

## Smoking Cessation

*“Quitting smoking is the easiest thing I have ever done. I’ve done it a thousand times.” Mark Twain*

Quitting smoking is not easy. It often takes a great deal of work and commitment. Smoking is a learned behavior that becomes natural over time. Just as it takes time to learn how to smoke and form a regular smoking routine, it also takes time to develop the skills necessary to overcome tobacco addiction. On average it takes at least seven serious quit attempts before one is successful, so don't give up.

### For more information:

If you would like more information about smoking cessation treatments or quitting, call one of the following agencies.

American Cancer Society.....800-227-2345  
www.cancer.org

American Lung Assoc.....510-638-5864  
www.lungusa.org

California Smokers Helpline.....1-800-NO-BUTTS  
www.californiasmokershelpline.com

24-hr Nurse Advice Line (Med Call).....800-877-0027

Student Health & Wellness Center.....707-654-1170

Visit Our Website at <http://www.csum.edu/web/campus-life/student-center/student-health-center>

***\*\*Special Thanks to San Diego State University\*\****

California Maritime Academy  
Student Health & Wellness Center  
200 Maritime Academy Drive  
Vallejo, Ca 94590

Phone: 707-654-1170  
Fax: 707-654-1171  
E-mail: [healthcenter@csum.edu](mailto:healthcenter@csum.edu)



## Smoking Cessation Treatments



*California Maritime Academy*

*A campus of the California State University*



# Smoking Cessation

## Understanding tobacco addiction

When considering quitting tobacco use, it is important to understand the factors that cause tobacco addiction. There are two major elements that determine tobacco addiction: physiological factors and psychological factors.

The nicotine in cigarettes and other tobacco products induces physiological changes almost instantly. About 25% of the nicotine in tobacco smoke reaches the brain within six seconds after a smoker inhales. Nicotine immediately causes increases in heart rate, blood pressure and pulse rate, along with the constriction of blood vessels. It also evokes the discharge of free fatty acids into the blood and the release of adrenaline and similar substances; then stops the flow causing a physical "rush" sensation. This sudden rush is followed by a resting

state in which the body attempts to return to its normal functioning. This state is what most smokers identify as the relaxing feeling they get when they smoke.

Over time, a cause-effect association between the act of smoking and the resulting physiological changes develops. In effect, a person becomes "conditioned" to smoke when cravings occur. This connection can be seen in a smoker whenever that person gets an "urge" to smoke while driving, studying, drinking, after meals, or while socializing. Regular smokers connect smoking with hundreds of activities during the day. This is the component of tobacco addiction in which an individual learns to smoke to satisfy cravings. Just as a person learns to connect these things with smoking, they can learn to "un-connect" them and quit.

## Treatments

Drug treatments are presently available to assist in tobacco cessation efforts. These drugs do not treat the psychological addiction, so it is best to use them in conjunction with a behavioral program. Most of these treatments

are designed to be used for a limited time to alleviate nicotine cravings. They are also designed for regular smokers and not people who only smoke occasionally.

There are essentially two types of cessation treatments available: nicotine replacement treatments and oral non-nicotine treatments.

Nicotine replacement treatments are products that slowly release nicotine into the blood stream in small increments to alleviate a person's craving to smoke. They "mimic" the effects normally induced during smoking to satisfy a person's physiological addiction to nicotine. These products come in the form of gums (e.g. Nicorette), nasal sprays (Nicotrol NS), inhalers (Nicotrol) and skin patches (Nicoderm).

While these products contain nicotine, unlike cigarettes, they do not produce carbon monoxide nor contain tars and other additives that directly contribute to severe health problems. Different types of nicotine replacement treatments should never be combined and used simultaneously or used while smoking.

Oral non-nicotine treatments (e.g. Zyban) are nicotine-free pills that stimulate the release of dopamine and norepinephrine, two amino acids in the brain. It is not entirely clear how this treatment works, but it is believed that this release helps smokers deal with the anxiety that comes with quitting and reduces a person's craving to smoke.

No single treatment is right for everyone. Each treatment has possible side effects and health risks. In most cases, you should consult a doctor to determine which treatment is best for you. Women who are pregnant or breast-feeding should consult a doctor before using any of these treatments.

## Pharmacological Smoking Cessation Treatments Nicotine Replacement Systems

Releases nicotine into the blood stream in small increments to alleviate cravings.

- Gum (example: Nicorette)
- Inhaler (example: Nicotrol Inhaler)
- Nasal Spray (example: Nicotrol NS)
- Transdermal Patch (example: Habitrol, Nicoderm, Nicotrol and Prostep)

## How effective are these treatments?

There is a high variability in results for all of these treatments. Manufacturers of these products conduct clinical trials to determine their effectiveness, but the levels of success will be different for everyone.

It is important to remember that all of these treatments are aids to quitting. They focus primarily on treating physiological conditions related to smoking addiction. They work best in conjunction with some form of behavior change program that addresses the psychological factors of smoking. Using pharmaceutical cessation treatments alone addresses only one part of tobacco addiction and will not guarantee success. Come to the Student Health & Wellness Center if you would like to make an appointment to develop a smoking cessation program with a physician.

Remember, pharmaceutical cessation treatments are not miracle cures for smoking. Persistence is the key. Smoking is a behavior that develops over time and like smoking, cessation is a skill that needs to be practiced to become fully effective.

*"Habit is habit, and not to be flung out of the window by any man, but coaxed downstairs a step at a time." Mark Twain*