First Care

Smoking Cessation

Love Yourself! See yourself with a positive self-image.
Self image is a blueprint to behavior
Be good to yourself
You're at a crossroad.
    Look down one road towards a life of illness, ugliness, and an early death
    Look down the other road toward a healthier, more youthful, vibrant you
    Take the right road- the road to wellness!
Feel empowered, YOU are in control
    Victim mentality causes you to feel helpless, hopeless
    Empowerment and a feeling of responsibility cause healing
The mind and the body are connected
Your spirit is the master
Your imagination is your tool. You must visualize yourself as a new healthier person
Wellness of your physical body will follow

5 Stages

1. Precontemplation Stage: Patient doesn't believe smoking is a problem. Refuses to consider smoking cessation.
    Action: Encourage the patient to stop smoking
        Educate the patient about the effects off smoking
        Recommend changes in behavior
        Discuss patient's reaction to recommendations
        Follow up

2. Contemplation Stage: Patient recognizes that smoking is a problem. Wants to stop

    Action: Provide further education abut the effects of smoking and positive aspects of quitting (improved health, better self image, economic savings, better skin and more youthful appearance)

3. Preparation Stage:
    -Patient commits to stopping and signs contract.
    -Makes specific plans as to how to stop.
    -Set a quit date: often a meaningful date such a birthday, anniversary, first of month
    -Practice positive imagery/ visualization of your new self.
    -Gather support. Let family and friends know and get them on board.
    -Start a diary of when and why you smoke
    -Learn stress management tools
        -Take a hot bath

-Go for a walk
-Yoga/ meditation
-Biofeedback

-Change daily routines that go along with smoking in order to avoid triggers
-Avoid alcohol (lowers inhibitions)
-Just before the quit date, clear the home, work, and care of cigarettes, ashtrays, etc.
-Select a nicotine replacement system (patch, gum, etc.)
-Start Welbutrin 1-2 weeks before the quit date.
-Gradually reduce the number of cigarettes before the start date to about half
-First Care calls to remind of start date and schedule follow-up

4. Action Stage
   -Patient actually stops smoking!
   -Continue positive visualization
   -Continue stress reduction
   -Avoid people who smoke
   -Avoid places associated with smoking
   -Substitute smoking with another activity such as jogging or yoga
   -Use toothpicks, or stir sticks
   -Behavioral support starts
      Office visits at least once a week for first month
      Office visit at stopping nicotine and Welbutrin
      At office visit discuss
         Benefits of stopping
         Difficulties of stopping
         Side effects of meds
         Anticipated difficulties with maintenance
         Healthy substitution behaviors

5. Maintenance Stage: Continued abstinence from smoking
   -Reward yourself for not smoking. Set aside the money you would have spent on smoking to buy yourself a treat.
   -What about weight gain- you'll probably gain a few pounds. Best not to go on a major diet while on smoking cessation, will cause stress. Just practice healthy eating and exercise. We'll deal with weight issues later
   -The first few days are the hardest. This too shall pass.
   -Even one puff can cause a relapse. Don't risk it.

Call anytime for support!