

The background of the slide is a vibrant, abstract painting. It features a wide, multi-colored rainbow arching across the middle of the frame. Above the rainbow, there are thick, textured clouds in shades of blue, orange, yellow, and purple. Below the rainbow, the landscape is depicted with swirling, colorful brushstrokes in shades of green, yellow, orange, and blue, suggesting a field or a body of water. The overall effect is one of intense, natural beauty and energy.

# FACTS on Tobacco/Nicotine

# Tobacco Free Campus



Aspire is a tobacco free | smoke free | vape free campus for all staff and consumers at all locations.

Thank you for embracing a healthy environment for all of us.

# Tobacco Free Campus – Why

Why a tobacco-free | smoke-free | vape-free campus policy?

- For the wellbeing of all client/patients & employees
- To support Aspire client/patient recovery
- To create an environment that reflects Aspire's mission

Together...making health and wellbeing a reality.

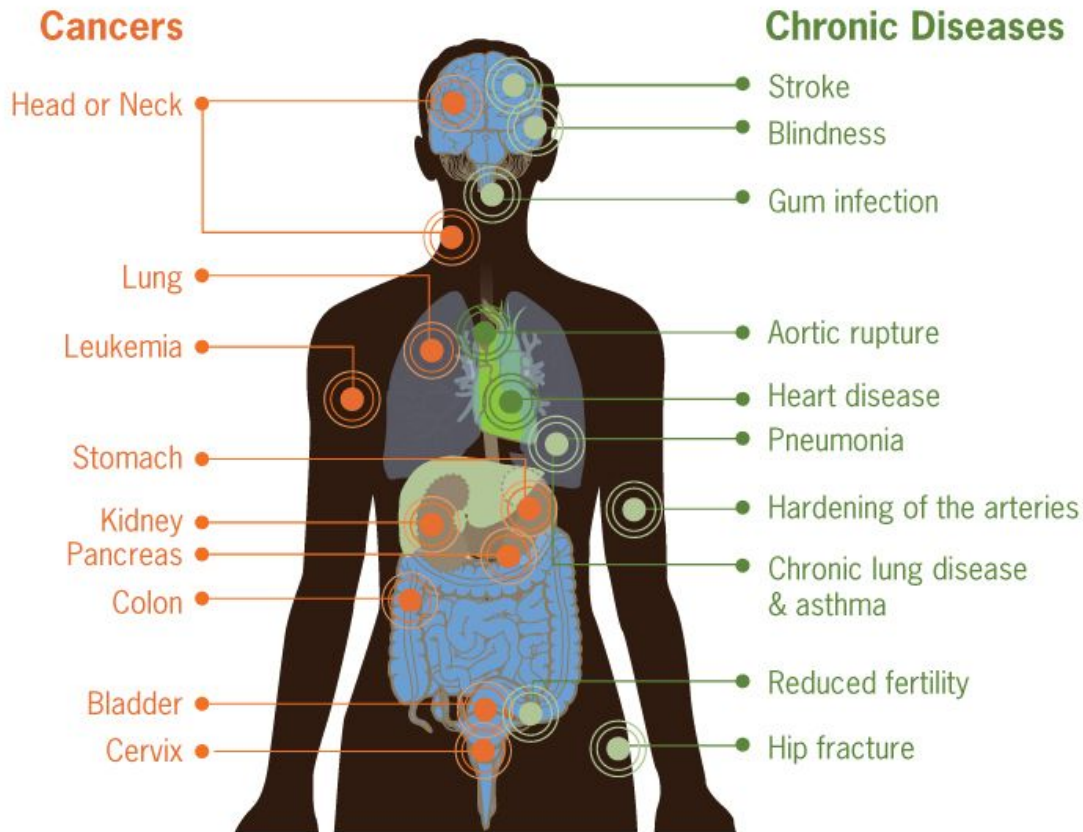






# The costs and dangers of smoking

# Physical Health Concerns Associated with Smoking



This image illustrates how smoking can damage every part of the body. The image shows an outline of a human body. Internal organs are visible, and circles mark the locations where smoking causes damage.

# Physical Health Concerns Associated with Vaping or Chewing

## 1 Most e-cigarettes contain nicotine, which has known health effects

- » Nicotine is highly addictive.
- » Nicotine is toxic to developing fetuses.
- » Nicotine can harm adolescent brain development, which continues into the early to mid-20s.
- » Nicotine is a health danger for pregnant women and their developing babies.



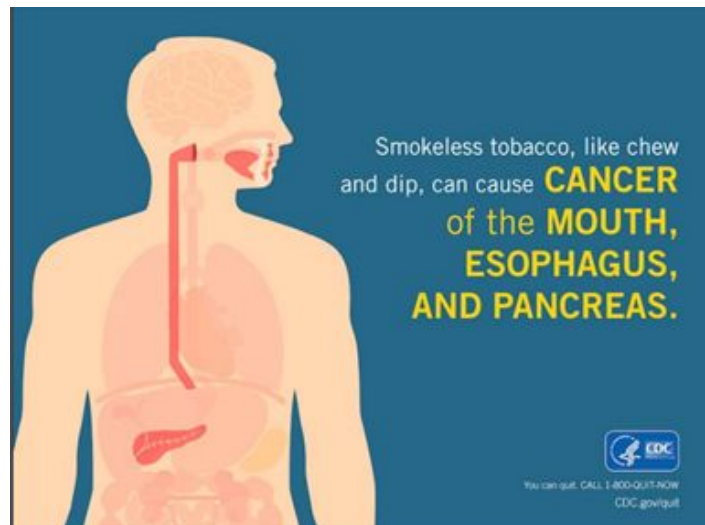
## 2 Besides nicotine, e-cigarette aerosol can contain substances that harm the body.

- » This includes cancer-causing chemicals and tiny particles that reach deep into lungs. However, e-cigarette aerosol generally contains fewer harmful chemicals than smoke from burned tobacco products.



## 3 E-cigarettes can cause unintended injuries.

- » Defective e-cigarette batteries have caused fires and explosions, some of which have resulted in serious injuries.
- » In addition, acute nicotine exposure can be toxic. Children and adults have been poisoned by swallowing, breathing, or absorbing e-cigarette liquid.



# The Financial Impact of Tobacco Usage



While smoking is a powerful habit, consider what you are sacrificing it for. Could the money you allocate to cigarettes be put to better use by saving it, paying off debt, contributing to retirement, or even *spending* it on a needed purchase or a vacation?

If you chose to invest the \$2,292 each year over 20 years instead of smoking it, you would accumulate over \$100,000 (before inflation) based on an annual market return of 7 percent. Make that around \$170,000!

Each time you make a cigarette purchase, you are deciding between funding your future or funding a habit that harms it.

# The other cost – time



Smoking often interrupts time with family, special events, and daily living. This time could also be used to improve personal wellbeing.

Lets drill down the time...

At 5 minutes a cigarette for 1 pack per day, that is 100 minutes in 1 day of smoking. After 1 year- this equals 606 hours or 25 days. Multiply this for 20 years- and you have spent 505 days smoking cigarettes or almost 1 1/2 years of your life!



# Smoking and relapse

- Studies show those in recovery who continued to smoke tobacco were 1.5 times more likely to use drugs.
- Those who had started to smoke after quitting drugs were almost 5 times more likely to report substance use at the follow-up compared with those who did not smoke.
- Overall, cigarette smoking increased the likelihood of relapse among people in recovery from substance use disorder (SUD).
- Helping patients quit and remain abstinent from smoking may improve their chances for sustained recovery from use of other drugs.
- **When individuals concurrently receive treatment for both nicotine dependence, alcohol, and other drugs, they increase their chance of long-term abstinence from alcohol and other drugs by up to 25%**





# Advancements in Medications

# First-line Medications

Treatment should address the physiological and the behavioral aspects of nicotine dependence.

Medications significantly improve the success rate. Here is a list of first-line Medications.

OTC	<b>Nicotine gum*</b> <ul style="list-style-type: none"><li>■ Nicorette</li><li>■ Generic nicotine gum</li></ul>	Rx	<b>Nicotine inhaler*</b> <ul style="list-style-type: none"><li>■ Nicotrol</li></ul>
	<b>Nicotine lozenge*</b> <ul style="list-style-type: none"><li>■ Nicorette / Nicorette Mini</li><li>■ Generic nicotine lozenge</li></ul>		<b>Nicotine nasal spray*</b> <ul style="list-style-type: none"><li>■ Nicotrol NS</li></ul>
	<b>Nicotine patch*</b> <ul style="list-style-type: none"><li>■ NicoDerm CQ</li><li>■ Generic nicotine patches</li></ul>		<b>Varenicline tablets</b> <ul style="list-style-type: none"><li>■ Chantix</li></ul> <b>Bupropion SR tablets</b> <ul style="list-style-type: none"><li>■ Generic</li></ul>

\* Nicotine replacement therapy (NRT) products.

# Approaches to Quitting



## FIXED QUIT approach

- Set quit date for 1 week after starting varenicline
- Continue treatment for 12 weeks



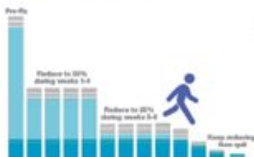
## FLEXIBLE QUIT approach

- Start taking varenicline and pick a quit date between 8 to 35 days from treatment initiation
- Continue treatment for 12 weeks

QUIT PERIOD

## GRADUAL QUIT approach

- Start taking varenicline and reduce smoking by 50% within the first 4 weeks, an additional 50% in the next 4 weeks, and continue until complete abstinence by 12 weeks



Images from: Pfizer Inc. website

This image outlines comprehensive quit approaches with Chantix.

Seek advice from your health care provider to discover what combination may be best for your success.



# What Happens When an Individual Stops Smoking



Most times – it takes multiple attempts for successful tobacco cessation, but the health benefits of doing so are undeniable!



# Tobacco Cessation Resources

- **Quit Now Indiana Online Toolkit** (an extension of the Indiana Quit Now resources) This is a web-based program to help you, or someone you care about, quit using tobacco. Even if you are not a smoker, you're still invited to participate. It takes 10-15 minutes per week to experience the program, and you can access it from any location with an internet connection.
- **Aspire Indiana Health Centers** has Behavioral Health services and medical services to aid in nicotine cessation.

## Indiana Tobacco Quit Line

- Call 1-800-QUIT-NOW (1-800-784-8669) to speak with a Quit Coach for free
- Text2Start - Text READY to 200-400
  - Answer 3 questions: Name, Zip Code, and permission to call/leave a message.
  - A professional quit coach will call you within 48 hours to enroll in services

<https://www.QuitNowIndiana.com>

- This website offers free resources to anyone who is thinking about or wanting to quit using tobacco or nicotine in any form.

			
<b>QUIT COACH™</b> Specialized Training	<b>MEDICATION</b> Direct Mail NRT, Chantix, Bupropion	<b>WEB COACH™</b> Fully Integrated	<b>QUIT GUIDES</b> Stage Based

  
**1.800.QUIT.NOW**  
Indiana's Tobacco Quitline  
[QuitNowIndiana.com](https://www.QuitNowIndiana.com)





## Tobacco/Nicotine Cessation Information

### Indiana Tobacco Quit Line

Speak with a Quit Coach for free!  
1-800-QUIT-NOW (1-800-784-8669)  
<https://www.QuitNowIndiana.com>

It has information on the following:

- Reasons to Quit
- Quit Coach videos and Web Coach
- Text2Quit
- Quitting Aids (must qualify)
- Quit Guide

Genoa pharmacists can now dispense medication for tobacco cessation at our Carmel, Anderson and Indianapolis locations.



Ask your  
**Aspire Provider**  
about quitting.

### **smokefree.gov**

<https://smokefree.gov/>

A website that offers free information, education, resources, etc. for anyone interested in quitting tobacco/nicotine. There are resources aimed specifically at:

- Veterans
- Adolescents
- Women
- Individuals age 60+
- Individuals who speak Spanish

### **American Lung Association**

<https://www.lung.org/stop-smoking/>

This website offers information, education, resources, etc. about lung health and is for anyone interested in quitting tobacco/nicotine.

### **American Cancer Society**

<https://www.cancer.org/healthy/stay-away-from-tobacco.html>

This website offers information about cancer(s) and free information, resources, and interactive tools aimed at helping individuals quit tobacco/nicotine.



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