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Take one: November 1982

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Special issue: 11/17/82

a publication for the people of University Hospital

GIVE IT UP: SMOKING IS HAZARDOUS TO YOUR HEALTH: Thursday, Nov. 18, is the Great American Smokeout. UH employees can pledge to give up smoking for the day, the week, the year, or for good. Sign up at one of the Medical Center's "Great American Smokeout" booths in the Hospital's Evans Lobby from 8 a.m. to 3:30 p.m. or in the School of Medicine Lobby from 9 a.m. to 4 p.m. Employee Health Services will distribute stop-smoking information, buttons and T-shirt transfers. If enough people sign up, Employee Health Services (x5705) will sponsor a stop-smoking clinic for BUMCers.

TIPS TO HELP YOU QUIT SMOKING

1. Decide positively that you want to quit. Don't dwell on how difficult it might be.
2. Set a target date for quitting--a special day like your birthday or the Great American Smokeout--but don't make it so far off that you lose momentum.
3. Begin to condition yourself. Exercise, drink fluids, get plenty of rest.
4. Try to gain the support of a least one person, preferably an ex-smoker, or ask a friend or your spouse to quit with you.
5. Avoid situations in which you are apt to smoke. For example, get up from the table directly after a meal; cut down on coffee or alcohol consumption.
6. Before you quit, change brands often and buy cigarettes by the pack.
7. Smoke only enough to satisfy your craving--half a cigarette at most.
8. Each day, postpone lighting up by one hour.
9. Decide beforehand how many cigarettes you will smoke that day. Keep a record in the pack of where, when and how many cigarettes you smoke.
10. Give yourself a reward when you reach certain goals, and a "punishment" (e.g., a donation to charity) if you backslide.
11. If you get a craving, wait three minutes before smoking. Change what you are doing or thinking about. Or telephone a friend, especially an ex-smoker.
12. Don't carry cigarettes, a lighter or matches with you.
13. Designate a "smoking corner" that is away from anything pleasurable.
14. Never smoke while watching television.
15. Think of the effects of smoking on your body: hot, scratchy air is passing through black, unhealthy lungs; you are exhaling an unpleasant odor, and people are turning away from you; your skin is becoming wrinkled and aged from the nicotine and carbon monoxide; your arteries are becoming clogged with deposits of fatty scar tissue.
16. Start new activities, especially ones requiring the use of your hands.
17. Spend free time in places where smoking is prohibited--libraries, museums.
18. Keep oral substitutes (carrots, celery) handy. Avoid high-calorie foods.
19. If you have a sudden urge to smoke, take 10 deep breaths, hold the last one in and light a match. Exhale slowly, blowing out the match; crush it out in an ashtray like a cigarette.
20. Don't be discouraged if, after an initial dramatic decrease in the amount of your smoking, you notice a temporary leveling off. Quitting isn't easy, but you can do it.
21. Never think "one won't hurt." It will.

The above list is published in Boston University Medical Center's Heart Risk Book. Also, refer to the latest Take One for details of UH's new smoking policy.