpresseditor@gmail.com](mailto:freedomexpresseditor@gmail.com)

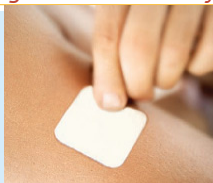
## NRT Can Double Your Chances of Quitting!

*Here are some do's and don'ts to help you succeed*

Nicotine replacement therapy (NRT) comes in different forms. The over-the-counter (OTC) products that don't require a prescription come in the form of a patch, gum and lozenges. NRT works by slowly giving you a small amount of nicotine through your mouth or your skin. The patch is a long-acting form of NRT, while the gum and lozenge are short-acting and can work by helping you avoid triggers. Using enough of the gum or lozenges is one of the keys to your success - check the instructions on the package to make sure that you are using the amount that you need. Read below for more tips on how to use NRT.

### **Using The Patch**

Stick on clean, non- hairy parts of your body – arms, back, chest or abdomen.  
•Apply pressure for 10 seconds to make sure that it sticks to your skin (using surgical tape over the patch may help it stick better).  
•Use a new patch every day but never more than one patch at a time. Rotate the patch site each time you use a new one.



*Using the patch, along with the gum or the lozenges may be even more effective*



### **Using The Gum**

•Bite the gum until you feel a tingling

sensation or taste a peppery flavor.

•Place it between your

cheek and gums for about 30 minutes, until the peppery taste or tingling goes away.

•Avoid eating and drinking while using the gum.



### **Using the Lozenges**

Do not chew or swallow the lozenge.

•Let the lozenge dissolve slowly in your mouth (about 20-30 minutes).

•Move the lozenge from side to side in your mouth while it is dissolving.

•Avoid eating and drinking while using the lozenge.





# QUIT NOW! TOOLKIT

## *Tips to Help you Succeed*



### Feeling anxious?

You are not alone! Studies show that feeling anxious can be a major trigger. But tobacco treatment specialists suggest that smoking is exactly what you *don't* need to do when you are anxious. Experts suggest that you try a relaxation activity instead. Try going for a walk, working out or fishing as ways to relax.

### Triggered by hunger?

If you are tempted to smoke when you are hungry or right after meals, a 2013 study by Duke University suggests that eating veggies may be just what you need. Next time you get the urge, try making a salad and chomping on some nutritious, delicious carrots.



### Changing your focus

Smoking usually goes hand in hand with other habits. That's why tobacco treatment specialists encourage you to focus on the triggers and habits that usually come before or lead to the urge to pick up a cigarette. But what if your whole day is full of triggers?

yourself physically and mentally, you are less likely to have time for your mind to wander. In order to keep busy, plan activities that take your mind off smoking, chewing or dipping. Use the examples below to help you think of an activity that will work for you.



In order to focus on something other than smoking, you may need to change how you spend your free time, what you eat, your coffee drinking habits and more. That can be overwhelming!

Instead of taking on everything at once, try changing your focus so that you engage in activities that take your mind off smoking altogether. By involving

Walking. Instead of just going for a walk, go to a friend's house, to the library or to a set destination, maybe even increasing your distance each time you walk.

Social time. Plan an activity with your family or friends. Try planning some time with kids or grandkids, getting out with your pet or catching a movie with friends. During the activity, focus on having fun and relaxing.



### If coffee is your trigger...

For some, smoking and coffee are just a natural pair. Each time you take a sip, you may feel the urge to take a smoke, as well. You can break up the happy couple by drinking your coffee at work or drinking tea or cold water instead of coffee. Ice cold water does wonders for helping you stay alert.

### Write it down and claim it!

Writing is a great way for you to plan for success. Writing things down can be a big help towards identifying your triggers and discovering what works to help you avoid them. Not a writer? Try reading an inspirational book instead!



## In the Next Issue

### WE NEED YOUR HELP.

With 3 million success stories out there, we know that quitting is possible! Studies show that peer support is one of the most powerful tools to help kick the smoking habit. That's why it's so important for you to share your success stories, so that you can inspire others. Together, we can beat this! If you have a success story, or you know of one, please write us or give us a call. We would love to hear from you! Please send your emails to [freedomexpresseditor@gmail.com](mailto:freedomexpresseditor@gmail.com)

**INFORMED TO QUIT**  
**INSPIRED TO QUIT**  
**I QUIT WITH AHEC**



**IS YOUR PET TRYING TO TELL YOU SOMETHING?**  
*FIND OUT WHY YOUR BEST FRIEND MIGHT HAVE A FEW WORDS FOR YOU*

**THE QUITTER'S CREED-**  
*LEARN THE AMAZING STORY BEHIND THE INSPIRATIONAL WORDS*

**A FUTURE PROMISE**  
*A SMOKER'S INSPIRING STORY OF WHY HE DECIDED TO JOIN THE QUIT SMOKING NOW PROGRAM*

**GREAT NEWS!**  
*NEW STUDY LINKS QUITTING TO BETTER MENTAL HEALTH!*

# Thinking about quitting tobacco?

## We can show you the road to success.



Use the link below to find a calendar of classes in your area!

Covers all forms of tobacco.

[www.ahectobacco.com](http://www.ahectobacco.com)

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