



Consumers Helping  
Others Improve  
Their Condition by  
Ending Smoking

CHOICES NEWSLETTER - OCTOBER 2013

Volume 6 Issue 3

**CHOICES**

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# No Cigarette Tonight With My Coffee, No Cigarette With My Tea

By Bill Newbold

They go together the coffee and the cigarette but take one away then the other goes out of control. Well, really, when you use coffee and nicotine, the health risks are not just greater but happening at high speed. Nicotine still would alter my sense of health if I were to go back. There is no going back.

There is no glamour to using nicotine or using caffeine, one just gets hooked on the repetition and ritual that goes with using anything. Sometimes there are the memories of what I have lost because of cigarettes or then the use of caffeine for my self-medicating antidepressant. Yes caffeine is my antidepressant but I have high blood pressure more often. And this leads to strokes like the way my dad and his dad have passed away, from strokes.

With my addictive mind I go and find things that are addictive that have never before been considered addictive, and I get



addicted to them...

Why? that is the way of a personality that is addicted and gets addicted to any and all things just more why can't I have any more smokes. The reasons are endless but I only put down that next cigarette the very next cigarette will kill me. This I know. And now you know that the very next smoke you inhale will kill you... it will eat up all your money and make you choose between food and smoking.

These days there is so much to do between this that and the other, that I have no time for the quick drag. That quick drag kills me so easily but I don't do it no matter what. There are no more cigs in my life at all.

*Bill Newbold is a former CHOICES CTA and contributor to our Newsletter.*



## A 3-DAY CONTINUING MEDICAL EDUCATION ACTIVITY

### A Statewide Implementation of the Treating Tobacco Dependence in Mental Health Settings



#### Conference Dates:

October 28, 29 & 30, 2013  
December 9, 10 & 11, 2013  
March 10, 17 & 24, 2014

#### Conference Location:

NJHA Conference & Event Center  
760 Alexander Road  
Princeton, NJ

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#### REGISTRATION FEE \$25.00

The fee includes tuition, daily parking, continuing credits,  
daily continental breakfast and handout materials.

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We're pleased to announce our innovative new 3-day Continuing Medical Education program entitled "**A Statewide Implementation of the Treating Tobacco Dependence in Mental Health Settings.**" This activity has been specifically designed to provide psychiatrists, nurses, social workers, counselors & other mental health professionals with the knowledge and skills necessary to assess and treat tobacco dependence in smokers with mental illness & addiction.

#### Professional Contact Hours Provided

Physicians: 17.25 AMA PRA Category 1 Credits  
Certified Counselors: 17 clock hours  
Nurses: 16.9 contact hours  
Psychologists: 17 CE Credits  
Certified Addiction and Drug Counselors (CADC): 17 hours  
Social Workers: 17 Clock Hours  
Certified Tobacco Treatment Specialists: 17 recertification credits

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**For more information, please visit the Rutgers CCOE website at  
<http://ccoe.rbhs.rutgers.edu/catalog/index.htm>**

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Phone; 732-235-4341

*This activity is funded in part by a grant from Pfizer Inc.*



*CTA Wayne Holland with original artwork he has painted since quitting smoking*

## Quitting Smoking

By: Wayne Holland

I gave up the cigarette,  
I figured it was my best bet.  
I'd like to be making it,  
But for now I'm a jazz musician faking it.  
There are many things besides smoking you can do,  
You have to find what's right for you.  
Avoid the cigarette's nasty look,  
Instead sit down, pick up a book, or  
Play a keyboard, you won't be bored.  
You can relax with a sax.  
Make it snappy,  
Quitting smoking will make you happy

## Did you know?

By Trish Dooley, MA, LPC, CTTS

Nicotine Replacement Therapy is available for purchase for as little as \$9 a box for a short term supply. This could last a pack a day smoker for about 3 days, depending on how much you use. If you're thinking about quitting, why not try something that could double your success? Products listed here are available over-the-counter without a doctor's prescription.

There are many packaging and flavoring options available in stores like Walmart, Target, Costco, grocery stores, pharmacies, as well as online outlets.



**20** pieces of Equate (generic) 4mg Nicotine Gum for **\$7.98** (Walmart.com, Oct 2013)



**1 Week** Supply Equate (generic) 21mg Patch for **\$15.98** (Walmart.com, June 2013)



**100** pieces of Equate (generic) 4mg Nicotine Gum for **\$25.98** (Walmart.com, Oct 2013)



**108** Nicotine Lozenges, Equate (generic) for **\$30.98** (Walmart.com Oct 2013)



**2 Week** Supply Equate (generic) 21mg Patch for **\$25.98** (Walmart.com, Oct 2013)

*Disclaimer: This article is not an endorsement of any particular product, but rather an example of the lowest prices available found by the author online.*



## Escape from Addiction



I was always a heavy smoker and used tobacco for many years. I never knew the risks associated with cigarette smoking, but vaguely knew that smoking caused

By Deidre Stenard

emphysema and lung cancer. I enjoyed smoking and started my day by chain-smoking a pack of cigarettes along with a couple of cups of coffee. This used to tire me out when I was really trying to jump start my

system to get ready for the day. I used a large Maxwell House coffee can as an ash-tray. I put a couple of inches of water in the bottom of the can to douse out cigarettes. I was afraid of setting something on fire. Anytime I left the house I would double and

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triple check to make sure I hadn't set anything on fire. Cigarettes were my constant companion, with me wherever I went. I would light up wherever I went too, realizing now that I must have looked foolish. I had cravings for a cigarette constantly. I would be outside every doorway, taking long drags off of a butt. Sometimes it was a social smoke, sometimes not. I wouldn't smoke specifically to socialize—I would smoke on my own for the most part.

I was a three pack-a-day smoker toward the end of my smoking. I still liked smoking, even loved it, but I was starting to feel serious effects of my smoking. My hair, breath and clothes smelled strongly of cigarettes. My lungs hurt and I had a really bad cough. I had trouble breathing at times. I worried about getting emphysema and lung cancer. My stomach was in a state of continual indigestion and nausea. I was depressed. My body was getting old before my time. I started to think about quitting.

In the winter, I would go outside to take a smoke break and light up, take a drag, and breathe in the smoke of the cigarette along with freezing cold air. This

would make me sick with a cold, flu or pneumonia. Smoking out in the cold would keep me sick for 6 months out of the year. I started to think: "I've got to stop smoking." I had no idea how to stop.

A friend of mine had stopped smoking and gave me the number for the New Jersey QuitCenter in New Brunswick. I went to the QuitCenter because I was ready to quit smoking. I met with a counselor, who gave me a free box of patches. The counselor also gave me a Carbon Monoxide reading. I had no idea what Carbon Monoxide was or what the reading meant. I blew a forty-something, which is a level of severe danger. I was a complete novice at quitting, so I needed the help of the QuitCenter, and now I know that I'm one of the lucky ones who had the help at no cost to me. I joined the support group that they had at the Quit center and in the group, everyone was using nicotine replacement therapy (NRT) in order to quit and I learned from watching

them. The doctor in the group gave me a prescription for the Nicotrol inhaler, which is a form of NRT. I went to my pharmacy and my insurance covered the cost of the inhaler. I used the patches and the inhaler on my first quit attempt. I slipped up after about a month, but tried 7 more times to quit, all with the help of the support group at the New Jersey QuitCenter. To find a QuitCenter near you: <http://www.nj.gov/health/ctcp/smokefree/quitcenters.shtml>

During my quit attempts, I tried all FDA-approved NRT including the nicotine patch, nicotine gum, nicotine lozenge, Nicotrol inhaler, and Nicotrol nasal spray. I used the different forms of NRT in combination with one another under the doctor's direction. I also tried two different pills, Wellbutrin and Chantix. I also went to Nicotine Anonymous <http://nicotine-anonymous.org>, and attended their meetings diligently for a year.

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Deidre's cat "Snuggles"

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I used the quit smoking website <http://www.nj.quitnet.com>, which was very helpful and chock full of information on how to stop smoking. On my last try to stop smoking, I've stayed off of cigarettes for almost 6 years. September 12, 2013 was my 6 year anniversary. I can tell you that the first 3 months were the hardest, but once I got past that I was able to get through the day without constantly thinking about smoking.

I have saved over \$60,000 since I stopped smoking in total. I saved over \$30,000 because I'm not buying cigarettes and I've also saved over \$30,000 by working for CHOICES. I've got my health back. I can breathe clean, fresh air completely free of smoke. I can swim and exercise more freely and easily.

Another benefit of quitting smoking is that I got a kitten. The kitten has never known me as a smoker. The kitten grew into a cat and he's never had to breathe in smoke. It's a reminder not to smoke. It's also a reminder of how long I've been off cigarettes. I'm smoke free and craving free. I wouldn't trade it for anything. I'm not depressed anymore. I've escaped from addiction.



## There is an App for that...

If you are looking for another weapon to add to your arsenal to assist you in quitting smoking and you have a smart phone or tablet, there are quite a few apps at your disposal. Many of them are free or very low cost. If you have an iPhone or iPad, for \$0.99 you can buy *My Last Cigarette*. It has 10 different readouts. You put in your smoking habits and it updates in real time down to seconds what kind of improvements to expect; lifespan, circulation, lung function, savings. It gives facts, statistics and your current nicotine and carbon monoxide levels.

Also for \$0.99 for iPhone is *UCSF/SFGH Stop Smoking*. This one was developed by University of California in San Francisco and is based on research. Something it has that is different from the others is that it helps you understand the connection between your emotions and cravings and then helps you find a creative way to handle them.

Australia's national preventive health agency developed *Quit Now: My Quit-Buddy* which is free and on Android and iPhone. You get a readout of how much tar you avoided, how many cigarettes you didn't smoke and other tools to help you stop smoking. There

By Yasmin Halim



is even a panic button to touch that puts you through to a quitline or designated buddy. If you are into Twitter, *tweetSmoking*, free on Android, might be for you. It helps you use Twitter in your quit plan to share successes, failures, and questions. It displays your skin improving and Vitamin C replenishing. It has a neat little cartoon graphic that's starts as an old woman's face in a rose and it gets younger looking, the longer you go without smoking.

*QuitNow!*, free on Android, Blackberry, and iPhone has achievements you can unlock, a built-in community, integrates with Facebook and Twitter. It has indicators to show how much your health improved since stopping smoking, how long since your last cigarette, how much money you saved.

If you are looking for a free, fun, distracting game to play on your Android device to help put off cravings, try *Quit Smoking: Cessation Nation*. It gives you access to a large community of smokers and ex-smokers to connect with also.

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The Livestrong fitness brand has put out *MyQuit Coach*. It is free and only on iPhone. It will make you a personalized plan. You choose if you want to start right away or pick a certain date. It will make you a chart that tracks your progress by the hour, day, and month. You get achievement badges to celebrate milestones. Also on iPhone for free is another app called *Quit It Light*.

Free on Android is *Quit Smoking*, which is a step down program that keeps readjusting to fit your personal pattern.

If you are looking for something to help you relax and you have an iPhone, check out this free *Stop Smoking- Mindfulness Meditation App to Cessation Smoking*. It plays timed meditation music and mindfulness practices. I have listed 10 apps but there are more too. If you try one of these, let me know how you liked it and if you think it made a difference. If you don't have a smartphone, don't despair, there are still other resources like NJ's quitline and quitnet. Please remember, an app can't take the place of talking with your doctor and/or counselor about your smoking.



## If Every Day Were World No Tobacco Day, Then Millions of People with Mental Illness Would Live Longer and Better Lives

By Jill M. Williams, M.D.

Smoking remains a leading cause of preventable death from cardiovascular disease in people with mental illness. And still little is being done.

There is evidence that while many people have quit smoking in the US, two groups of smokers remain: those who are poor and those who have mental illness. People with mental illness smoke at rates that are double that of the general population and purchase at least 3 of every 10 cigarettes sold in the US.

Almost nothing is being done in the US to target smokers with mental illness specifically in anti-smoking public health and treatment efforts. For example, although smoking rates are high among Medicaid recipients, not all states cover tobacco treatment in their Medicaid benefits. Most mental health and addiction treatment facilities still don't offer tobacco treatment.

The US has been successful in driving down smoking rates through public health efforts, but recently these efforts have stalled and we need to consider a new approach. Rather than a



**WORLD NO  
TOBACCO DAY**  
is held every year  
on May 31st.

broad, blanket approach, we need focused efforts that target disparate population groups like the poor and the mentally ill. These groups should be given a priority designation for future funding, policy and research efforts. As life expectancy in the US continues to climb, we cannot leave groups like the mentally ill lagging behind as a result of smoking-related premature death.

If every day were World No Tobacco Day, then millions of people with mental illness would live longer and better lives.

*Dr Jill M Williams is Professor of Psychiatry and Director of the Division of Addiction Psychiatry at Rutgers University Robert Wood Johnson Medical School in NJ.*

**WORD PUZZLE**

Word  
Puzzle  
by  
Deidre  
Stenard

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**Find these words:**

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|--------------------------|----------------------------|
| 1. Cigarette Butt        | 11. Gas Chamber Poison     |
| 2. Breathe               | 12. Pancreatic Cancer      |
| 3. Tarboro               | 13. Radioactive            |
| 4. Phlegm                | 14. Peptic Ulcer Disease   |
| 5. Carbon Monoxide Meter | 15. Heart Rate             |
| 6. Second Hand Smoke     | 16. Coronary Heart Disease |
| 7. E-Cigarette           | 17. Quit Attempt           |
| 8. N-Joy                 | 18. Tar Jar                |
| 9. Blue E-Cigs           | 19. Saving Money           |
| 10. Arsenic              | 20. Nail Polish Remover    |





Consumers Helping Others Improve  
their Condition by Ending Smoking

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**PARTICIPATE IN RESEARCH:** The Division of Addiction Psychiatry is located at 317 George Street, Suite 105, New Brunswick, NJ. Our researchers are always looking for individuals to participate in our studies. For further info, or to refer a patient, please contact Dr. Jill Williams at 732-235-3904 or at [williamj@rutgers.edu](mailto:williamj@rutgers.edu).

**The CHOICES team will come to you!** The CHOICES team of peer advocates will visit your group or program in New Jersey and provide mental health consumers with education about the consequences of smoking and tobacco products along with information regarding treatment resources available to make quitting easier. Call us at 732-235-8232 to set up a date and time.



*CHOICES is a partnership between Rutgers University-RWJMS Division of Addiction Psychiatry, the Mental Health Association in New Jersey (MHANJ) and the NJ Division of Mental Health Services and funded by the NJ Division of Mental Health Services.*