

# Treatment for Tobacco Addiction

## How can I stop smoking?

When you feel ready to make the change, you'll have the best chance of stopping if you do the following:

- Make an appointment with your Healthcare team; there are many ways your Doctor can help you reach your goal. We want to help you quit
- Get support and encouragement
- Learn how to handle stress and the urge to smoke
- Be prepared for relapse
- Keep trying

## Steps to make quitting easier:

- **Pick a stop date.** Choose a date 2 to 4 weeks from today so you can get ready to quit. If possible, choose a time when things in your life will change, like when you're about to start a break from school. Or just pick a time when you don't expect any extra stress
- **Make a list of the reasons why you want to quit.** Keep the list where you can look at it when you have a nicotine craving.
- **Keep track of where, when and why you smoke.** You may want to make notes for a week or so to know ahead of time when and why you crave a cigarette. Plan what you'll do instead of smoking. You may also want to plan what you'll say to people who pressure you to smoke
- **Throw away all of your tobacco.** Clean out your room if you have smoked there. Throw away your ashtrays and lighters--anything that you reminds you of your smoking habit
- **Tell your friends that you're quitting.** Tell them not to pressure you about smoking. Find other things to do with them besides smoking
- **When your stop date arrives, STOP.** Plan little rewards for yourself for each tobacco-free day, week or month. For example, use the money you are saving to buy yourself a new shirt or ask a friend to see a movie with you

## What about nicotine replacement products or medicine to help me stop smoking?

Nicotine replacement products are ways to take in nicotine without smoking. These products come in several forms: gum, patch, nasal spray, inhaler and lozenge. You can buy the nicotine gum, patch and lozenge without a prescription from your doctor. Nicotine replacement works by lessening your body's craving for nicotine and reducing withdrawal symptoms. This lets you focus on the changes you need to make in your habits and environment. Once you feel more confident as a nonsmoker, dealing with your nicotine addiction is easier. Ask us about it!

Prescription medicines help some people stop smoking. These medicines do not contain nicotine, but help you resist your urges to smoke. Ask us about it!

For any of these products to work, you must carefully follow the directions on the package. It's very important that you don't smoke while using nicotine replacement products.

### **How can I get support and encouragement?**

Tell your family and friends what kind of help you need. Their support will make it easier for you to stop smoking. Also, ask your family doctor to help you develop a plan for stopping smoking. He or she can give you information on telephone hotlines, such as 1-800-QUIT-NOW (784-8669), or self-help materials that can be very helpful. Your doctor can also recommend a stop-smoking program. These programs are often held at local hospitals or health centers. We have listed a few sources for you in this packet.

Give yourself rewards for stopping smoking. For example, with the money you save by not smoking, buy yourself something special.

Remember, you will need some help to stop smoking. Nine out of 10 smokers who try to go "cold turkey" fail because nicotine is so addictive. But it is easy to find help to quit.

### **What about stress and my urges to smoke?**

You may have a habit of using cigarettes to relax during stressful times. Luckily, there are good ways to manage stress without smoking. Relax by taking a hot bath, going for a walk, or breathing slowly and deeply. Think of changes in your daily routine that will help you resist the urge to smoke. For example, if you used to smoke when you drank coffee, drink hot tea instead.

### **How will I feel when I quit?**

You may feel edgy and irritable. You also may get angry or upset faster, have trouble concentrating and feel hungrier than usual. You may have headaches and cough more at first (while your lungs are clearing out). All of these can be symptoms of withdrawal from nicotine. Keep in mind that the worst symptoms will be over in a few days. However, you may still have cravings for tobacco. Those cravings have less to do with nicotine addiction and more to do with the habit of smoking.

### **Will I gain weight when I quit?**

Some people gain a few pounds. Other people lose weight. The main reason some people gain weight is because they eat more food as a substitute for smoking. You can avoid gaining weight by watching how much you eat, staying busy and working out.

### **What if I can't quit?**

You can quit! Most people try to quit more than once before they succeed. So don't give up if you slip. Remind yourself of why you want to quit. Think about what happened to make you slip. Figure out how you'll handle that situation differently next time. Then recommit yourself to quitting. You can do it!

## Smoking Cessation

### **Wisconsin Tobacco QuitLine managed by UW-CTRI (Center for Tobacco Research and Intervention)**

Contact: Counselor

English: 1-800-QUIT-NOW (1-800-784-8669)

Spanish: 1-877-2NO-FUME (1-877-266-3863)

TTY: 1-877-777-6534

<http://www.ctri.wisc.edu/quitline>

Hours: 7am-11pm daily

Description: The quit line offers free medications, over the phone coaching on how to quit smoking, self-help materials, referrals to local tobacco cessation programs, follow-up support

Cost: Free

### **American Lung Association's Freedom From Smoking Program at the Y**

Contact: Stephanie

(414) 274-0832

Downtown YMCA 161 W Wisconsin Ave (also offered at some other Y's in Milwaukee)

Description: In an interactive small group setting, participants learn how to create a personalized plan to overcome tobacco addiction. The group meets for eight sessions over seven weeks.

Cost: \$100; \$75 for Y members

### **Aurora Health Care Salvation Army Homeless Clinic**

1730 N. 7th St

Salvation Army Emergency Lodge

Milwaukee, WI 53205

<http://www.aurorahealthcare.org>

414-265-6360 Main Ask for clinic

414-385-2684 Alternate Voicemail

414-265-8151 Fax

Service description: This clinic is a point of entry for homeless individuals in the healthcare system. The clinic is well suited to provide primary care and urgent care to homeless individuals who find themselves newly without access to health care for either financial or insurance reasons, but can't wait to get into a community health center. The clinic will serve as a "medical home" for about 3 months to those patients diagnosed with a chronic health condition. The clinic will then provide case management services and insurance enrollment to those eligible, to find them a more permanent "medical home" at a community health center. The following services are available at the clinic: primary health care evaluation and treatment; nursing services including dietary services, health education and diabetes education; limited prescription medication to patients of the clinic; health screenings for blood pressure, blood sugar, BMI/body composition; Diabetes; Depression and Tuberculosis (TB skin tests); laboratory services; and smoking cessation/support groups.

Eligibility: Uninsured homeless adults ages 18 and over.

Intake procedure: Appointments strongly preferred, walk-ins accepted.

Hours: Monday/Tuesday/Thursday/Friday, 8:30am-12:00pm; Wednesday, 6:00pm-9:00pm.

Languages: English.

Cost: None.

### **Aurora St. Luke's Outpatient Pharmacy Quit Tobacco Program**

Contact: Vanessa Grunske

2900 W. Oklahoma Ave

414-649-6930

Description: one-on-one support from trained pharmacists, intensive counseling and advice on medication therapy for tobacco cessation

Eligibility: anyone 18 years of age or older

Hours: M-F 9am-5:30pm; by appointment only

Languages: English, Hmong, Russian, Spanish, Vietnamese; interpretation/translation offered  
Cost: \$125, \$25 refund with successful completion; ask about insurance coverage

**Medical College of Wisconsin Clinics**

1020 N. 12th St

Milwaukee, WI 53233

414-277-8916 Main ATODA Counselor

414-277-8900 Alternate Smoking Cessation Counselor

414-935-5203 Fax

Service description: Call to receive confidential education and counseling on alcohol, drug and tobacco abuse.

Eligibility: Downtown Health Center patients.

Intake procedure: Call for assistance; handicap accessible.

Languages: English and Spanish.

Services: Alcohol Abuse Education/Prevention, Alcoholism Counseling, Drug Abuse Counseling, Drug Abuse Education/Prevention, Smoking Cessation, Smoking Education/Prevention

Cost: Call for details.

**Nicotine Anonymous**

914 E Knapp St

St Paul's Episcopal Church

Milwaukee, WI 53202

(877) 879-6422 Toll Free

<http://nicotine-anonymous.org>

Service description: Call the toll free helpline for meeting locations, days and times within the state of Wisconsin.

Eligibility: Persons addicted to nicotine.

Intake procedure: Walk-ins accepted; use entrance at 1306 N Marshall St.

Hours: Call ahead for days/times.

Languages: English.

Services: Smoking Addiction Support Groups

Cost: Free, \$1 donations encouraged

**Sixteenth Street Community Health Center**

Contact: Kim Brown

1032 S. Cesar Chavez Dr.

Milwaukee, WI 53204

414-643-7223

Description: one-on-one counseling sessions for tobacco cessation

Eligibility: Must be a patient of the health center with asthma or diabetes; parents of children whom have asthma and are patients of the health center also qualify for the program

Hours: M-F 9am-4pm; call for appointment if you qualify for the program (see eligibility)

Cost: Free for counseling; copay for medications

**UW-Milwaukee Tobacco Cessation Program- Norris Health Center**

Contact: Colleen Bernstein

P.O. Box 413 Milwaukee, WI 53201

414-229-6668

Hours: M-Th 9am-4:45pm; F 8am-4:45pm

Requirements: UW-M students only

Call 414-229-4716 to make an appointment; ask to see a health educator for smoking cessation

Cost: Free

**Zablocki VA Medical Center- Smoking Cessation Program**

Contact: Jim Hastings

500 W. National Ave.

414-384-2000

Cost: Free