



Health Virtual Learning

Chapter 9.3 Treating and Preventing Nicotine Addiction

Truman High School

5/15/2020



Lesson: 5/15/2020

Objective/Learning Target:

1. **Assess the difficulty of quitting tobacco use.**
2. **Summarize strategies used to quit tobacco use.**
3. **Outline effective strategies to prevent and discourage tobacco use.**
4. **Analyze the government's role in preventing tobacco use and encouraging quitting.**
5. **Utilize refusal, literacy, and critical thinking skills to resist tobacco.**

Benefits of Quitting

- Within days of quitting,

- blood pressure and heart rate decrease

- coughing abates

- Within a year of quitting,

- risk of heart attack and cancer decrease

Nicotine Replacement

- Slow decrease in nicotine to lessen withdrawal symptoms
 - Examples: Nicotine gum and nicotine patch
- ENDS and e-cigarettes
 - marketed as tools for tobacco-users who want to quit
 - can create addictions instead
 - use is opposed by the FDA, American Cancer Society, and American Heart Association

Treating Nicotine Addiction

- Prescribed Medication

- Drugs help smokers cope with withdrawal symptoms

- Self-Management Strategies

- Stimulus control, or avoiding tempting situations

- Response substitution, or substituting smoking with stress management, relaxation, and coping skills

Critical Thinking...

What resources can smokers use to quit?

- Individual or group counseling
- School guidance counselors
- Doctors
- Telephone helplines
- Online resources

Prevention

- Most smokers pick up the habit as teenagers
- Experts believe prevention is the best way to reduce the smoking rate
- Government-based Strategies
 - Banning the sale of tobacco products
 - Banning smoking in public places
 - Increasing taxes on cigarettes
 - Requiring warning labels on packaging
- Mass media antismoking campaigns

Refusal Skills

- Spend time with people who do not smoke
- Make sure people know you don't want to use tobacco or breathe secondhand smoke
- Firmly explain your reasons for not smoking and stick to your decision
- Imagine situations in which you are offered tobacco and practice your responses

Think Further...

What other words can you use to turn down an offer of a tobacco product?

What body language can you use to reinforce your words?