

Smoking Cessation Intake Information

Name: _____ **Date:** _____ **Sex:** M / F

Street Address: _____ **Town:** _____ **Postal Code:** _____

Home Phone #: _____ **Work Phone #:** _____

Employer: _____

Date of Birth: _____ **Age:** _____

Circle one: Married Single Widowed Divorced Separated

Referred by: _____

How will you be taking care of your account? Cash Cheque Visa Master Card Interac

Do you have insurance? Yes No

Medical Information

Family Dr: _____ **Phone number:** _____

Are you current on any medication? Yes No

If so what: _____

How Committed are you to stop smoking? Circle the Number that corresponds with your commitment.

0 1 2 3 4 5 6 7 8 9 10

Not at all committed Moderately committed Very committed

committed

Why do you want to quit smoking?

Cost Health Others want you to quit **Other:** _____

At what age did you start smoking? _____

How long have you smoked? _____

Why did you start smoking?

Peer pressure Work breaks Social events Relaxation

Other: _____

Have you tried to quit smoking?

No, I have never wanted to. No, I have never tried, but wanted to.

Yes, I have tried but was not successful. Yes, I have quit successfully, but started smoking again.

If you quit successfully in the past, did you use any aids? Yes No
 The Patch Nicotine Gum Hypnosis Herbs Acupuncture

Other: _____

Without quitting, what is the longest period of time you have gone without a cigarette? _____

How many cigarettes do you smoke? _____ at a time, _____/day, _____/week.

Why do you smoke?

- Relaxation Bored
 Social Craving symptoms
 Avoid weight gain Other: _____

Do you have triggers that prompt you to smoke? Yes No

If yes, what are they? _____

Does your smoking habit involve a routine? Yes No

When do you smoke?

- Immediately after waking up in the morning When drinking
 With coffee/tea Only when cravings occur
 During or after meals In the car
 At work Socially/with friends
 In stressful situations Other: _____

Do you live with a smoker? Yes No

Does your family or partner smoke? Yes No

Do you consider yourself health conscious? Yes No

Without this help would you quit smoking? Yes No

If you quit smoking, do you have the support of others? Yes No

If Yes, then who? Co-workers Family Friends

What will make quitting smoking difficult?

- Stress Lack of willpower
 Cravings Boredom
 Missing friends that smoke Missing breaks at work
 Others smoking around you

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Congratulation on taking the first step to becoming smoke free!

The team at Health Works Chiropractic and Wellness Centre are here to help you every step of the way. Our **STOP SMOKING PROGRAM** is different than all the rest. We believe that **ONE** treatment is not enough, that's why you will receive **THREE** treatments.

Treatments are usually booked over 7 days, i.e.: Monday, Wednesday and Friday. Your first appointment is about 45 minutes long. It includes educational information and the first treatment. Your second and third appointments are approximately 15 minutes.

When picking your **QUITE DATE** remember quitting on your birthday, **OR** any other mile stone day can be difficult, why not enjoy your day stress free! Pick a date and begin to cut back on the number of cigarettes you smoke, clean out your car, remove ash trays from around your home. Practice the **DELAY** method- instead of having a cigarette as soon as you wake up, why not wait awhile. Also during this time, think about all the free time you are going to have, so start making plans!

Please call US anytime if you have any questions. Health Works Chiropractic and Wellness Centre has many services that can assist you on your journey to becoming **SMOKE FREE**, Chiropractic, Acupuncture, Registered Massage Therapy, Hot Stone Massage and Reflexology.

NOTE: Those clients travelling from out of town to review their program please notify the Stop Smoking Technician on pre-screening appointment so we can make other arrangements.

Remember it's not a matter of **NEEDING** to QUIT SMOKING but **WANTING** to QUIT SMOKING.

Stop smoking facts

Tobacco smoke contains thousands of toxic chemicals that are human carcinogens, substances that cause cancer. The entire respiratory tract is damaged with the use of tobacco smoke, including the main airways to the terminal alveoli and the immune system. Damage to cilia and mucous causes the build up of foreign pathogens within the respiratory tract and the body is less effective in removing the matter and protect the body from infection. The signs of this damage is commonly called smokers cough, when dark matter is coughed up out of the lungs in the early morning. Healthy cilia and mucous gather and rid the respiratory tract of matter during sleep when the body naturally heals it self.

Tar builds up within the lungs, resulting in tissue damage, decreasing gas exchange and lung capacity.

Tobacco smoke increases the risk of cardiovascular disease, heart attacks, stroke, Crohn's disease, gastric and duodenal cancers, aortic aneurysms, and age related macular degeneration.

Lung cancer and chronic obstructive pulmonary disease, COPD, are the most common diseases caused but tobacco use.

Here are some facts about these diseases:

- Lung cancer is the number one leading cause of cancer-related deaths, with half of all premature deaths of smokers is from lung cancer.
- 90% of lung cancers are caused by tobacco use and 80% of lung cancer victims die within 3 years of diagnosis.
- COPD is the 4th leading cause of death in the U.S. COPD is the abnormal inflammation of the lungs in response to the noxious particles and gases of smoking. COPD is progressive and non reversible; airways narrow and limit air flow

The carbon monoxide in tobacco smoke binds more readily than oxygen to the molecules that carry oxygen in the blood the various tissues. This decreases the ability of blood to delivery necessary of oxygen to tissue. The lack of oxygen causes an increase of illness because the body is unable to heal itself effectively, blood flow is also slowed. Minor ailments can result in major diseases simply because the body was unable to effective isolate, attack and heal affected tissue and foreign pathogens. Carbon monoxide also temporarily increases your heart rate, straining the heart and blood vessels.

- Children are 2x as likely to smoke if they observe a parent smoking regularly.
- Tobacco smoke can cause arteriosclerosis, (fat deposits in arteries), of the heart leading to heart attack and death.

Time it - after:

20 mins - your blood pressure drops back to normal levels.

Two days - there's no more nicotine left in your body;

Three to nine months - your lung capacity improves by 10%;

Five months - your risk of a heart attack is 50% less than a smoker;

10 years - your chances of a heart attack falls to the same as someone who has never lit up.

Save your life

Smoke and your chances of dying early will shoot up. Here's what a long-term habit can do:

- Cancer (lungs, mouth, nose, throat, leukaemia);
- Chronic-breathing problems like bronchitis and emphysema;
- Coronary heart disease, strokes and even gangrene.

Burning truths

- Tobacco in cigarettes contains a highly addictive drug called nicotine;
- Nicotine is actually a stimulant - smoking speeds up the body system increasing your heart rate and blood pressure;
- There are more than 4000 chemicals in tobacco, most of which are bad for your health; Smoking can leave your skin up to 40% thinner than normal, making early wrinkles all part of the package.

Every day people give up smoking in a way that works for them, the use of Laser Therapy will increase your chances of being successfully when you ultimately want to quit.

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Understanding Your Habit

Use this chart to record your smoking habit. The more you know about your behavior, the better your chances of quitting

Cigarette number
Time of Day
Intensity Rating
(1=low could have done without. 5=I really had to have this cigarette)

What was I doing?

Where was I?

Who was I with?

Reasons for smoking

(Eg.) 1	7:15	5	Drinking coffee	Kitchen	Kids	Pick me up

Health Works Chiropractic & Wellness Centre

Please use the chart on the back to track the number of cigarettes you smoke in 1 day. Start filling it out the morning after you receive it. Please bring this chart in with you on your 1st STOP SMOKING treatment so we can look at it together. Please mark your reasons for quitting below, and fill in the blanks for other reasons that you may personally have. Do I want to Quit Smoking? My Decision: YES, I want to quit smoking or NO, I don't want to quit smoking. Please make your decision by circling Yes or NO.

	ADVANTAGES		DISADVANTAGES
To Myself	<input type="checkbox"/> I won't smell like smoke	<input type="checkbox"/>	I won't feel part of my group of friends who smoke
	<input type="checkbox"/> My breathing will be easier going up stairs	<input type="checkbox"/>	I takes time and energy to quit
	<input type="checkbox"/> I'll stop coughing in the morning	<input type="checkbox"/>	If I gain weight, I'll be upset
	<input type="checkbox"/> I'll feel good not influencing others to smoke	<input type="checkbox"/>	
	<input type="checkbox"/> I may qualify for a reduction in life, car and house insurance costs	<input type="checkbox"/>	
	<input type="checkbox"/> I may be able to get higher resale for my car if I don't smoke	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
	<input type="checkbox"/>	<input type="checkbox"/>	
To Others	<input type="checkbox"/> I won't be exposing my family to second-hand smoke	<input type="checkbox"/>	I'll have to do without cigarettes and that might make me grumpy

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Stop Smoking Patient Directives

- With stop smoking laser therapy, you are quitting “cold turkey”. There should be no using stop smoking aids such as nicotine chewing gum or “The Patch”. Using aids like these will counter act the stop smoking laser treatments, the body will not be able to cleanse itself of nicotine if there is still a constant intake into the body.
- It is recommended to avoid beverages that contain addictive properties such as coffee, tea, cola and alcohol. i.e. caffeine
- Drink decaffeinated coffee or tea if needed.
- Try to avoid alcohol if it weakens your willpower.
- Drink plenty of water instead 8-10 cups a day, this will help purify the blood, hydrate and cleanse the body.
- Avoid triggers, such as places, people and activities that may negatively influence your smoking.
- Light physical activities are a good way to help with overcoming cravings and distract you from smoking.
- Epsom salt baths help cleanse the body of toxins. Add salt to water that is as hot as you can tolerate to stimulate blood flow to the surface of the skin allowing toxins to be drawn out of the body.
- **One day at a time;** Remember that each day is a victory. Each day, the struggle becomes a little easier as your nicotine addiction eases. For the long term, you will have to remain alert to your smoking triggers and remind yourself that you can never again take even one puff. You are now an ex-smoker and plan to stay one. Welcome to your new life!
- If you experience any nicotine cravings do not hesitate to call Health Works to book in a follow up stop smoking laser treatment. Follow up appointments can only be administered to those who have not returned to smoking since the initial laser treatment.
- Remember to reward yourself along the way! Save the money you would normally spend on smoking, it all adds up.

Be Positive

Recommended Supplements

- Detox Tea - a gentle cleanse of toxins associated with smoking. *
- Vitamin B Complex, Stress Formula
- Buffer Vitamin C

Advanced Cleanse recommended for later on in the quitting process.

- Clear Lungs - aggressive cleanse of the lungs

If you are interested in one of those products, see your Stop Smoking Technician and they can help you!

*The Detox Tea is NOT just for smoking, it is a whole Body Detox

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Helpful hint for Stop Smoking

When urges occur remember the 4 Ds:

1. **Drink water**

Drink lots of water. This flushes the nicotine and other chemicals out of your system faster. It can help to keep your mouth busy.

2. **Deep breaths**

Take a deep breath break instead of a smoke break. Take a few deep breaths. Hold the last one. Breathe out slowly.

3. **Delay**

As a smoker you were not always in control. You smoked when your body wanted nicotine. By delaying or holding off, you are calling the shots. Your craving for a cigarette will probably pass in a few minutes. Just wait and you can get through this.

4. **Do something different**

When a craving hits, it helps to change what you're doing. Step outside. Call a friend. Read a book. Do something different. Some people find it helpful to do something with their hands when a craving strikes like picking up their knitting project or squeezing a stress ball.

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When the going gets tough, think about everything you have to gain from quitting. Think about:

- Your health and your family's.
- How much better you'll look and feel.
- The longer, easier life you'll lead.
- The thousands of dollars you'll save each year.
- Your cleaner home, car and clothes.
- Keep a written list of your goals with you for inspiration.

Helpful Hints

- Remove smoking products from your home, workplace and car. This includes matches, lighters and ashtrays. Be sure you don't make the mistake of stashing away an "emergency" pack of cigarettes; you can't just have one puff, one cigarette, or one pack.
- Stock up on supplies that may help, celery and carrot sticks, sugarless candies and tooth picks.
- If you tried to quit before, think about what the problems were and why you had a relapse. Did you feel swamped by financial, workplace or family stress? Did you gain weight? Were you surrounded by smokers at a party? Consider what new strategies might address these areas.
- Don't diet during this difficult time, the American Academy of Family Physicians advises. Help control your weight by staying active and stocking up on nutritious foods. If you gain weight, take it off gradually after you've conquered tobacco, by eating sensibly and increasing your involvement in physical activities you enjoy.

Toss temptation

Staying a non-smoker isn't just about willpower. It's also about your environment. This is especially true in the short term; as your smoke-free ways become a permanent part of your life, you can allow yourself to be in more tempting situations. But as you are building up that capacity, make it easier on yourself:

- Hang out at the countless places that ban smoking.
- Keep away from places that allow smoking. If your city or state bans smoking in restaurants and bars, you're lucky. If not, seek out the non-smoking areas of restaurants.
- Invent new habits. Have you always lit up right after dinner? Try pushing back from the table, getting up doing the dishes or taking a short stroll instead.



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