

How to Avoid Tobacco and Other Irritants



Allina Health

How To Avoid Tobacco and Other Irritants

First edition

Developed by Allina Health.

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For specific information about your health condition, please contact your health care provider.



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Tobacco and Other Irritants

What Happens When You Smoke



Did You Know

Cigarette smoke contains more than 7,000 chemicals. More than 70 can cause cancer.

Source: U.S. Food & Drug Administration (FDA)

Health facts

Cigarette smoking is the leading cause of preventable disease, disability and death in the United States. The harmful chemicals in cigarette smoke can damage nearly every organ in the body. Smoking even 1 cigarette a day:

- causes your heart rate and blood pressure to rise and your major blood vessels to narrow, making your heart work harder
- causes your blood to clot faster putting you at risk for heart attack, stroke, heart disease and problems with blood circulation
- raises your chance of impotence (being unable to have sex) or infertility (being unable to have a baby)
- lowers the amount of oxygen in your bloodstream, making you short of breath
- increases your risk for **many** types of cancers
- decreases your taste and smell.

The human body was not designed to smoke.

Financial facts

The average cost of 1 pack of cigarettes is \$8.40 in Minnesota and \$7.67 in Wisconsin.

If the price doesn't change, here's how much you will spend smoking 1 pack of cigarettes each day:

	Minnesota	Wisconsin
1 day	\$8.40	\$7.67
1 week	\$58.80	\$53.69
1 month	\$235.20	\$214.76
1 year	\$2,822.40	\$2,577.12
5 years	\$14,112	\$12,885.60
10 years	\$28,224	\$25,771.20
25 years	\$70,560	\$64,430

Source: www.salestaxhandbook.com (2022)

Benefits Of Quitting Tobacco



You have increased energy, power and strength.

Within...

- **8 hours:**
The carbon monoxide level in your blood drops to normal and the oxygen level in your blood increases to normal. Your breathing starts to improve.
- **24 hours:**
Your chance of a heart attack decreases.
- **48 hours:**
Nerve endings start to grow again. Your senses of smell and taste improve.
- **2 weeks:**
Your circulation improves and your lung function increases.
- **1 to 9 months:**
Your cough, stuffy nose and shortness of breath decrease. Your energy level increases.
- **1 year:**
Your chance of heart disease is cut in half.
- **5 years:**
Your chance of a stroke is the same as someone who does not use tobacco.
- **5 to 10 years:**
Pre-cancerous cells are replaced with normal cells.
- **10 years:**
Your risk of cancer, stroke, and heart disease is close to the same of someone who has never used tobacco.
(Source: World Health Organization)

Other benefits

- You have fewer colds, sinus infections, and lung problems such as pneumonia, bronchitis and asthma attacks.
- Your chance of developing an ulcer is lowered.
- You are less likely to develop cancer of the mouth, throat, esophagus, bladder, kidney and pancreas.
- Your body's ability to heal after surgery improves.
- Your body uses insulin better. This can help you control diabetes if you have it.
- Quitting tobacco is good for your well-being. It can help relieve symptoms of anxiety, stress and depression.
- Your HDL (good cholesterol) levels increase.
- Side and night vision improves.

Behavioral Tips and Coping Skills for Quitting Tobacco

Getting started

- Make a list of reasons for quitting.
- Think positively.
 - Believe you can.
 - Remind yourself, “I’m choosing not to smoke today.”
 - Remember that it’s “not that I can’t smoke, it’s that I’m choosing not to.”
 - Tell yourself often: “I can do this.”
 - Visualize yourself as someone who doesn’t use tobacco.
- Use relaxation breathing.
 - Inhale to count of 8.
 - Hold to count of 4.
 - Exhale to count of 8.
- Substitute items for cigarettes.
 - Chew gum.
 - Suck on hard candy.
 - Chew on straws or toothpicks.
 - Eat low-calorie snacks.
- Keep your hands busy.
 - Play cards.
 - Read books.
 - Put together puzzles.
 - Play with rubber binders.
 - Write letters.
 - Draw. Paint. Make crafts.
- Concentrate on the good things in your life!
- Change your environment:
 - Change your routine to help avoid temptation. Even small changes can lower the craving to smoke.
 - Get rid of all cigarettes, ashtrays and lighters in your home, car, desk or office.
 - Change your favorite smoking areas to make them remind you less of smoking.
 - Make your home and vehicles smoke free.





Think of quitting as an act of love for those you care about and for yourself!

Tip

If you are struggling with cravings and other strategies to not use tobacco haven't worked, consider a short-acting nicotine replacement therapy (NRT) such as nicotine gum, lozenges, inhalers or nasal spray.

These medicines help get you through difficult cravings. NRT in this form will not wake up all the nicotine receptors in your brain like using your tobacco product will.

You can feel more in control of your cravings.

- ❑ Get support from others:
 - Talk to your family, friends or coworkers about how to support you while you quit.
 - See if others you know would like to quit with you. This way you can support each other through the tougher times of quitting.
- ❑ Plan your reward for each day you do not smoke. Think about small, pleasurable activities you can do during your day that give you joy. Long-term rewards are helpful as well, but the small rewards are just as important.
- ❑ Remember that even the most intense craving lasts only 5 to 10 minutes. Wait it out. Tell yourself, "This too shall pass."

Avoiding a relapse

- Think about what you are gaining from quitting tobacco, instead of focusing on what you've given up. For example, "It's easier to play with my kids or grandkids."
- Have a plan for how you will deal with unexpected urges. (Take a walk, make a call.)
- Think about past quitting attempts and what was helpful to you. Reuse them again if possible or try something new.
- Explore ways to move your body with safe and realistic expectations. Increasing your physical activity can help you manage weight gain and work through emotions that otherwise would make you want to smoke.
- Avoid foods high in calories and fat. Sugar can increase cravings to smoke. Limit large amounts of sugar.
- Drink lots of water. Ice water may be helpful in getting rid of a craving.
- Reward yourself when you reach milestones: 1 day, 1 week, 2 weeks, 1 month, etc.
- Go to places where you cannot smoke and stay away from the places you used to smoke.
- Think about the money you saved!

Ways To Stop Using Tobacco: Prescription Methods

Purpose of medicines

- These medicines are used to remove cravings or lower them to a level you can manage.

If your cravings are still severe while using these medicines, please call your primary care provider or tobacco counselor for help in making changes to dosages or medicine.

Tip

Allina Health does not endorse one product or specific brand over another.

Talk with your primary care provider about which method is right for you.



- When cravings are less intense and less often, they allow you to focus on figuring out how to live your life without tobacco. Sometimes this is as simple as changing a habit. Other triggers, such as stress, can sometimes take longer to figure out how to cope without tobacco use.

Keep using medicines until your new routine and coping skills feel comfortable for you.

Varenicline/Chantix™

- **What it is:** It is a non-nicotine aid that, for many patients, reduces withdrawal symptoms and the urge to smoke. It should be used with a support program.

Chantix is currently unavailable. It is available as a generic medicine.

- **How to use:**

- The starting recommended dosage is 1 white tablet (0.5 mg) at breakfast for the first 3 days.
- On days 4 through 7, take 1 white tablet (0.5 mg) at breakfast and white tablet (0.5 mg) with the evening meal.
- On days 8 through the end of the treatment, take 1 blue tablet (1 mg) at breakfast and 1 blue tablet (1 mg) with the evening meal. Try and take the evening dose (second dose) earlier in the day, as close to the breakfast dose as possible, as you are able.
- The recommended length of treatment is at least 12 weeks. Set your quit date for day 8.
- If you are not ready to quit yet, you can use varenicline to help increase your chance of quitting. Talk with your doctor about how to do this.

- **Side effects:** The most common side effects are upset stomach (nausea), changes in dreaming, constipation, gas, or throwing up. Nausea often goes away if you continue taking this medicine for at least 2 weeks.

Taking varenicline with a full meal and a full glass of water can help prevent or reduce nausea. You can also eat bananas, or take a lower dose. If you still have nausea, consider reducing to a half dose of 0.5 mg pill 2 times per day. (It is OK to cut the 1 mg pills in half.) Studies have shown that lowering the dose may still be effective in helping to quit while reducing nausea.

If your dreams bother you, take the second pill of the day as close to the first pill as you can handle without nausea. If this doesn't help, consider taking only 1 mg pill each day with breakfast.

Some people have reported severe depression or thoughts of suicide while using varenicline. This is rare. Call your doctor if this happens to you.

- **Length of treatment:** The recommended length of treatment is at least 12 weeks as long as you do not smoke cigarettes from day 8 to the end of the 12 weeks. If you do use tobacco during this time, you will need to stay on varenicline for another 12 weeks to raise your chances of quitting.

Use as directed by your doctor. If you have quit smoking, ask your doctor if taking it longer would help you stay tobacco-free. Some people choose to take varenicline for up to 1 year.

- **Advantages:** You may start taking varenicline before you quit smoking. You should set a quit date for day 8 of the treatment. If you choose to quit before day 8, you may use a nicotine replacement therapy (such as patches or gum) to help manage cravings until day 8.
- **Disadvantage:** varenicline takes a few days to a few weeks to reach the right levels in your body to work.
- If you need more help with varenicline or financial aid, see page 26.



Zyban®/Wellbutrin®/Bupropion

- **What it is:** It is a non-nicotine anti-depressant that, for many patients, reduces withdrawal symptoms and the urge to use tobacco. It works best with a support program.
- **How to use:** Take as directed by your doctor. The usual dose is one 150 mg tablet in the morning for the first three days. Starting on the fourth day, take one 150 mg tablet in the morning and one 150 mg tablet in the early evening.

Take your doses at least 8 hours apart. You have the option to take the dosages one time a day. If you want to take your dosages one time a day, talk with your doctor about the extended release option.

- **Side effects:** The most common side effects are dizziness, upset stomach, headache, dry mouth and sleeping problems. It can cause depression or suicidal thoughts. (This is rare.)

If you have anxiety, bupropion may make it worse. Keep using bupropion if you can manage the anxiety. You can take the lower dose longer or use the extended release form. Anxiety should get better in 2 to 4 weeks. Call your doctor if your anxiety doesn't get better or if it gets worse.

Do not drink alcohol when taking this medicine.

- **Length of treatment:** It should be used for at least 12 weeks. There is no limit on how long it can be used.

- **Advantages:** You may start taking Zyban before you quit using tobacco. Set a quit date after 7 to 10 days of therapy. Once your cravings lower, work hard to quit smoking. This medicine will continue to work its best only as long as you stay tobacco-free. Zyban may be used at the same time as nicotine replacement therapy.
- **Disadvantages:** It takes 1 to 3 weeks for Zyban to reach the right levels in your body to work.

Nicotine inhaler (Nicotrol® inhaler)



- **What it is:** It is a foil-wrapped nicotine cartridge put inside a hollow cigarette-like plastic tube. The inhaler produces a nicotine vapor when warm air is passed through the tube. The vapor can't be seen. This is not the electronic cigarette.
- **How to use:** Line up the markings (in the unlocked position). Pull apart the 2 sections of the inhaler. Insert the nicotine cartridge. Push the 2 sections back together. This will pierce the seal on both ends of the cartridge. Turn the top and bottom pieces so the markings do not line up (in the locked position).

Use the same way you would smoke a cigar, puffing the nicotine through the plastic tube. Do not inhale into the lungs or past your throat as it may cause coughing, burning or both and will not be absorbed correctly into your system.

As you puff, there may be a taste which has been described as "minty or "peppery." You might not be able to taste it, but the medicine is still working. Each cartridge usually lasts for about 20 minutes of active puffing (about 80 puffs).

Puff until you feel your craving is manageable. Most people find this happens in 10-15 minutes of using the inhaler. For some people it is less and for some it is more. Replace the cartridge once you have puffed a total amount of 20 minutes or until it no longer seems effective. This could be after using it 1 to 4 times, depending on how quickly it satisfies your craving. Throw away the used cartridge where children and pets cannot get to it.

Each cartridge is equal to smoking about 2 cigarettes. For example, if you smoke 1 pack a day, you would use about 10 cartridges a day, tapering off after 3 months. You may use up to 16 cartridges each day.

- **Side effects:** It may cause minor throat irritation or coughing.
- **Length of treatment:** Use it when you need to for 3 months or longer, if needed.
- **Advantages:** It mirrors smoking as it includes the comfort of hand-to-mouth ritual. It can be used anywhere that smoking is not allowed. This will not harm the health of anyone around you.



- **Disadvantages:** Some people want to completely get away from anything that feels like smoking. Sometimes the inhaler feels too much like smoking. If you are not getting the full effect, make sure you are using it as directed.
- If you need more information or financial aid, see page 26.

Nicotine nasal spray

- **What it is:** It is a nicotine solution in a nasal spray bottle.
- **How to use:** Blow your nose if it is not clear. Tilt your head back slightly and insert the tip of the bottle into your nostril. Breathe through your mouth.

Spray once in the lining of each nostril. Do not sniff or inhale while spraying. One spray equals 1 dose and 1 cigarette.
- **Side effects:** The major side effects are nasal and throat irritation, rhinitis, sneezing, coughing and watering eyes. Be sure to use it regularly the first week to help adjust to the side effects.
- **Length of treatment:** Use as directed by your doctor. Do not use more than 5 times each hour or 40 times each day. Do not use for more than 3 months in a row.
- **Advantage:** It works quickly.
- **Disadvantage:** You may not use enough each day and each week to get the benefit.

Combination therapy

This is when more than one type of quitting tobacco medicine is used at the same time. For example, using Zyban at the same time as the nicotrol inhaler.

Talk with your primary care provider, pharmacist or tobacco counselor about what dosages are right for you.

Ways To Stop Using Tobacco: Over-the-counter Methods

Tip

Allina Health does not endorse any product or specific brand over another.

Talk with your doctor about which is right for you.

Purpose of medicines

- These medicines are used to remove cravings or lower them to a level you can manage.
- When cravings are less intense and less often, they allow you to focus on figuring out how to live your life without tobacco. Sometimes this is as simple as changing a habit.

Other triggers, such as stress, can sometimes take longer to figure out how to cope without tobacco use. Keep using medicines until your new routine and coping skills feel comfortable for you.

Did You Know

Nicotine replacement therapy (known as NRT) is very safe when compared to tobacco use. It is proven to help people cut down or quit tobacco use.



Stop Smoking Aid


FOR THOSE WHO SMOKE THEIR FIRST CIGARETTE MORE THAN 30 MINUTES AFTER WAKING UP.

If you smoke your first cigarette **WITHIN 30 MINUTES** of waking up, use Nicotine Polacrilex Lozenge, 4 mg

Includes User's Guide

72 Lozenges, 2 mg Each
(3 QuitTube® Containers of 24)

Actual Size
Mint Flavor



- Insurance often pays for these medicines as long as they are prescribed by a primary care provider.

Nicotine gum or lozenge

■ What are they?

- Gum slowly releases nicotine into your mouth when you chew it and “park” it between your cheek and gums.
- Lozenge slowly releases nicotine when it dissolves in your mouth.
 - Lozenges are available in regular and mini forms. The mini is made to dissolve more quickly and has a different texture. It tends to work faster than the regular form. Check with your insurance company to see if the mini lozenge is covered.
- They are both available in 2 mg and 4 mg strengths.

■ How to use:

- Chew the gum slowly until a peppery taste comes out. Then, put the gum between your cheek and gums and hold it there until the taste goes away. This can take at least 2 to 3 minutes. Repeat this process until the gum loses its taste. Use each piece of gum for about 30 minutes.
- Put a lozenge in your mouth and let it dissolve for about 20 to 30 minutes. Move the lozenge from one side of your mouth to the other.
 - Do not chew or swallow it as it may make you feel sick and you will absorb less nicotine.
 - Try not to eat or drink 15 minutes before and 15 minutes after using the gum and lozenge. (Sips of water are OK.) If you do, the nicotine may not work as well.

■ Dosing:

- One piece of 2 mg gum is about equal to 1 cigarette. The 4 mg is about equal to 2 cigarettes.
- A 2 mg lozenge is about equal to 1 ½ cigarettes. The 4 mg lozenge is about equal to 3 cigarettes.
- You can use a 2 mg nicotine lozenge or gum if you use tobacco later than 30 minutes after you wake up. You can use a 4 mg dose if you use tobacco within 30 minutes of waking up.
- If the 4 mg dosage is too strong, try the 2 mg dose. If you use nicotine lozenges or gum with patches, you may want to use the 2 mg dosage.

Tip

Beware of tobacco companies that market oral nicotine and tobacco-free products as a way to quit using tobacco.

■ Side effects:

— The most common side effects are hiccups, upset stomach, heartburn or jaw pain. These should go away if you use the medicines the correct way.

■ Length of treatment:

Try to spread the use of the medicines during the day. They can also be used when you have a craving or when you know you are about to have one.

For example, if you usually smoke when you drive, start using the gum or lozenge 15 minutes before getting in your car. Then it will work well by the time you need it.

■ Advantages:

You have something in your mouth, you control how much you use and when you use it, you can carry it around, and it's easy to use.

■ Disadvantages:

You may not use enough gum or lozenges each day and each week to get the benefit.

Nicotine patch

■ What it is:

It is a sticker that releases a steady dose of nicotine through your skin. This reduces your craving for nicotine.

■ How to use:

- Put a new patch on a clean hairless place on your upper body when you wake up.
- Press for 10 seconds to help it stick to your skin.
- Run your fingers around the edges of patch.
- When you take it off, fold the patch in half so the sticky sides touch each other. Throw it away where children and pets can't get to it.
- Wash your hands after touching the patch.
- Try to change it at the same time every day closest to when you wake up. If the patch does not stick well, use rubbing alcohol to clean the area first.
- Wear the patch for 24 hours each day. If you have sleep issues, remove the patch before bedtime and replace with one as soon as you wake up. Change the location of the patch each day to avoid irritating your skin. Avoid using the same area for 2 weeks, if possible.

Important: Do not cut the patch.

■ Dosing:

- There are 3 dosages of patches. Here's how to choose where to start:
 - If you smoke 11 or more cigarettes each day: start with the 21 mg patch (Step 1).

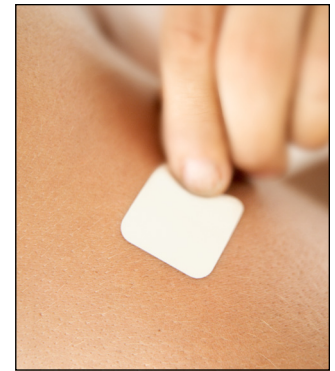
Tips

- The U.S. Food and Drug Administration says there is no significant concern with using tobacco and the patch at the same time.
- The main reason to use a patch is to help you quit using tobacco. If you do have a slip, there is no need to remove the patch.
- Having cravings is a sign that you are not receiving enough nicotine replacement therapy. Manage cravings by raising the patch level or adding the gum, lozenge or a Nicotrol inhaler.

Did You Know

Smoking while wearing a nicotine patch (or other forms of nicotine replacement therapy) **does not** cause heart attacks.

- If you smoke 10 or fewer cigarettes each day: start with the 14 mg patch (Step 2).
- As you wean off the patches: use the 7 mg patch (Step 3).
- If you smoke more than 1 pack a day, you may need to add another patch. You can also add a short-acting nicotine replacement therapy (NRT) option like gum, lozenge or inhaler. Ask your doctor or tobacco counselor about what's right for you.
- Use your highest dosed patch for at least 6 weeks. You can use it longer if you need it.
- When you are ready to step down, stay on each level of patch for at least 2 weeks.
- Use each level of patch as long as you think you need to. There is no real deadline.
- **Side effect:** The most common side effects are skin rash and sleep problems.
- **Length of treatment:** Use it for at least 12 weeks. Remember to go off the patch slowly. Talk with your primary care provider or pharmacist about the right dose for you.
- **Advantages:** You only use it once a day, and stepping down your dose slowly reduces your nicotine dose. Your insurance company may cover the charges if you have a prescription from your primary care provider.
- **Disadvantages:** It takes 1 to 3 hours before the first patch you use begins to help with cravings.



Talk with your doctor before you take any over-the-counter aids if you are pregnant or if you take any prescription medicine.

Nicotine pre-loading

If you are not ready to quit right now or if you feel anxious about quitting, consider trying nicotine pre-loading. This is a proven method to help reduce your overall craving for smoking while you choose how often you smoke.

What is it?

With nicotine pre-loading, you use NRT such as gum, patches, lozenges and the Nicotrol[®] inhaler while you smoke.

Tip

After you wean off the patches, you can use a short-acting NRT (gum, lozenge or inhaler) to help manage cravings and prevent a relapse.

Tip

Some insurance providers may pay for over-the-counter medicines (gum, lozenge or patch). Call your insurance provider to see what your plan covers.

Call 1-800-QUIT-NOW for free nicotine replacement if your NRT is not covered.

Most people find using the patch works the best but you can use the other forms if you want. The goal is to slowly wean down on the number of cigarettes that you smoke until you are completely done. After you are done smoking, keep using the NRT, weaning off slowly. This process will take 3 to 6 months or longer, if needed.

Advantages

This method is best for people who want to quit but aren't quite ready.

Disadvantages

Please be aware of how you feel when you smoke. If you feel nauseated, "jittery" or if your heart beats faster, stop using tobacco for the moment. These feelings mean your body is telling you there is already enough nicotine in your system. This can mean you need less tobacco than you thought.

Combination therapy

This is when more than one type of quitting tobacco medicine is used at the same time. For example, using nicotine patches and nicotine gum at the same time.

This works especially well if you smoke more than one-half pack a day. This increases your chances of quitting. Talk with your doctor, pharmacist or tobacco counselor about what dosages are right for you.

Other methods

The following methods of quitting have been proven to be the hardest way to quit and remain tobacco-free. These methods work for only 3 to 6 out of 100 people who try them every year.

Cold turkey

It means stopping suddenly and completely without the help of medicines.

One day you use tobacco, the next day you do not. You will notice that your craving will pass whether you use tobacco or not. If you have difficulty quitting cold turkey, talk with your primary care provider about using a quit aid.



Weaning and delay

- Cut down your amount of tobacco by what you feel is a realistic amount every day or week.
- Try putting off the first use of the day by 1 or 2 hours. For example, start with no cigarette until 9 a.m. Next day, make 11 a.m. the earliest you can smoke, and so on.
- It is important to set weaning goals to keep you moving forward, with the intention of a setting a date to fully give up tobacco use.

This way takes time. It is easy to get discouraged but keep with it. If you have not been able to quit completely within your desired time frame, then talk with your primary care provider to consider a quit aid.

How Your Body Recovers After Quitting Using Tobacco

Irritability

- **Reason:** Your body is getting rid of thousands of chemicals found in tobacco. You are no longer being artificially relaxed from nicotine.
- **How to cope:** Drink liquids to flush out the chemicals. Do relaxation exercises. Get more sleep.

Dry mouth or bad taste in your mouth

- **Reason:** The lining of your mouth is being replaced with fresh, healthier tissue.
- **How to cope:** Sip plain or flavored waters.

Cough, phlegm or sore throat

- **Reason:** The cilia (small hair-like particles) begin moving residue (phlegm) out of your lungs.
- **How to cope:** Do deep breathing, take brisk walks or suck on cough drops.

Dizziness or headache

- **Reason:** Your body is getting used to working with less or no nicotine.
- **How to cope:** Get lots of fresh air, take long walks, get extra rest or try a nicotine replacement aid.

Hunger

- **Reason:** Your appetite and senses of taste and smell are coming back.
- **How to cope:** Eat healthful snacks with texture, taste and crunch.

Nervousness or lack of concentration

- **Reason:** Your body is getting used to working with less or no nicotine.
- **How to cope:** Do relaxation exercises, take hot baths or showers, do not drink alcohol, or try a nicotine replacement aid.

Sweating

- **Reason:** Your nerve endings are returning to normal.
- **How to cope:** Take baths or showers often, wear cooler clothes or get more fresh air.

Constipation

- **Reason:** Nicotine relaxes your intestines. The lack of nicotine tightens this up. This slows your bowel movements.
- **How to cope:** Eat more fiber (such as whole grains, fruits and vegetables) and drink more water. Talk with your primary care provider or pharmacist about using over-the-counter laxatives until your body readjusts.

Leg pains, stiffness or leg tingling

- **Reason:** The circulation in your legs is getting better.
- **How to cope:** Raise your feet, massage your legs, eat more potassium (such as bananas) or take warm baths.

Changes in sleep patterns

- **Reason:** Your body is getting used to the loss of stimulants found in cigarettes.
- **How to cope:** Get extra sleep and either increase your activity or exercise regularly.

Fatigue or sleepiness

- **Reason:** Your body is getting used to working with less or no nicotine.
- **How to cope:** Do relaxation exercises, eat or drink less caffeine, exercise often or try a nicotine replacement aid.

This information is based on data from the Minnesota Heart Health Program.

Smokeless Tobacco



Important

See a dentist every 6 months when you use smokeless tobacco so the dentist can watch for pre-cancerous changes in your mouth.

Smokeless tobacco

Smokeless tobacco is also called spit tobacco, chewing tobacco, chew, plug, snuff or dip.

There are several types of smokeless tobacco, including:

- **Snuff:** a finely ground or shredded tobacco. It can be loose or packaged in teabag-like pouches. The user puts a pinch or dip between the cheek and gum. Snuff can also be inhaled through the nose.
- **Chewing tobacco:** a loose leaf or twisted tobacco. The user puts a pinch or dip inside the cheek.
- **Oral nicotine products:** a tobacco product that dissolves in the mouth.
- **Snus:** small pouches of moist snuff the user swallows, not spits.

Not a safe choice

- Smokeless tobacco contains a mix of 4,000 chemicals, including as many as 30 or more that are linked to cancer, according to the FDA.
- The nicotine levels in 1 tin of smokeless tobacco is roughly equal to 4 packs of cigarettes.
- Smokeless tobacco products are not a safe alternative to smoking. Any form of tobacco contains many toxic chemicals and high levels of nicotine.
- The chemicals in smokeless tobacco move from your mouth to all parts of your body through your bloodstream.
- Smokeless tobacco contains *a lot* of sugar. This can raise your blood glucose.

Effects of smokeless tobacco

Using smokeless tobacco causes:

- an increased risk of mouth cancers
- an increased risk of stomach, esophageal, throat or pancreatic cancer
- gum disease, gum recession (when your gums pull away from your teeth)
- sores, white patches, red patches and lumps in your mouth
- increased heart rate, increased blood pressure
- higher risk of heart attack
- bad breath and stained teeth.

E-cigarettes: What You Need To Know



Did You Know

Disposable e-cigarettes are intended for a one-time use only. They are pre-filled and contain the same chemicals found in traditional pod, cart or tank-based systems.

“Disposable” does not mean they are safe or safer than other ENDS products.

Many disposables have higher nicotine strengths than traditional ENDS products.

- E-cigarettes are known by many names such as e-cigarettes, e-cigs, vapes and electronic nicotine delivery systems (ENDS).
- These products use an “e-liquid” found in pre-filled or refillable cartridges, disposables or pods.
- The liquid is heated to create an aerosol that the user breathes in. The heat can turn some of the chemicals into known cancer-causing chemicals.
- The liquid that goes in the e-cigarettes can contain:
 - nicotine
 - Nicotine is the addictive drug in tobacco.
 - chemical flavorings
 - Current studies show “flavors” added to e-cigarettes are harmful. They are linked to problems with the heart, lungs and brain. They can be especially harmful in youth and young adults, whose brains and lungs are still developing.
 - additives such as propylene glycol and vegetable glycerin
 - When propylene glycol is heated, it turns into formaldehyde, which is a chemical known to cause cancer.
 - When vegetable glycerol is heated, it changes into acrolein, which irritates your airways.
 - nicotine salt (nic-salt)
 - Nic-salt is added to e-liquid to reduce the harsh feelings in the user’s throat from the nicotine and other chemicals. Nic-salt makes the e-cigarettes more addictive.
- E-cigarettes come in many shapes and sizes. They look like regular cigarettes, cigars or pipes, and they may look like pens, flash drives and other everyday items.
- ENDS are a tobacco product.
- E-cigarettes can also be used with marijuana and other street drugs.

What happens when you use an e-cigarette

Each time you take a puff, the liquid moves past a small metal coil. The coil heats up and warms the liquid causing it to come out as an aerosol that looks like cigarette smoke.



Did You Know

E-cigarettes can cause many harms to your body such as asthma attacks, seizures, lightheadedness, vomiting, nausea, rapid heart rate, and abnormal heart rhythms.

Did You Know

Secondhand aerosol from vaping is not safe. It has many of the same residual chemicals as cigarettes such as heavy metals and nicotine.

E-cigarette aerosol contains chemicals

- The aerosol you breathe in and out is not water vapor. It includes chemical changes from being heated and turned into the aerosol.
- It can also contain pieces of the metal called “whiskers” that may break off the coil during the heating process. It is possible for these whiskers to get lodged into your lungs.

Not a safe choice

- E-cigarettes are not safe. E-cigarettes are a tobacco product.
- The U.S. Food and Drug Administration (FDA) is starting to regulate ENDS products. This is a slow process.
- The FDA approves some e-cigarette brands to be sold. Even though e-cigarettes have fewer chemicals than cigarettes, they are not safe. “Safer” does not mean safe.
- Beware of products labeled as “nicotine-free” (0 milligrams). They may actually contain some nicotine.
 - Companies use confusing language such as percentage (%) versus milligrams (mg). That makes it hard to tell how much nicotine is actually being delivered. For example:
 - 5% nicotine strength is not actually 5 milligrams (mg) of nicotine per pod. It is 50 mg of nicotine per milliliter (mL) of e-liquid.
 - If the pod holds 1.8 mL of fluid: multiply 50 mg times 1.8. This equals 90 mg nicotine (the same amount of nicotine as smoking 4 ½ packs of cigarettes).
 - It is possible for there to be more or less nicotine than what is listed on the label.
- Users can be exposed to a significant amount of nicotine. Different brands can deliver the same amount of nicotine as low as 2 packs of cigarettes and as high as 19 packs of cigarettes, depending on the number of puffs in the device.

E-cigarettes should not be used to quit smoking

- The FDA has not approved e-cigarettes as a way to quit smoking.
- If you want to quit smoking, there are FDA-approved medicines that you can use. These medicines have been studied and are proven to help you quit smoking.

Talk with your health care provider, pharmacist or tobacco counselor to help you decide which type of medicine is right for you and how to use it.

Heated Tobacco Products



Tips

- The FDA approved one brand (IQOS) for sale in the U.S.
- There are rules for how the iQOS system can be marketed to try to protect kids.
- The FDA has not OK'd using these products as a safe way to quit using tobacco.

Heated tobacco products heat a processed tobacco leaf. When you take a puff, you breathe the nicotine from the tobacco leaf into your lungs.

These products are marketed as “heat-not-burn” products. They are addictive.

The FDA approved two forms for sale in the U.S.:

- some use electronic heating elements that come as sticks, plugs or capsules that contain tobacco
- some are similar to a cigarette with a carbon tip wrapped in glass fibers that are heated with a lighter or match.

Research suggests that heated tobacco products contain many of the same harmful ingredients as regular cigarettes and others.

The chemicals in the air from heated tobacco products contain lower levels of harmful ingredients than the smoke from regular cigarettes. This does not mean heated tobacco products are safe.



Oral Nicotine Products



Tips

- The FDA has not OK'd using these products as a safe way to quit using tobacco.
- Whether the nicotine comes from a leaf or the lab, it is dangerous.

Oral nicotine products are available as gum, pouches, lozenges, toothpicks and gummies. These products can deliver nicotine levels as low as 2 milligrams and as high as 12 milligrams.

Beware of any oral nicotine products that market themselves as “safer” or “cleaner” than tobacco. They claim to be “tobacco-free” or promote their products as a safer way to quit using tobacco.

These claims are not true, according to the Truth Initiative.

- Nicotine salt (nic-salt) is added to products to reduce harsh feelings in the throat from nicotine and other chemicals. This makes it easier to use higher levels of nicotine.
- Tobacco-free products may use nicotine from tobacco leaves but are being marketed with claims similar to synthetic products. Tobacco companies also have flavored nicotine pouches and lozenges that contain nicotine. These products are addictive.

Be aware that these are different than the nicotine lozenges and gum approved by the FDA to quit tobacco (nicotine replacement therapy). You can only buy those at pharmacies.

Secondhand and Thirdhand Smoke

Did You Know

Secondhand aerosol from vaping is not safe. The aerosol has many of the same residual chemicals as cigarettes including:

- heavy metals such as tin, nickel and chromium
- nicotine
- toxins such as benzene, formaldehyde, lead and toluene.

E-cigarette aerosol contains a higher amount of ultrafine particles that are closer together (concentrated) than in tobacco cigarette smoke.

These tiny particles can go into your lungs, putting you at a high risk for shortness of breath and lung damage.

Source: U.S. Surgeon General

Secondhand smoke

Secondhand smoke is a mixture of smoke coming from the burning tips of cigarettes, pipes and cigars and smoke exhaled by someone who is smoking.

Anyone around secondhand smoke breathes in the chemicals from the tobacco smoke.

Secondhand smoke causes death and disease in people who do not smoke.

The only way to protect your family from secondhand smoke is to live in a smoke-free environment.

No amount is safe

No amount of secondhand smoke is safe. The Environmental Protection Agency lists secondhand smoke as a known cause of cancer in people.

Secondhand smoke has more than 7,000 chemicals. Hundreds of those are toxic and about 70 can cause cancer, according to the CDC.

Poisonous gases and chemicals in secondhand smoke include hydrogen cyanide (used in chemical weapons), carbon monoxide (in car exhaust), butane (used in lighter fluid), ammonia, and toluene (found in paint thinners).

Toxic metals in secondhand smoke include arsenic (used in pesticides), lead, chromium (used to make steel), and cadmium (used to make batteries).

How secondhand smoke affects adults

In adults who have never smoked, secondhand smoke can cause:

- heart disease
- lung cancer
- stroke.



No amount of secondhand smoke is safe.



Important

- Smoking near an open window, blowing smoke out of a room with a fan, using an air filter, or smoking outside does not prevent secondhand and thirdhand smoke.
- Chemicals from tobacco smoke cling to the surfaces children explore such as toys and floors.
- Smoking also affects your pets. They are at risk for asthma, cancer and other diseases from secondhand and thirdhand smoke.

How secondhand smoke affects children

Secondhand smoke can cause:

- sudden infant death syndrome (SIDS)
- ear infections
- breathing problems (coughing, wheezing, shortness of breath)
- respiratory infections (such as bronchitis and pneumonia).

Children who have asthma who are around secondhand smoke have more asthma attacks that are more severe.

Thirdhand smoke

Thirdhand smoke is the chemical residue left from secondhand smoke.

It is what you smell on your clothes, hair, furniture or in the car. Thirdhand smoke is also the brown film on walls. The residue can cling to surfaces for months. The particles are very tiny and can easily get into your lungs when you breathe.

Children are also at a high risk to be exposed to thirdhand smoke. Children touch and crawl around surfaces that have chemicals on them from smoke.

How to protect yourself and your family

According to the U.S. Surgeon General, the only way to protect your family from secondhand smoke is to live in a smoke-free environment.

Make your home and car smoke-free.

- Ask people not to smoke around you and your child(ren).
- Share information with other parents about the health risks of secondhand and thirdhand smoke.
- Teach your child to stay away from tobacco products and secondhand smoke.
- If someone in your home smokes, only allow smoking outside.
- Wear a jacket or an overshirt when smoking and then take it off when you are done. This reduces thirdhand smoke but it doesn't get rid of it.

Prepare to Quit



- Make a personal pact with yourself to quit.
- Pick a date to quit.
- Research quit options and make sure you have your option on your quit day.
- Write down your quit plan.
- Build support before you quit. Have people who will support your decision and help you quit.
- Make plans on how to handle situations and people that make you want to use tobacco.
- Plan your reward for each day you do not use tobacco.
- Get ready to quit. Get rid of your tobacco products.
- Quit on your quit day.

Resources

Allina Health (if you had a recent hospital stay)

- Tobacco Intervention Program at Abbott Northwestern Hospital
— 612-863-1648
- Tobacco Intervention Program at Mercy Hospital
— 763-236-8008
- Tobacco Intervention Program at River Falls Area Hospital
— 715-307-6075
- Tobacco Intervention Services at Allina Health United Hospital – Hastings Regina Campus
— 715-307-6075
- *United Hospital Lung and Sleep Clinic Tobacco Cessation Program
— 651-726-6200
- *Penny George™ Institute for Health and Healing (LiveWell Center) tobacco intervention coaching
— 612-863-5178

*There may be a cost to you. Check with your insurance provider.



Product-specific Resources

- financial aid Nicotrol® inhaler
 - 1-844-989-PATH (7284)
 - pfizerrxpathways.com
- Plant Extracts aromatherapy
 - 1-877-999-4236
 - plantextractsinc.com

Other

- Quit Partner
 - 1-800-QUIT-NOW (1-800-784-8669) or quitpartnermn.com
 - My Life, My Quit™ (ages 13 to 17): text “Start My Quit” to 36072 or call 1-855-891-9989 to talk with a coach
 - American Indian: 1-833-9AI-QUIT or aiquit.com
 - Spanish: 1-855-DEJELO-YA (1-855-335-3569) or quitpartnermn.com/es
 - asiansmokersquitline.org
- online tobacco cessation support
 - smokefree.gov
- American Lung Association/Tobacco Quit Line
 - 651-227-8014 or 1-800-586-4872
- *Mayo Clinic Nicotine Dependence Center’s Residential Treatment Program
 - 1-800-344-5984 or 1-507-266-1930

***There may be a cost to you. Check with your insurance provider.**

Environmental Irritants

Irritants Besides Smoking

Smoke from cigarettes, cigars and pipes is just one kind of irritant you need to avoid. There are other sources, known as environmental irritants. To help you avoid a flare-up (exacerbation), avoid the following triggers.

Around the house

Inside

- dust
- mold
- pet dander
- cleaning products that have chemicals
- strong cooking smells
- wood fireplace fires
- scented personal products (perfume, cologne, deodorant, hair products)
- scented house products (candles, air fresheners, diffusers, incense, aromatherapy)
- paint fumes



Outside

- fire pit
- yard products that have chemicals
- exhaust or smells from the lawn mower or snowblower
- raking leaves
- fence or deck stains or paints
- any odors from the garage or work area

Around the city

- fumes at a gas station
- poor air quality from:
 - factories
 - exhaust from cars, buses and trucks
 - smoke that drifts in from forest fires
 - high pollen counts
- hot or cold temperatures



If you travel

- Find out what kind of irritants might be in your environment.
- Find out what kind of medical care is available.
 - Know how to get to the closest clinic, hospital and pharmacy.
 - Know where to get medical supplies.
- Check if where you are going has high altitude.
- Make a plan for possible medical care if you are going to a remote area.

How to Avoid Triggers

Smoking

- Do not smoke. (See the resources on page 26 if you need help quitting.)
- Avoid being around people who are smoking. This includes a larger public area in addition to a smaller area.

Indoor triggers

- Dust and vacuum often. Ask a family member or friend to help if you need it.
- Keep your pet and pet bedding clean. Keep your pet out of your bedroom.
- Keep your house tidy and well-organized.
- Use unscented personal and cleaning products. Look for non-chemical ways to clean.
- Use a fan or vent when cooking.
- Consider using filters (such as HEPA). Keep humidifiers and dehumidifiers clean at all times.

Outdoor triggers

- Check the air quality rating and pollen counts each day.
 - Avoid being outdoors, if possible, on days of poor air quality or high pollen counts.
 - If you cannot avoid being outdoors, wear a face mask and try not to spend too much time outdoors.
- Avoid doing yard work in high or cold temperatures or when pollen and mold can be high (spring and fall).
- Avoid working with paint, solvents, stains or other chemicals unless you are in a well-ventilated area.

To Do List



- Do not use tobacco. See the resources on page 26 if you need help quitting.
- If anyone in your house smokes, avoid being around him or her while smoking.
- Talk with your primary care provider about any specific triggers or how to avoid them.
- Ask your primary care provider about pulmonary rehabilitation.
- Keep all follow-up appointments.

Questions and Notes

Lined area for writing questions and notes.

Questions and Notes



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