

Looking for more...MONEY?



**4 years @ 2 packs per day =
Nearly 2.5 years of College Tuition**

One pack/day @ \$4.50/pack

- 1 year = \$1,643
- 2 years = \$3,284
- 4 years = \$6,568

Two packs/day @ \$4.50/pack

- 1 year = \$3,284
- 2 years = \$6,568
- 4 years = \$13,136

Financing Tuition (based on 2008-2009 in-state)

- 1 semester = 14 credit hours
- 1 semester = \$2,778
- 1 year = \$5,557
- 2 years = \$11,114
- 4 years = \$22,228

Services

Counseling Services

2nd floor, English/Counseling Services
www.k-state.edu/counseling
785-532-6927

Ready to Quit?? Check out the K-Staters Inspired to Stop Smoking (KISS) program (see below).

Lafene Health Center (KISS program)

1105 Sunset, room #266
KISS@k-state.edu
785-532-6595

Riley County Health Department

2030 Tecumseh Rd., Manhattan
www.rileycountyks.gov
785-776-4779

If you have questions regarding
K-State HD or services on
campus, please contact us at:



**K-State HD
Office of Student Activities
& Services
Ground Floor, 809 K-State
Student Union
Manhattan, KS 66506**

Phone: 785.532.6541

Fax: 785.532.7292

E-Mail: kstatehd@k-state.edu

www.k-state.edu/hd

References:

KISS program, Lafene Health Center, Kansas State University. PowerPoint, Dec. 19, 2008.

ACS Great American Smokeout — Promotion Guide, Nov. 16, 1989.

American Cancer Society. *Kicking Butts: Quit Smoking and take Charge of Your Health*. Atlanta, GA. American Cancer Society, 2003. http://www.cancer.org/docroot/PED/content/PED_10_13X_Help_for_Cravings.asp

Smoking?



Information and Tips

Brought to you



Why Do I Smoke?

TRIGGERS are things that make you want to smoke and feed into your addiction to cigarettes.



Which of these are your triggers?

1. Stimulation

- ✓ You perceive that smoking helps focus you and organize your thoughts.

2. Handling

- ✓ You like the feel of a cigarette & enjoy the inhaling/exhaling and watching the smoke.

3. Pleasure

- ✓ 2 out of 3 smokers enjoy it.
- ✓ Focus on enjoying yourself without tobacco.

4. Relaxation

- ✓ Cigarettes help you through stressful times.
- ✓ Find another way to cope with stress.

5. Craving

- ✓ You are addicted to nicotine.
- ✓ You may experience withdrawal symptoms.

6. Habit

- ✓ You are no longer getting satisfaction from smoking.
- ✓ Try breaking the pattern and you may not miss it.

Physical Improvements (following Cessation)



There are short-term and long-term benefits to quitting smoking. Here are just a few.

20 minutes after a smoker quits:

- ◆ Blood pressure drops to a level close to that before the last cigarette.
- ◆ Temperature of hands and feet increases to normal.

8 hours after:

- ◆ Carbon monoxide level in blood drops to normal.

24 hours after:

- ◆ Chance of heart attack decreases.

2 weeks to 3 months after:

- ◆ Circulation improves.
- ◆ Lung function increases up to 30%.

1 to 9 months after:

- ◆ Coughing, sinus congestion, fatigue, and shortness of breath decrease.
- ◆ Cilia regain normal function in the lungs, increasing ability to handle mucus, clean the lungs, and reduce infection.

1 year after:

- ◆ Excess risk of coronary heart disease is half that of a smoker's.

5 years after:

- ◆ Stroke risk is reduced to that of a non-smoker's 5-15 years after quitting.

10 years after:

- ◆ Lung cancer death rate is about half that of a continuing smoker's.
- ◆ Risk of other types of cancer decreases.

15 years after:

- ◆ Risk for coronary heart disease is that of a non-smoker's.

Excuses, Excuses

Does this sound like you?

- Life is too stressful to quit now.
- I only smoke when I...
- I don't feel it hurting me.
- I don't want to gain weight.
- I don't think I am really addicted.
- I am going to quit...just not right now.

When you get the "Crazies"

- Keep substitutes handy to put in your mouth, e.g. carrots, apples, gum, etc.
- Take 10 deep breaths, and hold the last one while lighting a match. Exhale slowly and blow out the match.
- Take a shower or bath.
- Learn to relax quickly and deeply. Think about a soothing, pleasing situation, and imagine yourself there. Get away from it all for a moment.
- Light incense or a candle instead of a cigarette.
- Tell yourself "no." Say it out loud. Or say some other things like, "I'm too strong to give in to smoking" or "I don't want to let my friends and family down."
- Never allow yourself to think that "one cigarette won't hurt," because it may.
- Wear a rubber band around your wrist. Whenever you have a thought about smoking, snap it against your wrist to remind yourself of all the unpleasant reasons that made you quit in the first place.