

BEAT THE PACK



Ready to Quit?
We're here to help!



PIPE TRADES SERVICES MN

**HEALTH &
PENSION FUNDS**

Serving the pipe trades industry in Minnesota



PIPE TRADES SERVICES MN

**FAMILY HEALTH &
WELLNESS CENTERS**

Serving the pipe trades industry in Minnesota

PTSMN - Helping You QUIT!

- We are ready to help you quit!
- By taking the time to review this information you are telling us...
 - You are interested in quitting smoking
 - And you want to know how we can support your goal



Why Quit?

Get ready by getting the facts:

- What are the health risks of smoking?
- Why is it so hard to quit?
- How can my health improve?
- What is smoking really costing me?



Health Risks

Smoking is the number one cause of preventable death in the United States



USDHHS. *The Health Consequences of Smoking: A Report of the Surgeon General*. USDHHS, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2004.

Health Risks That You Reduce When You Quit Smoking

Stroke

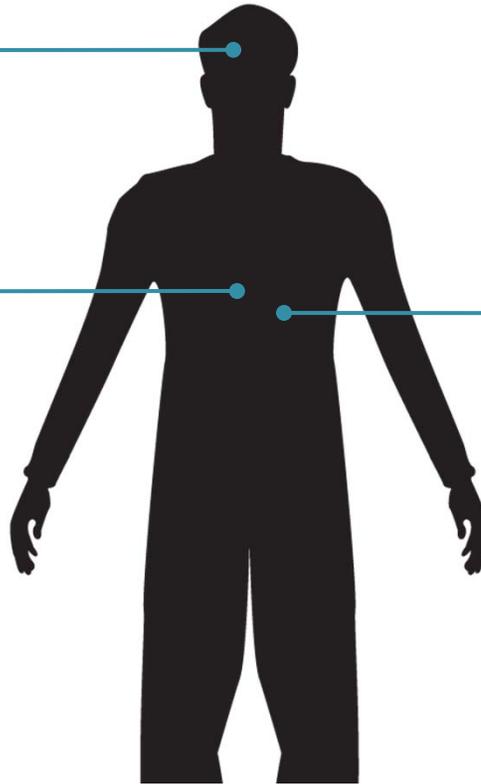
Smoking makes it easier for clots to form that can block the flow of blood. A stroke happens when blood can't get to the brain.

COPD

COPD (chronic obstructive pulmonary disease) is a group of lung conditions that includes emphysema and chronic bronchitis. COPD is different from asthma, but it can be hard to tell them apart. COPD makes it difficult to breathe. It may get slowly worse as the damage to the lung progresses.

Lung Cancer

Nicotine and cigarette smoke damages cells. This cell damage can lead to tumors that often start in the lungs. Lung cancer can spread to other parts of the body.



ACS. http://www.cancer.org/docroot/CRI/content/CRI_2_2_1X_What_is_lung_cancer_26.asp. Accessed September 8, 2005.

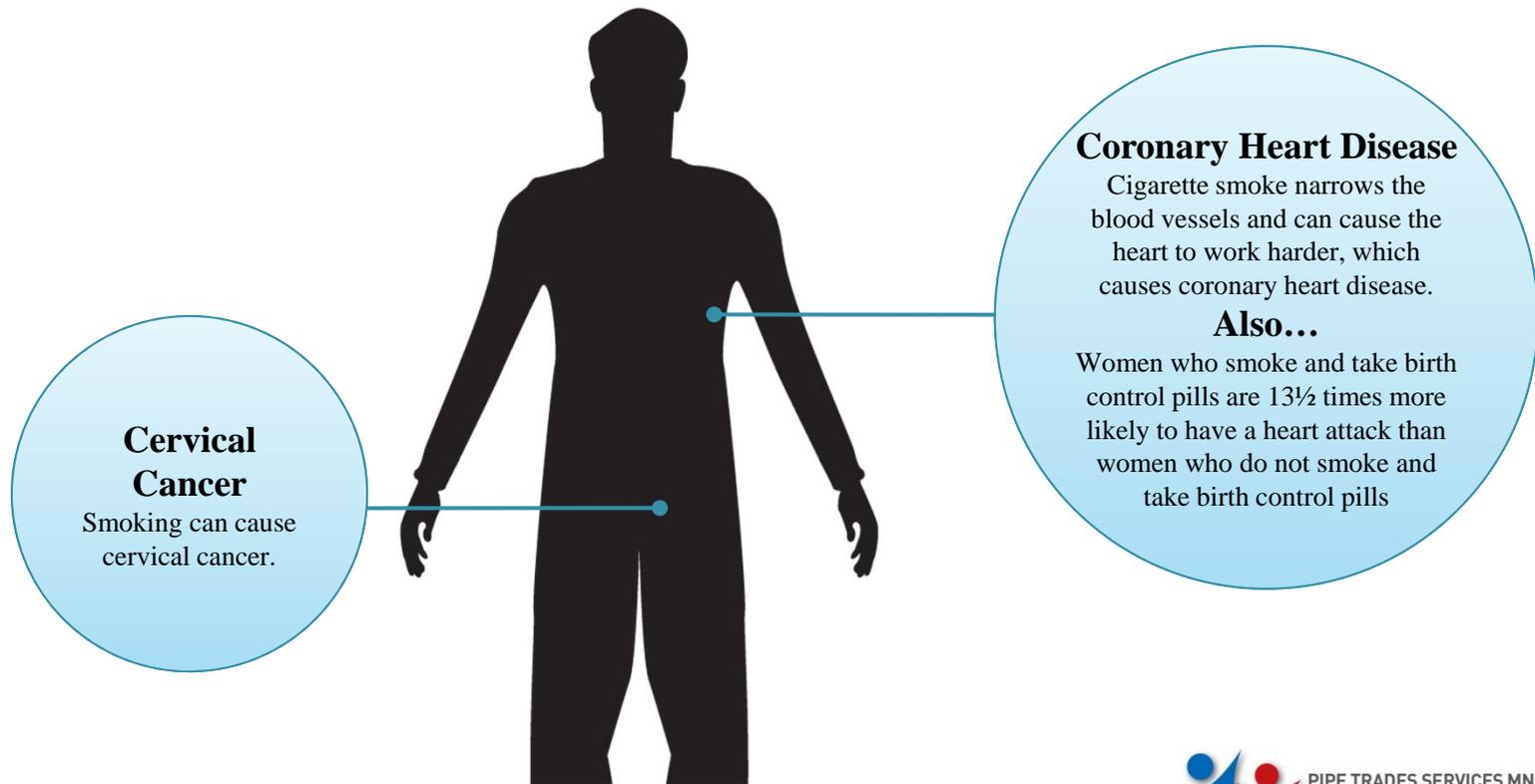
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Benowitz N. *Prog Cardiovasc Dis*. 2003;46(1):91-111.

Celli BR et al. *Eur Respir J*. 2004;23:932-946.



Health Risks That You Reduce When You Quit Smoking



NHLBI. <http://nhlbisupport.com/chd1/chdexp.htm>. Accessed September 8, 2005.

Benowitz N. *Prog Cardiovasc Dis*. 2003;46(1):91-111.

Tanis BC et al. *N Engl J Med*. 2001;345(25):1787-1793.

Vineis P et al. *J Natl Cancer Inst*. 2004;96(2):99-106.

USDHHS. *The Health Consequences of Smoking: A Report of the Surgeon General*. USDHHS, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health; 2004.



Benefits From Quitting: Major and Immediate Health Benefits

24 h: your chance of having a heart attack will decrease!



24 hours

2 weeks to 3 months

1-9 mo: your body will be cleaning out tar from your lungs!



1 to 9 months

1 year

5+ y: your risk of having a stroke is reduced to the risk of a person who never smoked!



5+ years

10 years

2-12 wk: your blood circulation and lung function will improve!



1 y: your excess risk of a heart attack is now half the risk of when you smoked!



10 y: you have reduced your risk of lung cancer!



Benefits From Quitting

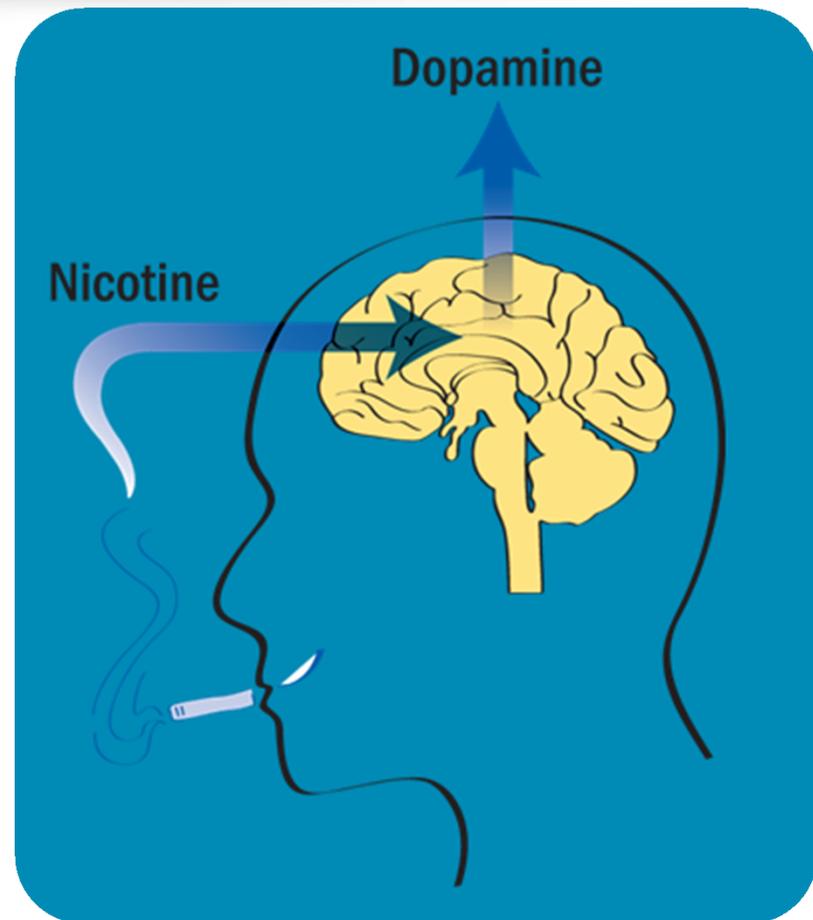
Other benefits from quitting smoking:

- Food tastes better!
- Breath, clothes, hair, and nails do not smell!
- You saved money by not buying cigarettes!
(Over \$2,000 per year for a pack-a-day smoker.)



Why It's So Hard to Quit: Urges Come From Brain Chemistry

- Smoking sends nicotine to the brain in a few seconds.
- Nicotine starts a series of reactions that cause the release of dopamine.
- Dopamine is a chemical in the brain that gives a feeling of pleasure and calm.
- Between cigarettes, the level of dopamine gets less and you start to want another cigarette.
- Your brain wants nicotine to release more dopamine to bring it back to a level of pleasure and calm.
- Smoking again sends nicotine to the brain in a few seconds.



Jarvis MJ. *BMJ*. 2004;328(7434):277-279.

Reuter M et al. *Hum Psychopharmacol*. 2002;17(5):213-224.

Dani JA, De Biasi M. *Pharmacol Biochem Behav*. 2001;70:439-446.

Why It's So Hard to Quit: Behavior Is Hard to Change

- “Every time I make a phone call, I have a smoke.”
- “I smoke with my coffee in the morning.”
- “I smoke when I’m waiting at the bus stop.”
- “I don’t know what to do with my hands if I’m not holding a cigarette.”

Behaviors can trigger desire for a smoke.

Erblich J et al. *Mol Psychiatry*. 2005;10(4):407-414.

Jarvis MJ. *BMJ*. 2004;328(7434):277-279.

Smolka MN et al. *Psychopharmacology* (Berl). 2005:1-12 [Epub ahead of print].

<http://www.springerlink.com/media/mmkpqwuurqe9ca0vtrw6/contributions/m/1/t/1/m1t137401x581254.pdf>. Accessed September 22, 2005.

How We Can Help!

**We understand quitting smoking is difficult,
but we are here to help you quit!**

- You have both *Benefits through your Health Fund*
and
- *Benefits through your Family Health & Wellness Centers*



How We Can Help You Quit:

at the Pipe Trades Health & Wellness Centers

Benefits provided by the Pipe Trades Family Health & Wellness Centers include:

- **Personalized Counseling,**
- **Nicotine Replacement Therapy, and**
- **Prescription Drugs (all at no out of pocket cost to you)**

Which are all recommended ways for adult smokers trying to quit.

We encourage you to see one of our doctors to find the right options for you, since everyone is different.



How We Can Help You Quit: Health Insurance Coverage

Benefits provided by the PTSMN Welfare Fund include:

- Coverage for the “Quit for Life Tobacco Cessation Program” through Medica, which has telephone counseling with a quit coach (available 24 hours a day) , a personalized quit plan, an online quit plan, and nicotine replacement therapy
- In addition to the Quit for Life program, your health Plan covers: Doctor’s office visits which could allow you to get a prescription generic quit aid or medication to help you quit
- Your spouse is covered for this benefit as well
- There is no limit on tobacco disorder office visits and they are covered in full from a network provider. There is also no lifetime limit on the number of attempts

How We Can Help You Quit: Health Insurance Coverage

Benefits provided by the PTSMN Welfare Fund
continued:

- For more information or to enroll please contact Medica directly at the LaborCare Health & Wellness number 1-866-343-5717

Thanks for stopping by – read the fact sheets, think about your health and your family, then take the first steps, we know you can do it!!



How We Can Help You Quit: Support

- We are here to support your efforts. If you have any questions on the benefits provided please contact

Pipe Trades Services of MN - Benefits Office at
651-645-4540

Pipe Trades Family Health & Wellness Centers
651-348-8851



Good Luck!!

