



Smoking Cessation Classes

Asplundh Cancer Pavilion
3941 Commerce Avenue
Willow Grove, PA 19090
Mondays starting September 16, 2019
2 to 4 p.m.

Abington - Lansdale Hospital
100 Medical Campus Drive
Lansdale, PA 19446
Thursdays starting September 19, 2019
6 to 8 p.m.

For more information, call 215-481-2204.

Facts on Nicotine and Tobacco

Most smokers use tobacco regularly due to an addiction to nicotine. Addiction keeps people smoking even when they want to quit.

Nicotine activates the brain circuitry that regulates feelings of pleasure, the so-called reward pathways. Exposure to nicotine causes the release of dopamine, a feel-good chemical. When you first start using tobacco, there is an increase in dopamine release, resulting in pleasant feelings for the smoker, but continued smoking results in fewer dopamine receptors which leave the smoker craving more cigarettes or tobacco to regain that feeling.

The cigarette is a very efficient and highly engineered drug-delivery system. Within 10 seconds of your first puff, nicotine levels peak in the brain. Typically, a smoker takes 10 puffs on a cigarette. A person smoking 1 pack per day (20 cigarettes) gets 200 "hits" of nicotine to the brain each day. This, in addition, contributes to nicotine's highly addictive nature.

Tobacco and Your Health

Your body gets more than nicotine when you smoke. Cigarette smoke contains more than 4,000 chemicals. Some of these chemicals are also found in wood varnish, the insecticide DDT, rat poison, and nail polish remover. The ashes, tar, gases, and other poisons - such as arsenic - in cigarettes harm your body over time. They damage your heart and lungs. They also make it harder for you to taste and smell things and to fight infection.*

There is no safe level when it comes to smoking or using tobacco. Whether it is "light," menthol or occasional smoking, pipe, chew, or cigar, all cause damage to cells and blood vessels throughout your body. The more years you use tobacco, the more damage occurs. Quitting at any age has benefits.

*[Source: U.S. Department of Health and Human Services. *Reducing Tobacco Use: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2000.]

Stress and Tobacco Use

Many people who use tobacco believe that doing so helps them cope with stress or other unpleasant feelings. Contrary to this opinion, studies have shown that on average, smoking causes more stress than it relieves and stress levels actually go down after quitting. In addition, the effect of using cigarettes or tobacco to cope with stress only lasts a short time and you need that next cigarette to feel better again. Smoking doesn't solve the problem. It only hides it. The source of the problem still remains.

Effective Ways to Quit Tobacco Use

Different methods work for different people. Sometimes it can take a few attempts before you are successfully quit.

Don't be discouraged. It is important to keep trying because with each attempt you will learn something that will help you quit for good. While you are trying to quit, nicotine and non-nicotine containing medications can help lessen the urge to smoke. Talk to your health care provider for help.

Individual, group, or telephone counseling can double your likelihood of success. A combination of medication and counseling is more effective than medication or counseling alone.

Resources to Help You Quit

Abington-Jefferson Health's Smoking Cessation program features a straight-forward, realistic approach that provides education, guidance and support to those who are interested in quitting, those recently quit and those trying to maintain a smoke-free lifestyle. A minimum number of participants are required to hold a class. For more information or to register, call 215-481-2204.

Integrative Medicine Services

A variety of therapeutic services are available (such as acupuncture, massage, yoga) and are designed to help reduce stress manage pain, improve sleep, develop better eating habits and cope with the many challenges that prevent optimal health.

- Abington - Jefferson Health Integrative Medicine services: 215-481-6888
- Marcus Institute of Integrative Health - Myrna Brind Center: 1-800-JEFF-NOW

Meetings/Support

Nicotine Anonymous is a non-profit 12-step fellowship of men and women helping each other live nicotine-free lives. For more information or to find a meeting location:

- Call 1-877-TRY-NICA or 1-877-879-6422
- Visit www.nicotine-anonymous.org

Telephone Support

Call **1-800-QUIT-NOW** for free support with a trained counselor in Pennsylvania who will talk with you about quitting, whether you are ready to quit or just thinking about it. You can request a variety of free services, including self-help materials, a referral list of other programs in your community, and one-on-one phone counseling to help you quit. PA Free Quitline is also available online at [PAQuitLogix](#) or in Spanish: [1-855-DÉJELO-YA \(1-855-335-3569\)](#)

Helpful Websites

The following list offers some helpful smoking cessation websites and chat rooms. When surfing the web for "stop smoking" sites, please be cautious and avoid sites promising a "quick fix" or guarantees as these may represent scams.

www.smokefree.gov
www.determinedtoquit.com
www.Jefferson.edu/Abington
www.lung.org/stop-smoking
www.cdc.gov/tobacco

Asian Smokers' Quitline (ASQ) is free and available nationwide. ASQ offers services in English, Korean, Chinese, and Vietnamese.

www.asiansmokersquitline.org

Sign Up for Text Help

[smokefreeTXT](#)--Free 24/7 quit help texted to your phone. Text QUIT to 47848, answer a few questions, and you'll start receiving messages