

Are You Ready To Quit?

What smoking costs all of us.

- Cigarette smokers are absent from work 6.5 days more per year than non-smokers. (American Cancer Society)
- Approximately eight percent of a smoker's working hours are spent on smoking rituals. (American Cancer Society)
- Smokers make about six more visits to health care facilities per year than nonsmokers. (American Cancer Society)
- Average lifetime medical care costs for male smokers are 32 percent higher than for men who have never smoked. For female smokers, that cost is 24 percent higher. (American Cancer Society)
- Smokers cost the economy nearly \$94 billion yearly in lost productivity. An estimated additional \$89 billion is spent on public and private healthcare combined. (Centers for Disease Control, CDC)
- Companies spend an estimated \$157 billion annually (\$3,391 per smoker) in direct medical costs and lost productivity. (National Business Group on Health)
- Smoking claims approximately 440,000 lives each year and is the leading cause of preventable death in the U.S. (National Cancer Institute)
- Scientists estimate that environmental tobacco smoke (ETS), also called "secondhand smoke," is responsible for approximately 3,000 lung cancer deaths per year among adult nonsmokers in the United States. (National Cancer Institute)



What smoking costs the smoker.

- Cigarette smoking causes 87 percent of lung cancer deaths and is responsible for most cancers of the larynx, oral cavity and pharynx, esophagus, and bladder. (National Cancer Institute)
- Cigarette smoke contains an estimated 4,000 chemical agents including more than 60 known carcinogens. (National Cancer Institute)
- Smoking during pregnancy can cause stillbirth, low birthweight, Sudden Infant Death Syndrome (SIDS) and other serious pregnancy complications. (National Cancer Institute)
- Secondhand smoke is responsible for up to 300,000 cases annually of lower respiratory tract infections in children up to 18 months of age. (National Cancer Institute)
- The National Institute for Occupational Safety and Health (NIOSH) recommends that secondhand smoke be regarded as a potential occupational carcinogen. (National Cancer Institute)
- Smoking harms nearly every major organ of the body. (National Cancer Institute)
- Smoking cessation has major and immediate health benefits for men and women of all ages. Quitting decreases the risk of lung and other cancers, heart attack, stroke and chronic lung disease. (National Cancer Institute)
- The American Civil Liberties Union's (ACLU) National Workrights Institute estimates that more than 6,000 companies refuse to hire smokers.



- Smokers pay more for insurance and lose money on the resale value of their cars and homes. (MSN Money) On a trade-in dealers discount more than \$1,000 on higher-end vehicles and SUVs.
- Quotes on 20-year term life insurance for a \$500,000 policy show the range for a healthy 44-year-old male non-smoker from \$695 to \$2,250 in premiums per year. For someone smoking a pack a day, prices skyrocket to as much as \$4,495 per year.
- If you pay an average of \$4.50 per pack of cigarettes, and smoke one pack a day, you're spending \$1,642 per year on your habit. If you smoke two packs a day, you can double that amount to \$3,284 per year.

How LoneStart Works.

The LoneStart Wellness Initiative is based on established principles of social psychology and social psychophysiology as they apply to behavior change. The LoneStart program was created to address the serious effects of obesity, overweight and physical inactivity on our society and health care system—and presents a realistic and workable strategy for lasting change based on individual choice and responsibility.



But, within corporate and organizational group settings, as participants embrace the LoneStart principles relating to weight loss and healthy lifestyle choices, there have been unexpected outcomes. Increasingly, smoking participants who are losing weight and becoming active are deciding, on their own, that if they are making the effort to address their long-term health and wellness by losing weight and finding ways to become more physically active, they would go all the way—and quit smoking.

Participants simply apply the LoneStart Strategy to smoking cessation.

About LoneStart.

The LoneStart initiative focuses on lifestyle changes that change lives. It is a program that promotes personal responsibility for long-term health and wellness on an individual basis. This is where habits are made and broken.

LoneStart Wellness was founded on the premise that each of us already has everything we need to be successful. We just have to learn how to go about it. LoneStart challenges individuals to explore their lifestyle choices and begin to make decisions that are in their long-term self-interest.

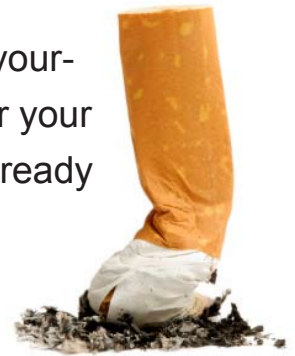
The LoneStart Wellness Initiative was developed as a direct response to the fact that most wellness initiatives (personal and organizational) fail for two reasons. First, participants don't have the fundamental belief that the strategy being promoted will work within the context of their lives. (Therefore, they haven't made the necessary psychological buy-in.) The second, and more important reason is that they don't have confidence in their own ability to regain control of their personal health and wellness. LoneStart is a science-based strategy, and as such, is designed to enable participants to challenge themselves during an achievable, first step, three-week time frame to realize modest but meaningful success, build on that success and develop the confidence through day-to-day, even moment-by-moment, choices that they can achieve even more.

LoneStart challenges participants to identify what the program calls their "personal motivational trigger," and it is this "trigger" that in part motivates participants to work through the first 21 day period, and the next, and beyond. And then they find they can reach their goals. They have achieved—and they believe. We call it **"Achieve and Believe."**



When you're ready to quit.

When you decide to quit smoking, you're making that decision for yourself, your family, and because you know it's the best thing to do, for your (and their) long-term health and wellness. And, (as you probably already know,) it won't be easy. The following steps will help.



- If you're already participating in the LoneStart Wellness Initiative, you're making positive substitutions and finding ways to make healthier nutritional choices and ways to become more physically active. Adding the choice to quit smoking is an extension of these positive behavior changes.
- Set a date to quit. Cold turkey, or prepare yourself, but pick a date in the short-term future—and stick with it. To prepare, get rid of all cigarettes and ashtrays in your home, car and workplace. Don't let anyone else smoke in your home. If you've tried to quit before— think about what worked, and what didn't. Do what you can to get the cigarette smoke smell out of your home, car and clothing.
- Get help and support. Tell your family, friends and co-workers you are quitting and will want their support. If they smoke, ask them not to smoke around you. Check-out the free online programs from the American Cancer Society, American Heart Association, National Cancer Institute and American Lung Association— among others, for information and support. Many have online and telephone help when you need it. Begin immediately to think of yourself as a non-smoker.
- Again, if you are participating in the LoneStart Wellness Initiative, use the principles for positive affirmations in your workbook as they apply to smoking cessation. Write them down and say them to yourself as often as necessary, at least every morning.
- Replace the urge to smoke with new behavior. (This is a LoneStart Principle, substituting positive behaviors for unhealthy ones.) Distract yourself from the urge to smoke. Go for a walk. Call someone on the phone. Find something to do that takes both hands and that is a healthy substitute (cooking, knitting, typing or emailing, gardening, exercising). Change your routine. Drink plenty of water. Do something enjoyable. Try something new you've wanted to do. Set milestones and reward yourself in positive, healthful ways.
- Be prepared for a relapse and for difficult situations. Most relapses happen in the first 3 months after quitting. Don't be discouraged, and don't give up! Forgive yourself (you're only human after all) and just start over.

After you quit. Smoking Cessation Timeline.

- Within about **20 minutes**, your blood pressure and pulse rate decrease, and the body temperature of your hands and feet increases.
- It's the carbon monoxide in cigarette smoke that reduces the blood's ability to carry oxygen. **At 8 hours**, the carbon monoxide level in your blood decreases to normal. As carbon monoxide decreases, your blood oxygen level increases.
- **At 24 hours**, your risk of having a heart attack decreases.
- **At 48 hours**, nerve endings start to regrow and your ability to smell and taste is enhanced.
- **Between 2 weeks and 3 months**, your circulation improves, walking becomes easier and you don't cough or wheeze as often. Within several months, you have significant improvement in lung function.
- **In 1 year**, the risk of coronary heart disease and heart attack is reduced to half that of a smoker.
- **Between 5 and 15 years** after quitting, your risk of having a stroke returns to that of a non-smoker.
- In **10 years**, your risk of lung cancer drops, as does your risk of cancer of the mouth, throat, esophagus, bladder, kidney and pancreas.
- In **15 years**, your risk of coronary heart disease and heart attack is similar to that of people who have never smoked. Your risk of death returns to nearly the level of a non-smoker.

Additional Resources.

Agency for Healthcare Research & Quality
Printed publications
<http://www.ahrq.gov/>

American Cancer Society
Materials and Information
<http://www.cancer.org/>

American Heart Association
Free smoking cessation programs and
brochures
<http://www.americanheart.org/>

American Lung Association
Free Smoking cessation programs and information
<http://www.lungusa.org/>

Center for Disease Control (CDC) Tobacco
Information and Prevention Source
<http://www.cdc.gov/tobacco/>

National Cancer Institute (NCI)
<http://www.cancer.gov/cancerinfo/tobacco>
1-800-4-CANCER

NCI's smoking cessation quitline
<http://www.smokefree.gov>
1-877-44U-QUIT

NCI's live online assistance
<https://cissecure.nci.nih.gov/livehelp/welcome.asp>

Related Publications
<http://www.cancer.gov/publications>

Occupational Safety and Health Administration
(OSHA)
<http://www.osha.gov/>
1-800-321-OSHA

Office of the Surgeon General
<http://www.surgeongeneral.gov/tobacco>

You Can Quit Smoking Consumer Guide
http://www.surgeongeneral.gov/tobacco_

