

BODY SENSE

Teen Cessation Resources

Campaign for Tobacco Free Kids
www.tobaccofreekids.org

American Legacy Foundation
www.americanlegacy.org

Maryland Resource Center for
Quitting Use & Initiation of Tobacco
www.mdquit.org

Maryland's 1-800-QUIT-NOW
www.smokingstopshere.com

Maryland T.R.A.S.H.
www.marylandtrash.com

American Lung Association
www.lungusa.org/tobacco

Smoke Free Families
www.smokefreefamilies.org

American Cancer Society
www.cancer.org
1-800-ACS-2345



Smoking: Whose Idea Was It Anyway?

continued from page 3

Smoking will NOT make you popular and “everyone” is NOT doing it. Real friends respect you for who you are and won’t criticize or question your decision to stay away from cigarettes. They might even be impressed with your confidence. In fact, it turns out that peer pressure can work in the other direction, too. One national study found that 99% of kids who said that none of their friends smoke didn’t smoke either. So if you’re a nonsmoker hanging out with a friend who smokes, your influence might be just the thing she needs to reconsider her choices.

D Healthy alternatives to smoking

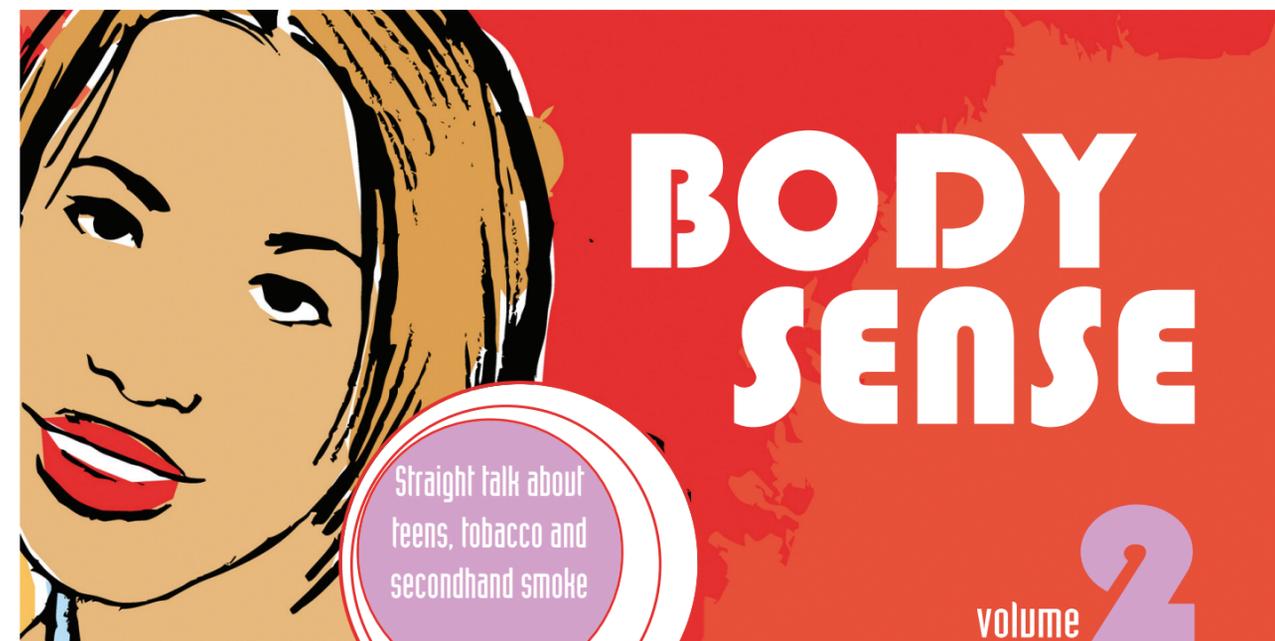
- Call a friend. If you need another excuse to call your girlfriends, here it is! Talking to a friend about what’s bugging you might not solve your problems, but it will make you feel better. And who knows—your friend might have a helpful perspective to offer.
- Start a journal. Exercise your mind by venting about and releasing stress . . . for your eyes only.
- Crank up your MP3 player and tune out stress by listening (or singing along) with a few of your favorite songs.



Martin O'Malley, Governor
Anthony G. Brown, Lt. Governor
John M. Colmers, Secretary
Summer 2007

“The services and facilities of the Maryland Department of Health and Mental Hygiene (DHMH) are operated on a non-discriminatory basis. This policy prohibits discrimination on the basis of race, color, sex, or national origin and applies to the provisions of employment and granting of advantages, privileges and accommodations.”

“The Department, in compliance with the Americans with Disabilities Act, ensures that qualified individuals with disabilities are given an opportunity to participate in and benefit from DHMH services, programs, benefits and employment opportunities.”



How Smoking Affects Your Body

Feeling Stressed Out? You Just Gotta Relax! If you’re a teenager, you’re no stranger to stress. Most teens report feeling stressed about school demands, parents, romantic relationships, and problems with friends and younger siblings. Many teens who smoke say that lighting up a cigarette helps them to calm down when they feel stressed out. But a closer look at how cigarettes affect the body sheds some light on the so-called “relaxation effect.”

continued on page 2

Compete in Sports?

Are you a dancer? Do you sing or play an instrument? Smoking Will Slow You Down. How does this happen? Nicotine causes blood vessels to narrow instead of expand during exercise. This raises your blood pressure and puts more strain on your heart. Smoking also reduces the oxygen available to your muscles and lungs during activities because oxygen in the blood is replaced with carbon monoxide. Even breathing becomes more difficult—smokers suffer shortness of breath almost three times more than nonsmokers do.

Not surprisingly, smoking has a big impact on athletic and musical performances. Teens who smoke usually can’t compete with nonsmoking peers because the physical effects of smoking—rapid heartbeat, decreased circulation, and shortness of breath—impairs physical ability. Smokers run slower, can’t run as far, and don’t breathe as well, affecting overall athletic and musical performance.

continued on page 3

How Smoking
affects your
Body page 1

Compete in Sports?
page 1

Four easy Steps to
Quitting Smoking
page 2



THIS PUBLICATION IS BROUGHT
TO YOU BY:
MARYLAND DEPARTMENT OF
HEALTH AND MENTAL HYGIENE



Smoking does not relieve stress, sadness, or depression.

How Smoking Affects Your Body

continued from page 1

When you feel more relaxed after taking those first couple of puffs, it's really because you're satisfying your body's craving for nicotine. What happens is that your body experiences a craving for nicotine in between cigarettes. Withdrawal from the drug makes you feel temporarily irritated and edgy, but you begin to feel better as soon as you satisfy the craving with another cigarette.

The truth is that smoking actually adds to your stress due to the constant need to top off nicotine levels in your body. After only a few puffs, your heart rate and blood pressure go up, which is actually your body's natural response to stressful situations. As you become more addicted to nicotine, you start thinking about when and where you can have your next cigarette—not exactly a relaxing pastime.

BODY SENSE

Healthy alternatives to smoking

- **Exercise.** Taking a fitness class, a bike ride, or even a walk around the neighborhood can do loads to melt away stress. Get your friends involved!
- **Breathe deeply.** It sounds too good to be true, but the simple act of taking deep, 'cleansing' breaths can be very effective. Just find a quiet spot, close your eyes, inhale deeply through the nose, and exhale slowly through the mouth. Repeat five times and you'll feel better already.
- **Drink water.** Everybody knows water is good for you, but did you know it can temporarily relieve cravings? Keeping your body hydrated is one of the best things you can do to stay healthy and keep cravings in check.

Compete in Sports?

continued from page 1

And if that is not bad enough, smoking athletes have a greater risk of injury and slower healing time. Smoking affects the body's ability to produce collagen, a protein needed to repair torn body tissues. That means common sports injuries, like damage to tendons and ligaments, will heal more slowly in smokers than non-smokers.

The list of negative effects isn't over yet. Smokers produce more phlegm and are more likely to develop a chronic cough than non-smokers. And let's be honest—coughing up a lung isn't exactly attractive to those around you. It's actually pretty gross. Worse yet, as phlegm builds up in the airways, it becomes more difficult to breathe.

So, when you consider all the facts, smoking doesn't make sense if you're serious about improving your performance. Talk to your coach or school nurse about how to quit smoking. Or, call one of the handy resources listed in this newsletter.



Smoking: Whose Idea Was It Anyway?

You probably have at least one friend with a unique sense of style you wish you could pull off. A friend who just seems to have a knack for knowing where to shop and what pieces will look great together. The cutest outfits, the coolest accessories and the right mix of trendy and original. Every once in awhile you can't help but wish you were more like her—just a teensy bit. And hey, what's wrong with that? We all develop our own style by borrowing from others. But what happens if the trends we copy aren't healthy ones?

When it comes to smoking, there's no doubt that teens are influenced by what their friends do. The smoking rate among teens that have three or more friends who smoke is 10 times higher than for teens who report that none of their friends smoke. In fact, most teens who smoke were with a friend when they tried their first cigarette, and many of them got their first cigarette from a friend's pack! Encouragement or even pressure to try smoking is a big reason many teens pick up the habit—even if they didn't intend to.

So what can you do when you feel like an outsider for not following the crowd when it comes to smoking? Or when you don't smoke or you're trying to quit, what do you say when a friend offers you a cigarette? It might sound simple, but politely saying "No, thanks" works in most situations. You don't need to offer an explanation for your choice. **If you are feeling especially confident, you might even say "No way! Cigarettes are not my thing!"**

Smoking: Whose Idea Was It Anyway?

continued on page 4

Quit Tips: You, too, can be a quitter!

1. Set a Quit Date.

- Pick a special date, like your birthday, or your best friend's/boyfriend's birthday, etc.
- Put the date on the calendar.
- Tell your friends and family you are going to quit smoking. Tell them your Quit Date and why quitting is important to you.
- On that day, throw away all your cigarettes, lighters and ashtrays.

2. Plan how to deal with triggers.

All smokers have "triggers," certain times and places that make them want to smoke. For you, it may be waiting at the bus stop or hanging out with friends. Learn what your triggers are and try to avoid them. Or, figure out how to get through them without smoking.

3. Expect withdrawal symptoms.

When you quit smoking, you may have to put up with bad nerves and crabbiness for awhile. Nicotine is a powerful addiction, and your body needs time to get over it. Usually, withdrawal symptoms last only one to two weeks after you quit.

4. If you blow it, try again.

All smokers have trouble quitting, and most of them will slip up and smoke once in awhile. It doesn't mean you're a failure. Just get back on track and continue to picture yourself as a non-smoker.



Tips for helping friends who want to stop smoking:

- Offer to help her create a plan for quitting — this might mean choosing a quit date, helping her to stay focused once she stops, and figuring out a good way to reward herself when she reaches different points.
- It can be helpful to have several smaller goals to work toward — such as 2 weeks, 1 month, and 2 months without smoking.
- Remind her of the benefits of quitting, including all the money she'll be able to save! And she can use those savings for getting the latest CD or video game, or treating her support buddy to the latest chic flick!
- Be there to offer hugs, laughs, or an ear if she needs to vent her feelings.
- Help her avoid situations where there will be smokers. This may mean avoiding favorite restaurants, going to certain parties, or hanging out with certain friends for awhile.
- Help her avoid "trigger" situations...places or activities where she usually lights up.
- Keep reinforcing that it will get better, that the emptiness and pain will fade, that you are her friend, and that this effort is worth it.
- Remind her that she is strong. Tell her you are proud of her. But also, tell her you will be there no matter what.

BODY SENSE

How Did We Do? Tell us what you think of this newsletter and we'll give you a free gift. Just fill out the survey below and return it to your health professional when you are finished.

My age is: _____

My race/ethnicity is:

- White African American
- Hispanic Asian
- Other (please list) _____

My county is: _____

What did you think of the topics covered in this newsletter?
(Please check one)

- Very boring Somewhat boring
- Not sure Somewhat interesting
- Very interesting

I read these parts of the newsletter (Please check all that apply)

- Feeling Stressed Out? Compete in Sports?
- Smoking: Whose Idea Was It Anyway?

Which part of the newsletter did you like the best? (Please check one)

- Feeling Stressed Out? Compete in Sports?
- Smoking: Whose Idea Was It Anyway?

Was there any part of the newsletter you didn't like? (Please check one)

- Feeling Stressed Out? Compete in Sports?
- Smoking: Whose Idea Was It Anyway?
- Nothing I didn't like!

I have been smoking for:

- Less than one year 1 to 3 years
- More than 3 years Do not smoke

I smoke:

- Less than 5 cigarettes per week
- 1 to 5 cigarettes per day
- 5 to 10 cigarettes per day
- More than 10 cigarettes per day

Please check all of the following statements that apply to you as a result of reading the "Body Sense" newsletter.

- I learned new things about the effects of smoking.
- I am thinking more about how smoking affects my body.
- I know where I can get help if I want to quit smoking.
- I might start to think about quitting smoking.
- I would like to learn more about how smoking affects my body.

TELL US WHAT YOU THINK OF BODY SENSE

For facility displaying this newsletter,
please return this sheet to:

Center for Health Promotion,
Education and Tobacco Use Prevention
201 West Preston Street
Baltimore, MD 21201

410.767.1362