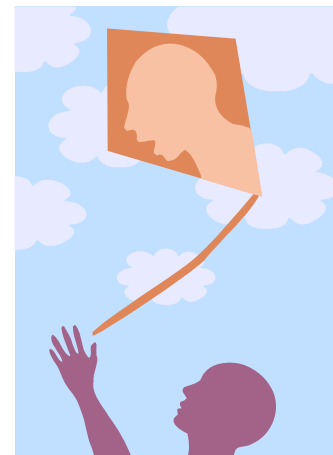


Inova TobaccoNET

Chat & Stats Session 2

Tobacco Addiction

- Why do so many highly motivated people have a hard time giving up tobacco?
 - The strength and complexity of tobacco addiction
- By understanding all aspects of this opponent you can break free!



Physical Elements

- Nicotine causes many physical changes in your body
- Short-term effects include:
 - Increased heart rate
 - Constriction of blood vessels
 - Temporary rise in blood pressure
 - Drop in body temperature in your extremities

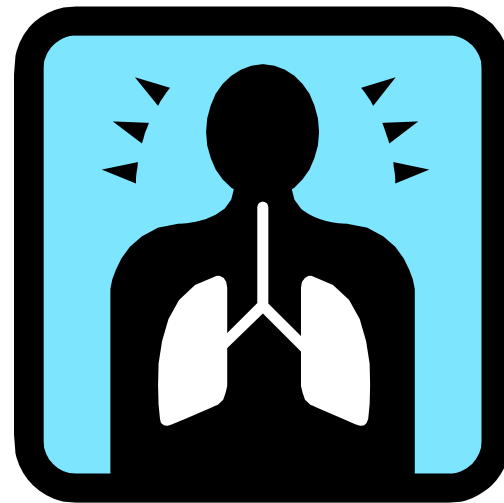


Smoke and Your Body

- Smoking releases carbon monoxide into your body which attaches to red blood cells and deprives you of oxygen
- A tar residue settles in your lungs and mucosal linings which slows removal of dust particles, pollen, fungi and bacteria from your respiratory tract

Long-Term Effects

- Serious health conditions are often the long-term result of tobacco use
 - Lung and other cancers
 - Cardiovascular disease
 - Emphysema
 - Chronic Bronchitis



The Hook

- Repeated use of tobacco products produces an addictive, habitual craving for more nicotine
- Your body develops a tolerance and over time, you need more nicotine to get the same physical effects
- Eight out of ten smokers are physically addicted to nicotine

Psychological Elements

- Psychological aspect of addiction
 - Mental mood change you experience when using tobacco
 - Association of tobacco use with emotions and feelings
 - Relief from tension and stress
 - Pleasure
 - Stimulation



The Down Side

- The feeling that tobacco produced or enhanced early on, turns into an opposite emotion later
 - For example, you smoke to reduce anxiety
 - Further into your habit you'll need more nicotine or you will experience increased anxiety



Social Elements

- Social aspect of addiction involves association
 - The actions, objects or people that become the ritual of your smoking habit
 - A bond or trigger is formed ~ you associate tobacco use with certain things
 - Every time you have a cup of coffee you smoke
 - You get in car and automatically take a dip

The Power of Support



- Dealing with all three elements of addiction increases the likelihood that you will quit for good
- Information and activities throughout the program will address all three elements
- Your Quit Coach is there to help and support you every step of the way

Next Steps

- Return to Session 2
- Prepare to work on your personal activity for the week
 - You will be keeping a Tobacco Journal which really helps you focus on your tobacco habit
 - It is important preparation for quitting
- Learn about Stop Smoking Aids and consider making an appointment with your doctor