

# RISE ABOVE SMOKING QUIT KIT



The RISE Above Smoking Collaborative Team  
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**Welcome to the RISE Above Smoking Program and congratulations on deciding to quit smoking!** By joining this study, you've taken an important, and often tough, first step in quitting smoking. As you probably know, quitting smoking is hard for most people. There is no easy or magic way to quit, but our program provides a tried-and-true approach documented to help many people quit – and stay quit.

This program has two major parts:

- 1) We provide you with combination nicotine replacement therapy (NRT) that includes both nicotine patches and lozenges. You'll find more information about NRT on the next few pages of this packet, but it's important to highlight that the combination of the patch and lozenge is more effective than either alone. In fact, studies have shown that combination NRT is as effective as the best prescription quit-smoking medication. We will give you instructions about how to use NRT, and you can also contact us if you have questions. Our contact information is at the bottom of the page.
- 2) We review some great self-help resources for building your quit plan. The medication is helpful, but your quit journey will be even more successful if you use these materials to learn more about your habit and to plan strategies to deal with the challenges ahead. This Quit Kit will review some of the best resources out there, including websites, text-message programs, an app, and a smoking quitline. The Quit Kit also includes a section that walks you through some of the most important parts of a good quit plan. But no plan is right for everyone. Please read the material in this Quit Kit before your first treatment and assessment visit (see the timeline on the next page), and think about the approaches that are best for you.

At your first treatment visit, a team member will go over this information as well as a few other things to help get you started on your quit-smoking journey. If you have additional questions, you can call us at **716-829-2323** or email us at **bhealth@buffalo.edu** (it might be a couple of days before you hear back).

## **RISE Above Smoking Study Visits**

Your first visit was an Intake Visit where you signed an informed consent form, learned more about the study, and scheduled your Target Quit Date - the day that you plan to quit smoking and start taking your medication.

Your next five visits are Treatment and Assessment visits (T/A). At these visits, you will meet with a study team member, give a breath sample, complete study questionnaires, and review your quit plan/experiences. Each visit will take no more than 1 hour.

Below is a bit more on what to expect at visits, first in words, then (on the next page) with pictures and more details.

- At or before your first T/A visit, you will receive a Care Pack containing this Quit Kit, four weeks of medication (with instructions), and a reloadable Visa card.
- Your first T/A visit will be one week before your Target Quit Day; your second visit will be on your Target Quit Day. Please read and think about the material in this Quit Kit before your first T/A visit.
- After completing each visit, you will receive compensation on your study Visa card within 2 business days.
- At or soon after your third T/A visit, we will provide you with an additional four weeks' worth of NRT medication.

For your visit schedule, please see the timeline on the next page.

# Timeline

## Visit 1: One week before you quit smoking

- Receive Care Pack  
(a few days before if your visits are remote)
- Provide a breath sample
- Complete study questionnaires
- Review medication instructions
- Review stop smoking resources and start planning quit attempt

Your study visits are scheduled for:

Visit 1: \_\_\_\_\_

Visit 2: \_\_\_\_\_

Visit 3: \_\_\_\_\_

Visit 4: \_\_\_\_\_

Visit 5: \_\_\_\_\_

## Visit 2: Target Quit Smoking Day!!!

- Begin using NRT at the beginning of the day
- Provide a breath sample
- Complete study questionnaires
- Review what stop smoking resources you've been using

## Visits 3 & 4

- Provide a breath sample
- Complete study questionnaires
- Review the number of patches and lozenges you used and how quitting is going

After completing each visit, you will receive compensation (\$30) electronically within 2 business days

## Visit 5: Follow-up Visit

- Provide a breath sample
- Complete study questionnaires
- Review how quitting is going

## Nicotine Replacement Therapy Basics

As the name suggests, *nicotine replacement therapy* (NRT) delivers nicotine to replace the nicotine you would normally get from cigarettes. It's important to know that NRT is much safer than smoking because it doesn't have all the tar, smoke particles, or the thousands of other chemicals that are found in cigarettes.

Both the nicotine patch and lozenge are approved by the US Food and Drug Administration for help quitting smoking, and both are available without a prescription. Using both together – combination NRT – is more effective than using one or the other. The nicotine patch allows nicotine to slowly enter your body through the skin (“transdermal”) and keeps your nicotine level from dropping a lot when you quit smoking. That helps reduce cravings and other withdrawal symptoms, such as irritability or problems concentrating. But many people still have break-through cravings. That's where the faster-acting lozenges help. Using a lozenge when you have a major craving – or right before going into a situation you usually smoke – can help you deal with cravings as they arise during the day.

In this program, you will receive an 8-week supply of combination NRT. It is very important that you use both the patch and the lozenges every day to get the most benefit. Even if you have some slip-ups, keep using the NRT. It will make it easier to not return to regular smoking.

People often also want to stop the NRT as soon as possible. This is a mistake. Please use your NRT for the entire 8 weeks. This will help you get through those first two months when relapse is most common. Some people worry that the nicotine itself is bad for them, but as we will review below, the risks of NRT are greatly outweighed by the risks of cigarette smoking.

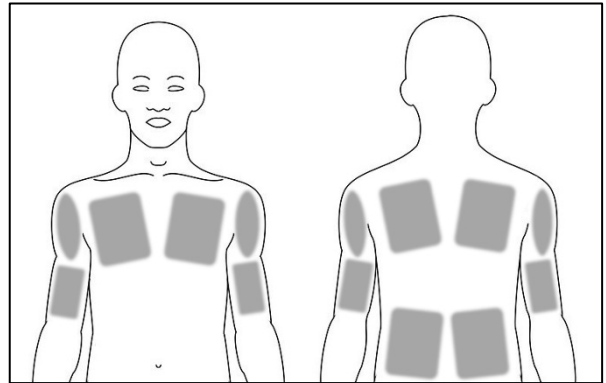
Many people don't use the patch or lozenge properly, and that makes it harder for them to quit smoking and stay quit. To make sure you understand how to use the nicotine patch and lozenge, we encourage you to read this entire Quit Kit, as well as the instructions that come with each product.

## NRT Patches: Directions for Use

- Nicotine patches are placed on your skin, and slowly release nicotine into your body. They help reduce the symptoms of nicotine withdrawal.
- You will receive an eight-week supply of nicotine patches. You should use one per day, starting on your Quit Day.
- Each day, you will replace the **USED PATCH** with a **NEW PATCH** at about the same time of day. Working this into your morning or bedtime routine can help you remember to change it each day!

### To apply a patch:

- After showering/bathing, allow your skin to dry completely. Do not moisturize the area where you will place the patch.
- Find a place on your upper body below the head and neck that is clean, dry, and free of hair. Try to use a site that is not rubbed by clothing. Commonly used locations include your upper arm, shoulder, or chest.
- Open the packaging and remove the new patch.
- **Press the sticky side of the patch firmly on your skin with the heel of your hand for at least 10 seconds.** Make sure the patch sticks well to your skin, especially around the edges. Patches generally stick well, but you can use medical tape around the edges to help hold it in place.
- When applying a new patch, choose a different location on your upper body than the previous patch was on. Try not to repeat the exact same spot on your skin more than once per week.
- Wash your hands with soap and water. Otherwise, nicotine may get in your eyes or nose if you touch your face, which causes stinging and redness.



### Storing patches/ Disposing of used patches:

- Fold a used patch in half with the sticky sides together.
- Unused and used patches have enough nicotine to poison children and pets. Therefore, store patches and dispose of old patches, the clear protective liner strips, and other packaging away from children and pets.
- Wash your hands with soap and water.

## More Tips for Using NRT Patches

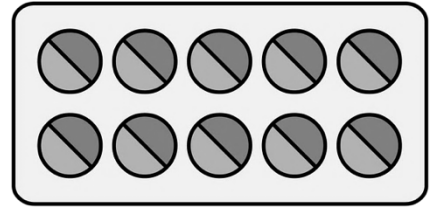
- Minimizing side effects:
  - The patch is usually worn for 24 hours before changing it. However, if you have unusual dreams or sleep disturbances, you can take it off before you go to bed.
  - It is common to experience mild itching, burning, or tingling when the patch is applied. This should go away within an hour. You can minimize these problems by changing the location of the patch to a new area each day and using an over-the-counter hydrocortisone cream on any skin rash/irritation you experience.
  - When you remove the patch, the skin under the patch might be a little bit red. The redness should not last for more than a day after removing the patch. Over-the-counter hydrocortisone cream can be applied.
- Water will not affect the patch if it has been applied properly. You can take a bath/shower or even go swimming for short periods while wearing the patch.
- Patches are sensitive to heat and cold and should be stored at 68-77°F (20-25°C). We recommend that you store patches inside your bathroom, bedroom, or another secure location in your home. We do not recommend that you store them inside your car, as it can reach temperatures far outside the safe range.
- A slight yellowing of the sticky side of the patch is normal.
- In case of accidental use or ingestion, contact Poison Control [1-800-222-1222].

## DON'Ts of using NRT Patches

- Do not use more than one patch at a time.
- Do not remove the patch from its sealed packaging until you are ready to use it. Patches lose nicotine to the air if they are stored outside of the sealed packaging.
- Do not leave the same patch on for more than 24 hours because it may irritate your skin AND patches lose strength after 24 hours.
- Do not cut the patch.
- Do not place the patch on skin that is burned, oily, scarred, cut, or irritated/damaged in any way.
- Do not place the patch on skin that has lotion or soap on it.
- Do not use the same patch location more than once per week.

## Directions for Use: NRT Lozenges

- Nicotine lozenges look like small hard candies.
- In this program, you will receive an eight-week supply of 2mg NRT lozenges to use together with NRT patches during your quit journey.
- While nicotine patches act gradually over the course of a day, lozenges act quickly, in a matter of minutes. When you are experiencing or are expecting to experience craving/withdrawal, lozenges can help.



### To use a lozenge:

- Avoiding eating or drinking for 15 minutes before using the lozenge.
- Open the lozenge package and place the lozenge in your mouth between your gums and cheek.
- Allow the lozenge to dissolve over 20-30 minutes. You may feel a tingling or warm sensation as the lozenge dissolves. For maximum effect, move the lozenge from one side of your mouth to the other every so often.

### **More Tips for Using NRT Lozenges**

- We recommend you use at least 5 lozenges per day, but not more than one per hour.
- The lozenge will dissolve in your mouth over 20-30 minutes. If you must take the lozenge out of your mouth, wrap it in paper and dispose of it in a place away from children and pets.
- In case of accidental use or ingestion by a child or pet, immediately contact Poison Control [1-800-222-1222].

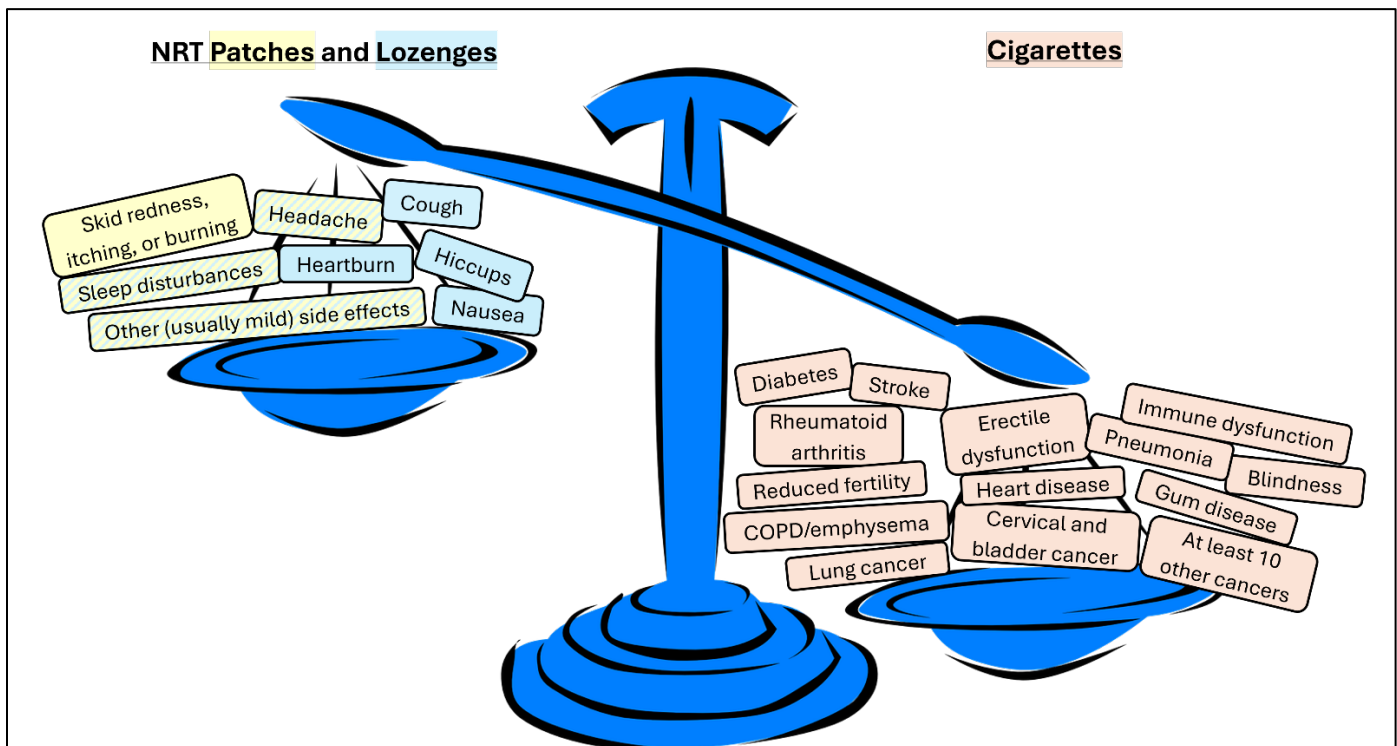
### **DON'Ts of using NRT Lozenges**

- To minimize side effects:
  - Do not chew, suck, or swallow the lozenge.
  - Do not use more than one lozenge at a time.
  - Do not use more than one lozenge per hour.
- Do not eat or drink for 15 minutes before using the lozenge or while the lozenge is in your mouth.

## Side Effects of NRT

About 25% of people report side effects when using NRT. The most common side effects of the nicotine patch are skin redness, itching, or burning; headache; and sleep disturbance such as difficulty sleeping and vivid dreams. The most common side effects of the nicotine lozenge are nausea, hiccups, or heartburn; trouble sleeping; headache; and cough. Not everyone who uses NRT will get side effects, and when they are experienced, they generally tend to be mild and fade over time. Plus, you can minimize side effects by following the instructions and tips presented in this Quit Kit.

As shown in the picture below, the long-term risks of cigarette smoking far outweigh the short-term side effect risks of NRT (information is from the CDC and a 2014 report from the U.S. Surgeon General).



**We will ask you about side effects at each visit. If you are especially concerned about side effects from the nicotine patch or lozenge, contact us at 716-829-2323 or [bhealth@buffalo.edu](mailto:bhealth@buffalo.edu). If no one answers, leave a message, and someone will get back to you as soon as possible.**

## Breaking the smoking habit – Building your Quit Smoking Game Plan

Quitting smoking is not easy for most people. You may have already tried to quit before or heard of the experiences of others quit smoking attempts, so you know what it's like. Things you will have to successfully deal with in order to quit smoking for good include: nicotine withdrawal, cravings, urges, triggers, and your environment. Some of these things are associated with a physical addiction to nicotine and some are part of a strong learned habit.

The nicotine replacement therapy will help with withdrawal symptoms such as craving. But you can further increase your chances of quitting and staying quit by changing your behavior, your mindset, and your environment. This takes planning, but it's worth it. Fortunately, there are lots of resources and tools to help you build your quit-smoking game plan. We start this section by mentioning a few resources you can use. After that, we provide an overview of some of the most important parts of a quit smoking game plan.

1. Check out the website [smokefree.gov](http://smokefree.gov). Smokefree.gov is a part of the U.S. Department of Health and Human Services' efforts to reduce smoking rates, and this website was specifically created to help people quit smoking. You can learn a lot about quitting smoking and build your quit plan right on the site. There are also special sections for veterans, women, and people over 60.

2. Enroll in a text messaging program. Multiple options are provided by [smokefree.gov](http://smokefree.gov). The messages provide 24/7 encouragement, advice, & tips for becoming smokefree and being healthier.



3. Get the app. For something even more interactive, consider the free app quitSTART. Available for iPhone and Android, the app helps you set up your quit plan, get helpful reminders, and track your progress. You can even set reminders that go off when you are at certain locations.



4. Call the quitline. If you want to work with a counselor one-on-one to help you quit, call **1-800-QUIT-NOW**. This quitline provide free and confidential coaching to help you become—and stay—smoke free.

We hope you will check out these resources. In addition, below we cover strategies for quitting smoking right here in this Quit Kit. You can make notes in the Quit Kit as you read.

## Important Challenges in Quitting Smoking

Cravings: Everyone experiences cravings when trying to quit smoking, even when using NRT. It's natural and expected. But remember that cravings are temporary. Think of them as waves that come and go. Over time, the waves are smaller and come less often.

Withdrawal: Nicotine is addictive and when your body doesn't get it, it goes into withdrawal. Cravings are just one symptom of withdrawal. Others include irritability, anxiety, and difficulties concentrating and sleeping. As with cravings, other withdrawal symptoms will ease over time, especially if you stick with the NRT.

Triggers: Cravings can come out of the blue, but many are predictable. After years of smoking, certain people, places, situations, and even emotions can become so strongly paired with smoking that they "trigger" your urge to smoke. What do you think will be your biggest triggers?

Write YOUR triggers here: <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
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How will you deal with the triggers you wrote in the box above? In the early weeks of quitting, we recommend you:

- *Avoid* them when you can. For example, you might want to avoid hanging out with other people who smoke, at least for the first week or so after quitting.
- *Alter* what you can't avoid. For example, if coffee is a strong trigger, consider switching to tea or only having coffee if you're somewhere smoking is not allowed.
- *Substitute* other activities for smoking, such as a quick walk, a deep breathing exercise, or a healthy snack.

Once you've identified your triggers, use the worksheet on page 16 (Triggers for Smoking Worksheet) to brainstorm strategies for how you could manage the triggers through the *Avoid, Alter, and Substitute* methods.

Slips: When on your quit smoking journey, there may be a time when you end up having a cigarette. Of course, try to avoid that. But if it does happen, think of it as a “slip”, rather than a “relapse.” A relapse is a return to your usual pattern of smoking, but a slip is a mistake that can be corrected, rather than a failure. Remind yourself that one cigarette does not mean that you’re going to become a regular smoker again. Keep using your NRT and use your quit plan to get back on track!

### Key Quit Smoking Topics

Motivations: Medication can only help *if you want to quit*. Most people who smoke know they “should” quit, and there are lots of reasons to quit, but it’s important to think about your personal reasons – or motivations to quit. Is it for better health for you and your family? Saving money? Better-smelling breath, clothes, and hair? Better sense of smell and taste? Regaining a sense of control? Maybe several of these? Take some time to think about the specific reasons you have for wanting to quit smoking. Writing them down makes it easier to refer to them regularly.

Write YOUR motivation(s) here:

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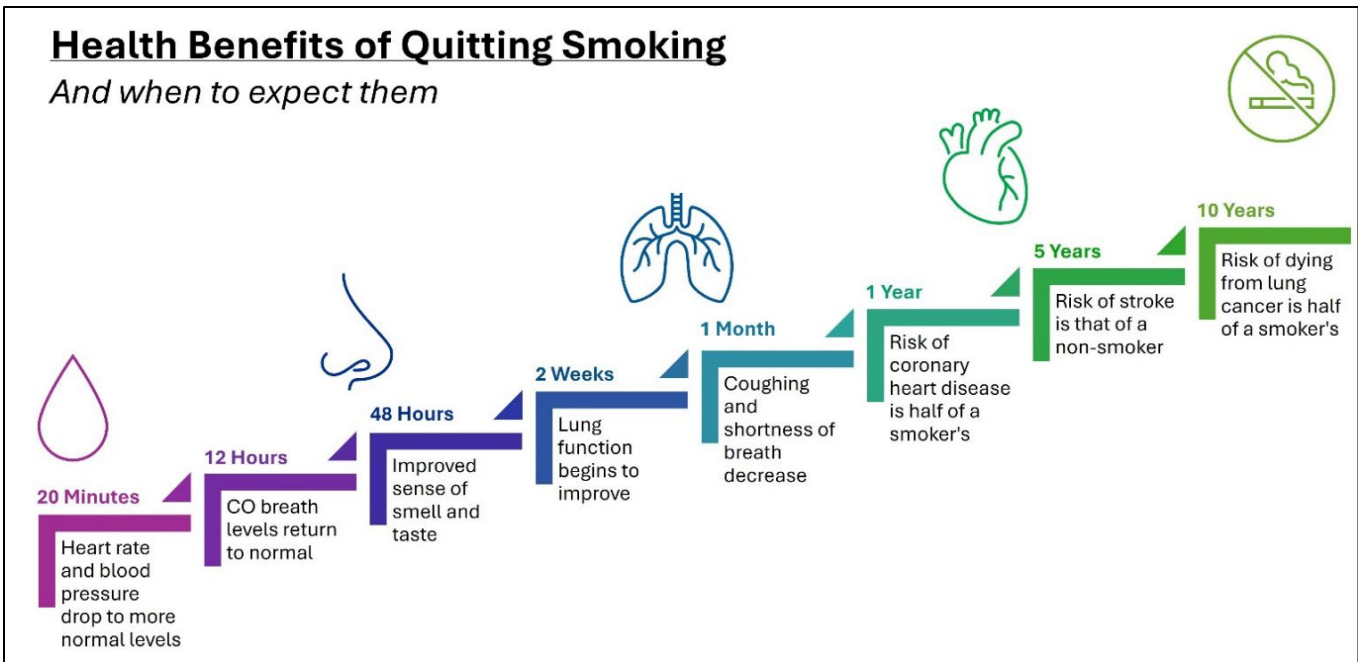
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As most people now know, smoking cigarettes is harmful to one’s health. Cigarette smoking kills 5 million people throughout the world every year. It is responsible for nearly all lung cancer deaths, as well as many cases of heart disease, stroke, other cancers, and other lung diseases. Most likely, quitting smoking is the single most important step that you can take to improve your health, quality of life, and the length of your life. Some of these health improvements take a long time to develop but others happen quickly. See the figure below, with information from [smokefree.gov](http://smokefree.gov), and use these benefits to hone your motivation to quit.

# Health Benefits of Quitting Smoking

And when to expect them



**Obstacles:** The flipside of reasons to quit are the things that make it hard to quit, or obstacles. Common obstacles include concerns about weight gain, fears about withdrawal, and a lack of coping strategies other than smoking. One good way to identify obstacles is to think about things that have made it hard to quit in the past. By clearly identifying obstacles, you can focus on how to address them head-on.

Write YOUR obstacles here:

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**Stress Management:** Many people report that cigarettes help calm them down and that they smoke more when they feel stressed. On top of that, quitting smoking can be very stressful. When you quit, you'll need to find ways to manage stress that are not associated with smoking. Some examples are deep breathing, yoga, knitting, reading, other hobbies and exercise. What are some healthy ways for *you* to manage stress, including the stress of quitting smoking?

Write YOUR stress management strategies here:

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**Social Support:** You can increase your chance of quitting and staying quit if you have people around you who support your mission. Your “support team” can include family, friends, coworkers, and other important people in your life. Who do you turn to for social support during challenging times? Have you started telling others about your plan to quit? How do they feel about your quitting? Remember, too, that it’s important to let people know how they can best help you. Your support team may do things that they think are helpful but aren’t – like frequently asking if you’ve smoked. Trust that you know what is most helpful for yourself and let your support team know how they can be most helpful to you.

Write YOUR “support team” members here:

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We hope that the information, activities, and resources in this Quit Kit help you build a strong quit smoking game plan and stick with it. Of course, some plans need to change as we move forward. The same is true when quitting smoking. But the more

effort you put into working on your plan, the greater your chances of quitting and staying quit.

Remember, you're not alone. As you prepare for your quit day, keep in mind the helpful tips included on page 17 (Tips for Successful Quitting).

In addition to the social support you listed above, you can always return to the materials in this Quit Kit and the resources we referenced to update and tailor your plan!

Write the main points of YOUR quit smoking plan here:

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## Triggers for Smoking Worksheet

What are some specific triggers that you encountered this week? Can you come up with different examples of strategies to help you deal with these triggers? In the "AAS" column, label what type of strategy you had listed (Ex: Avoid, Alter, or Substitute).

TRIGGER	STRATEGY	AVOID / ALTER / SUBSTITUTE

## Tips for Successful Quitting

### PERFORM A QUITTING CEREMONY AND REMOVE ALL SMOKING REMINDERS

The night before your quit day:

- Throw out all of your ashtrays, cigarettes, and lighters
- Wash your clothes so they don't smell like smoke
- Buy some candy or gum or snacks to use as healthy substitutes
- Clean your house (especially mirrors and windows that collect smoke)



### REMEMBER TO USE SELF-TALK

It is very important for you to stay as conscious as possible about your efforts to prepare for quitting. The effort comes in when we try to “talk” ourselves into following a prescribed course of action. Throughout the next few months, and especially over the next 2 weeks as you begin to quit, it is very important for you to constantly remind yourself of your particular reasons for quitting and chosen strategies for quitting. You can make a list of the reasons and your selected strategies and remind yourself of why you are doing what you are doing and how you think you can help yourself.

### INFORM FAMILY AND FRIENDS AND ASK FOR SUPPORT

One of the most important factors that determine success for individuals in their attempt to quit smoking is their access to support. Those who have supportive friends and family are more likely to successfully quit than those who try to do it all on their own. So, we urge you to tell your friends and family that you are going to try to quit in the coming weeks and that you need their help. They can help to distract you and keep your mind off of your cravings; they can help keep you on track with your scheduled smoking; and they may be able to provide a valuable source of encouragement and reinforcement.

### DO NOT GIVE INTO "PERMISSION-GIVING" THOUGHTS

It is very important to avoid giving into your “permission-giving thoughts” as you try to quit smoking. Permission-giving thoughts are those internal thoughts that say things such as, “go ahead and have a cigarette, but just this one” or “come on have a cigarette, you deserve it”. Permission-giving thoughts are typically associated with difficulty in quitting.

### THINK POSITIVELY ABOUT YOUR QUIT DAY

Thinking positively about your quit day can make it easier for you to get through the day. Try to plan something special on your quit day to make it a pleasant experience. Think of it as a celebration to look forward to. Celebrate being a non-smoker!

Materials in this quit kit include information from several sources, including:

- The website Smokefree.gov
- The Centers for Disease Control and Prevention (<https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/index.html>)
- The 2014 U.S. Surgeon General's report on the Consequences of Smoking (<https://www.ncbi.nlm.nih.gov/books/NBK179276/>)
- "Medications to help people to stop smoking: an overview of reviews" on cochrane.org ([https://www.cochrane.org/CD009329/TOBACCO\\_medications-help-people-stop-smoking-overview-reviews](https://www.cochrane.org/CD009329/TOBACCO_medications-help-people-stop-smoking-overview-reviews))
- Our previous clinical trials, with input from our teams at the University at Buffalo and the University of Pennsylvania. Special thanks to Caryn Lerman, Ph.D.