NEAM NEWS

THE NICOTINE EXPOSURE AND METABOLISM STUDY NEWSLETTER

Issue 10: Cessation

MONTHLY REPORTS TO THE COMMUNITY ABOUT THE NEAM STUDY FINDINGS

Cessation: Stopping Use and Staying Tobacco Free

Most people attempt to stop using 5 or 6 times before they are successful and tobacco free.

On average, people who use tobacco products have less energy, higher blood pressure, and higher risks for health problems than non-users. Tobacco use can lead to several illnesses and diseases such as cancer, heart and lung disease, and tooth loss. The best way to protect yourself from these illnesses is to stop using tobacco.

This issue of NEAM News is all about the difficult task of quitting tobacco. Spit tobacco, Iqmik, and cigarettes all contain the drug nicotine. Research has shown that nicotine can be as addictive as cocaine or heroin, which means quitting tobacco is not easy. Tobacco cessation is a process, and the more support you have from friends, family, and community members, the more likely you will stay tobacco free.

Certified Tobacco Treatment Specialists (CTTS) are people who know about tobacco and the quit process. They understand the biology of addiction and can help you create a plan to become tobacco free.

According to the Centers for Disease Control and Prevention (CDC) in 2008, **70%** of adult smokers in the United States said they wanted to quit tobacco

78% of 400 NEAM participants have tried quitting. See Page 3 for details.

The most common reasons NEAM participants reported for wanting to quit were:

- Personal health problems
- Learned about health risks
- Price or cost of tobacco
- Pressure to quit from family or friends

This newsletter is presented by the Bristol Bay Area Health Corporation and the Alaska Native Tribal Health Consortium.

Programs by City

Anchorage
Alaska Native Medical Center
907-729-4343
Southcentral Foundation
907-729-2689

Bethel
Yukon-Kuskokwim Health Corporation
1-800-478-3321 or
907-543-6312

Dillingham
Bristol Bay Area Health Corporation
1-800-478-5201 ext 6320

Fairbanks
Tanana Chiefs Conference
907-451-6682 ext 3779

Haines
South East Alaska Regional Health Consortium
907-766-6315

Juneau
South East Alaska Regional Health Consortium
907-364-4440
Bartlett Regional Hospital
907-796-8920 or 907-796-8422

Kenai
Kenaitze Indian Tribe
907-355-2148

Ketchikan
Ketchikan Indian Community Tribal Health Clinic
907-228-4900

Kodiak
Kodiak Area Native Association
907-486-9800

Kotzebue
Maniilaq Association
1-800-478-3312

Sitka
South East Alaska Regional Health Consortium
1-800-966-8875

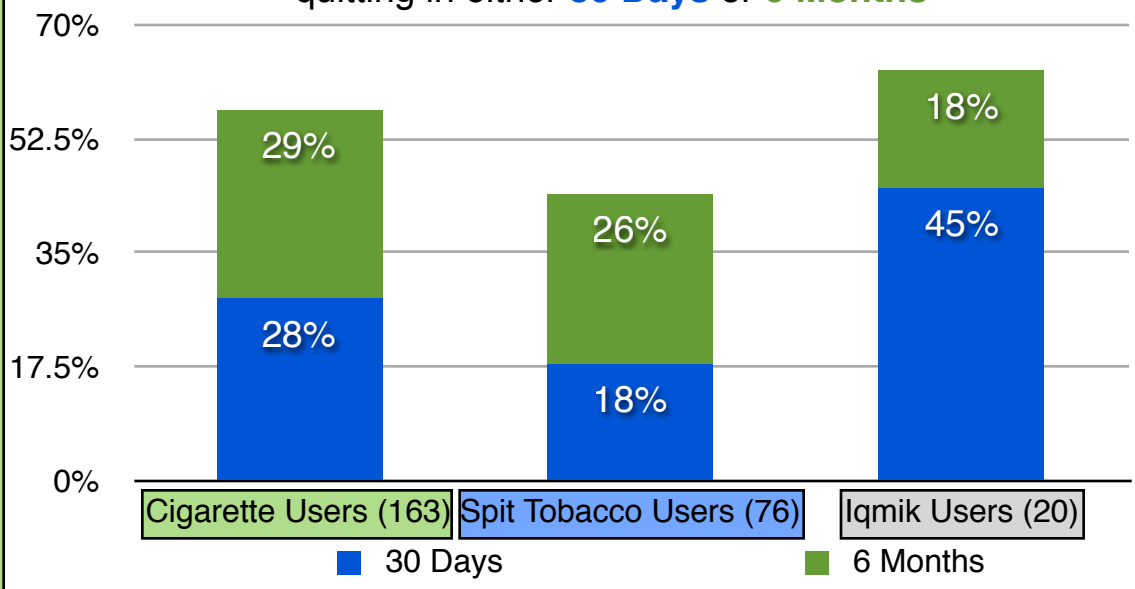
Wrangell
Alaska Island Community
907-874-2373

Cessation Programs in Alaska

BBAHC Nicotine Dependence Program

This is a program for everyone looking to quit tobacco who live in the Bristol Bay region. There are certified tobacco treatment specialists on staff who have extensive knowledge about tobacco and experience helping people through the quit process. The counselors are available 8 am- 5 pm Monday-Friday, and offer one-on-one support creating a quit plan and staying tobacco free. This program is a free service, and can bill Medicaid or Medicare (if you qualify) for Nicotine Replacement Therapy and medications to help you quit. These products are offered at a discounted rate if you are enrolled in the program. If you are interested please call 1-800-478-5201 ext. 6320 or 907-842-9547 or go online at http://www.bbahc.org/tobacco.html.

NEAM Participants who were seriously considering quitting in either **30 Days** or **6 Months**



AK Quit Line

This is a statewide program to assist anyone thinking of quitting any type of tobacco. The program uses many tools to help you quit such as workbooks about tobacco (quit guides), over the phone or online support from someone who has specific tobacco cessation training (quit coach), access to information about resources and support in your village or region, and any Nicotine Replacement Therapy (NRT) or medications that may help you quit. Once you decide to enroll in the free program a quit coach will help you develop a specific quit plan for you and they will help you stick with it until you are tobacco free. The quit coaches are available from 4:00 AM - 11:00 PM everyday, except holidays. For more information about this program please call 1-800-QUIT-NOW or visit www.quitnow.net.

ALASKA'S TOBACCO QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

Nicotine Replacement Therapy

Nicotine Replacement Therapy (NRT) is used to help people quit tobacco, it involves a group of products that can be used separately or together. The products work by replacing some of nicotine that a person usually gets from cigarettes or spit tobacco. This nicotine takes longer to get into the blood stream so it is not addictive and does not expose the person to the carcinogens found in cigarettes or spit tobacco. These products contain 1/3 to 1/2 the amount of nicotine found in most cigarettes and they serve to reduce the withdrawal symptoms while a person gets used to not using tobacco products.

NRT can be gradually reduced and most people will not have any withdrawal symptoms from stopping the use of these products. NRT products are regulated by the U.S. Food and Drug Administration (FDA). Some products require a prescription from a doctor, but some are sold in pharmacies with no need for a prescription. Many health aides, dentist, and community health clinics can help you get NRT.

NRT is most effective when it is used along with a tobacco cessation program involving counseling with a quit coach or tobacco treatment specialist. Some tobacco cessation programs offer NRT products for free if they are part of your quit plan. NRT comes in different strengths and is safe when used as directed. It is important to talk to a doctor or health aide before you begin using NRT. NRT may not be suitable if you are pregnant or have heart disease so make sure you talk to your doctor or health aide.

Tobacco Trivia!

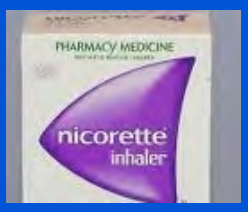
E	O	M	K	R	H	V	V	E	E	J	C	A	H	A
C	B	Z	Q	E	I	J	M	C	G	M	U	G	A	T
M	X	S	L	B	T	P	N	T	N	N	Y	G	U	I
E	E	P	B	D	D	E	C	M	I	U	E	U	N	G
N	R	D	U	S	D	Q	L	I	C	Y	D	Z	T	X
D	K	X	I	N	B	U	P	R	O	P	R	I	O	N
N	W	H	E	C	X	I	V	F	T	F	P	P	I	L
N	U	P	Q	N	A	T	G	N	I	V	I	N	U	T
A	E	R	D	P	A	T	C	H	N	H	H	P	R	S
D	S	Z	S	I	Z	M	I	E	E	A	K	O	Z	I
B	G	H	L	E	P	D	I	O	L	K	T	U	I	T
P	Q	G	T	N	S	O	O	E	N	C	Y	C	P	N
X	I	T	N	A	H	C	R	B	O	X	J	M	G	E
V	Y	T	Y	R	Z	H	S	D	S	J	B	V	A	D
O	E	N	C	B	W	H	O	R	D	L	J	L	J	G

1. BUPROPRION
2. CHANTIX
3. DENTIST
4. DEPENDENCE
5. DOCTOR
6. GUM
7. HELP
8. INHALER
9. LOZENGE
10. MEDICATION
11. NICOTINE
12. NURSE
13. PATCH
14. QUIT

Nicotine gum and lozenges work by slowly releasing nicotine into your mouth. The gum comes in different flavors, but it is chewed differently than non-nicotine gum. Chew the piece of gum until you feel a peppery tingle then "park" the piece of gum between your cheek and gum. The lozenge is similar to a small piece of hard candy. Be sure to read the directions on the package and talk to your health aide or doctor before you begin use.

Nicotine patches are discreet and easy to use. They work by sticking to the skin and slowly releasing nicotine through the skin into your bloodstream.

Nicotine inhalers and nasal sprays require a prescription from a doctor. They have a small amount of nicotine and they deliver nicotine through the mouth or nose.



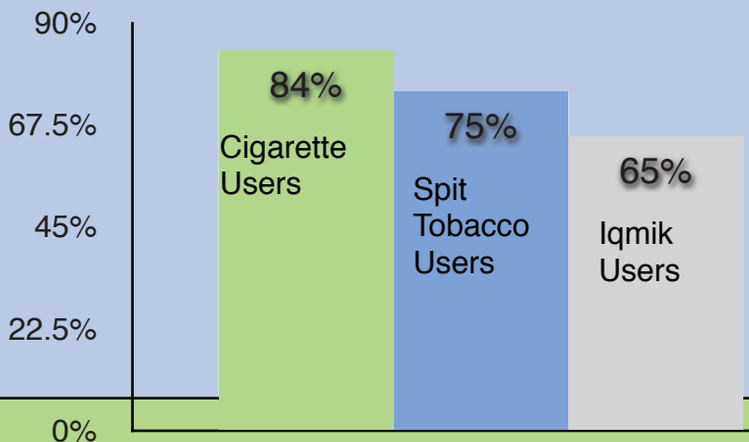
Buproprion (or Zyban) and Chantix are medications that also have been shown to increase the success rate of people quitting tobacco. These medications do not contain nicotine. They are medications that help decrease the cravings and withdrawal symptoms that people often have when they are trying to quit. Both of these medications require a prescription and are sometimes used at the same time as other NRT products.

NEAM Findings

Researchers asked 325 NEAM participants if they had ever tried to stop using tobacco; 78% of all types of tobacco users had tried to quit at least once. Current users were asked why they began smoking or chewing again.

The three most common reasons that 253 participants gave for their relapse were:

- Control Stress (25%)
- Family or Friends Use (35%)
- Addiction (41%)



Percent of 325 NEAM Participants Who Have Ever Tried Quitting

If you would like to know more about tobacco cessation call one of these programs:

BBAHC Nicotine Dependence Treatment Program

P.O. Box 130
Dillingham, Alaska 99576

Phone:
907-842-9547
1-800-478-5201
ext. 6547
Fax: 907-842-9468
www.bbahc.org/tobacco.htlm

ALASKA'S TOBACCO QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

ALASKA NATIVE TRIBAL HEALTH CONSORTIUM
Nicotine Exposure and Metabolism Study
4000 Ambassador Drive D-DCHS
Anchorage, Alaska 99508