

"POTTY TALK"



NOVEMBER 17th --- Great American Smokeout 2005!

The American Cancer Society's Great American Smokeout is 29 years old this year.

This Thursday, November 17th, 2005, challenge yourself, friends and family members to "KICK SOME BUTT" for the day or better yet FOREVER!! And this doesn't just mean cigarettes! Smokeless tobacco (i.e., chew, spit, snuff) are just as damaging and harmful! Join the thousands of people everyday who quit smoking successfully.

YOU CAN DO IT!

Health Consequences of Tobacco Use

Short Term

- Bad Breath.
- Smelly hair & clothes
- Yellow & brown stains on teeth
- Lost athletic ability
- Addiction to nicotine
- Elevated heart rate
- Chronic cough
- Increased occurrences of asthma and bronchitis

Long Term

- Prematurely wrinkled skin
- Reproductive Damage (abnormal sperm counts, menstrual disorders)
- Miscarriages/premature & undersized babies
- Permanent gum and tooth loss
- Weakened immune system
- Heart Disease & High Blood Pressure
- Cancer (lung, mouth, throat, bladder, kidney)
- Birth Defects
- Lung Disease/Emphysema
- DEATH



Enough Excuses!!!

STOP PUTTING IT OFF!!!!

Common Reasons People Procrastinate In Quitting

Fear of failing-- Many smokers try several times before they successfully quit smoking. Each time you try to quit you can learn what works and doesn't work for you. Keep trying, most people who try to quit eventually do!! Get support!

Fear of gaining weight-- Only 1/3 of smokers who quit gain weight, and the average gain is only 4-7 pounds. Exercising regularly and avoiding high-calories foods will help you avoid weight gain. Exercise is very important because it also reduces stress, which promotes an anti-smoking attitude. Exercise must be aerobic in nature to work effectively.

Fear of withdrawal-- Nicotine is an addictive chemical which can cause some symptoms of withdrawal, but---these symptoms usually subside in the first few weeks after quitting. It can help to think of this time period as a transition time when your body and emotions are returning to normal. It will pass!

Fear of not being able to cope without cigarettes-- Smoking is a negative stress management technique. You can learn new ways to relax such as walking, deep breathing, yoga, getting a massage, etc. Seek help from a professional if you need it.

How To Quit- 10 Important Steps

- (1) Decide Right Now to Believe that You CAN Quit Smoking
- (2) Create a "Quit Plan"
- (3) Prepare Yourself Mentally
- (4) Get Help and Support from Family and Friends
- (5) Get Help From Your Doctor
- (6) Visualize Your Way to Quit Smoking Success
- (7) Know Your Triggers
- (8) Exercise
- (9) Find a Quit Buddy
- (10) Don't Give Up



Startling Statistics

→ Today, about 26% of men and 22% of women in the U.S. are smokers.

→ 1/3 to 1/2 of young people who try cigarettes go on to be daily smokers.

→ In a study of high school seniors, only 5% of those who smoked believed they would still be smoking two years after graduation. In fact, 75% were still smoking **eight years later**.

→ It takes an average of 5 attempts for an adult to successfully quit smoking.

→ Nicotine addiction is "the most widespread example of drug dependence in our country" according to the U.S. Public Health Service

→ Someone dies from smoking every 72 seconds.

→ Tobacco use remains the single most preventable cause of death in the United States. More than 400,000 Americans die each year from tobacco-related disease.

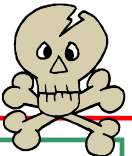
→ Smoking causes more deaths than alcohol, AIDS, illegal drugs, car crashes, fires, murders, and suicides **COMBINED!!!**

→ The federal Office on Smoking and Health estimates that 3,000 young people begin smoking every day.

Sources:

www.intheknowzone.com

www.quit-smoking.net/greatamericansmokeout.html



Where Can I Go to Get Help?

Free and Confidential Smoking Cessation Consultations are available on campus!

Learn proven strategies that will enhance your motivation to quit and that will make quitting an easier process for you.

For more information about the consultations or to schedule an appointment time, please contact staff psychologist and former smoking cessation counselor for the UCSF Habit Abatement Clinic:

Don Capone, Psy.D.

554-4172

DCapone@scu.edu

Good Online Resources:

www.cancer.org

www.tobaccofacts.org

www.intheknowzone.com

www.tobacco.org/



Potty Talk" is brought to you by the Wellness Center and Peer Health Education Program. If you want to learn more about these programs or want some further information about the topics discussed here, please contact:

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