

Quit Tobacco Workshop



Welcome to the:

Quit Tobacco Workshop



Classroom Guidelines



- Maintain Confidentiality
- Participate fully and encourage the participation of others
- Respect others viewpoints
- Make comments in a constructive manner
- Silence pagers and cell phones
- Start and stop on time

Class Objectives



- Increase involvement in the quit process
- Understand the complexity of tobacco dependence and learn why it is difficult to quit
- Understand the physical, psychological, and biological effects of tobacco use
- Understanding why *you* want to change, based on your own values and motivations
- Increase your confidence about being able to quit
- Develop a quit plan
- Understand the benefits, limitations, and proper use of cessation drug aids

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Smoking and Sports ?






What chance of success does a sports team have if they just show up and play?



Do their chances increase if they fully involve themselves in preparation, planning, and execution?

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The Complex Nature of Tobacco Dependence

- Behavioral
- Social
- Psychological
- Biological

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The Complex Nature of Tobacco Dependence



Behavioral

- A pack-a-day smoker takes about 70,000 puffs on cigarettes every year
- Anything done this often becomes a habit, whether there is a nicotine involved or not
- Packs of cigarettes become something tobacco users almost always have with them
- When something is carried around for years, it becomes a part of us

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The Complex Nature of Tobacco Dependence



Social

- Smoking becomes positively connected with the company of other people and often takes place with friends at work or in social gatherings
- Smoking is often associated with dining out and drinking
- Smoking is connected with pleasure as well as stress relief



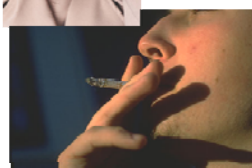
 KAISER PERMANENTE.

The Complex Nature of Tobacco Dependence



Psychological

- Nicotine can help relax tobacco users in some situations and stimulate in other situation.
- It can provide relief from feelings of stress. But often this is the stress due to needing more nicotine
- Smoking can help people feel good. Nicotine produces a sense of low level euphoria (adrenaline rush)
- Smoking can sometimes provide relief from feelings of sadness, depression, or other difficult emotions



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The Complex Nature of Tobacco Dependence

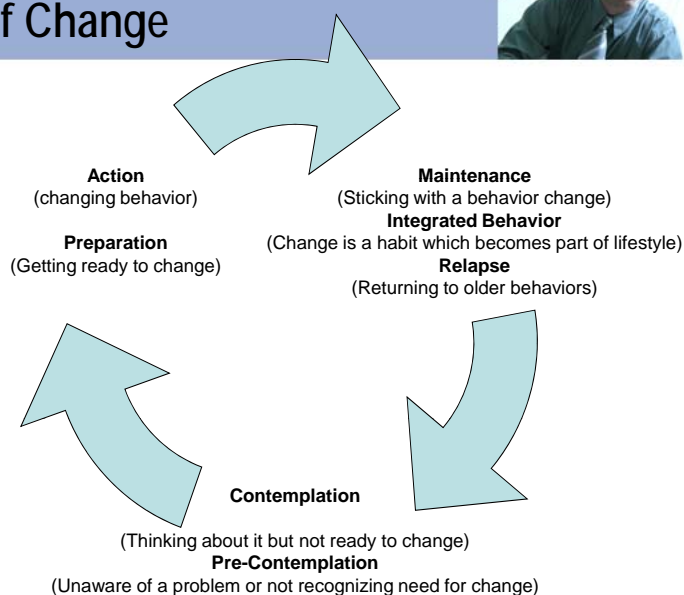


Biological

- The brain changes its structure and function when a person uses nicotine continuously.
- The brain actually increases the number of receptor sites that respond to nicotine. These receptors sites receive chemical messengers (neurotransmitters).

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Stages of Change



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Assessing Readiness



How ready are you?

Not Ready

Ready

0 1 2 3 4 5 6 7 8 9 10

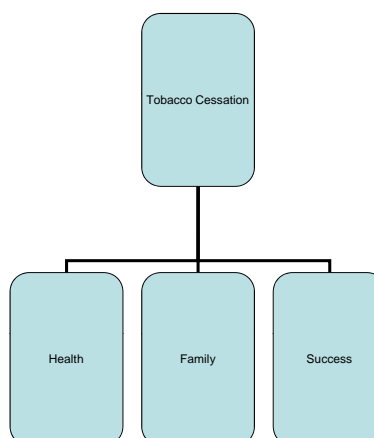


What are my values for change?



Ask yourself: What Really matters to me?

Changes we attempt to make can be connected to our values, what are your values and how do they affect change?



When You Quit Smoking



Within 20 minutes:

- Blood pressure drops to normal.
- Pulse rate drops to normal rate.



Within 8 hours:

- Carbon monoxide level in blood drops to normal.
- Oxygen level in blood increases to normal.

Within 24 hours:

- Chance of heart attack decreases.

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When You Quit Smoking



Within 48 hours:

- Nerve endings start to grow back.
- Ability to smell and taste things enhances.



Within 72 hours:

- Bronchial tubes relax, making breathing easier.

2 Weeks to 3 Months:

- Circulation improves.
- Walking becomes easier.
- Lung function increases up to 30 percent.

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When You Quit Smoking



1 – to – 9 months:

- Coughing, sinus congestion and shortness of breath decrease.
- Cilia will grow back in the lungs, increasing ability to keep lungs healthy.
- Body's overall energy level increases.

5 Years.....

- From 5-15 years after quitting, stroke risk is reduced to that of people who have never smoked.

10 years.....

- Lung cancer death rate for average smoker (one pack a day) decreases by half.
- Precancerous cells are replaced.



The Six D's



Delay

Drink Water

Distract Yourself

Don't Give Up!

Deep Breathing

Do something different



Staying A Non-Smoker



Preventing Relapse

- Review your reasons for quitting smoking on a regular basis
- Review the coping strategies you picked to deal with your triggers
- Think of rewards you can give to yourself without spending money
- Give yourself credit for quitting smoking
- Try to take time to relax
- Talk to friends and family about how you feel as a non-smoker



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Staying A Non-Smoker



If you slip

- Don't be hard on yourself
- Renew your commitment to being a non-smoker
- Take a look at what triggered you to smoke
- Use the coping skills you have learned
- Don't be afraid to ask for help



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Medications



What Medications CAN DO:

- May reduce desire to smoke
- Ease withdrawal symptoms
- Increase likelihood of successfully quitting

<http://www.kp.org/tobaccomedications>

What Medications CAN'T DO:

- Taking aids does not automatically result in quitting
- Change the habit of socializing with friends during a cigarette break
- Provide a boost when a person is bored

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Chantix / Varenicline



- How it's used
- Who shouldn't take it
- Possible side effects
- How it works
- Prescription needed




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Nicotine Patch



- How it's used
- Who shouldn't take it
- Possible side effects
- How it works
- Prescription needed



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Bupropriion SR, 150mg



- How it works
- How it's used
- Who shouldn't take it
- Possible side effects
- Prescription needed



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Other Nicotine Replacement Therapies



- Gum
- Lozenge

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My Doctor Online
The Permanente Medical Group

My Doctor Online

- Helps you manage your health anytime, anywhere
- Email your doctor with non urgent questions
- View most lab test results
- Order and check the status of prescription refills
- Choose "Preventive Services" to see your personalized immunization and screening information
- Go to you doctor's home page at kp.org/mydoctor

Online Resources

[Diseases and Conditions](#)
[Health Tools and Classes](#)

Appendix A: Proposed Ground Rules for the Day



- Start and stop on time.
- Maintain confidentiality.
- Participate fully and encourage participation of others.
- Respect others' viewpoints and opinions.
- Listen. One person talking at a time. No side conversations.
- OK to voice concerns and questions.
- Make comments in a constructive manner (disagreeing doesn't mean being disagreeable).
- It is important to maintain an atmosphere of general discussion.
- Silence all handheld devices.

1. Agenda



Estimated Time: 3 hours

I. Introduction

- Welcome
- Overview of course
- Introductions

II. The Complex Nature of Tobacco Dependence

- The complex nature of tobacco dependence
- Why it is challenging to quit

III. The Downside of Tobacco Use – Benefits of Quitting

- Effects of tobacco use
- Benefits of quitting

IV. Preparing to Quit

- Preparing to quit tobacco
- Strengthening your commitment and confidence
- Developing a quit plan
- Preventing relapse

V. Cessation Medications

- How cessation medications work in the body
- Benefits and limitations of medications
- Are these medications right for you?
- Proper use of medications
- Obtaining cessation medications

2. Table of Contents: Handouts



I. Introduction

1. Agenda
2. Table of Contents
3. Course Overview

II. The Complex Nature of Tobacco Independence

4. Components of Tobacco Use A
5. Components of Tobacco Use B
6. The Complex Nature of Tobacco Dependence

III. The Downside of Tobacco Use – Benefits of Quitting

7. Physical Consequences of Tobacco Use
8. Other Consequences of Tobacco Use
9. When you Quit Using Tobacco...
10. Benefits of Not Using Tobacco
11. Benefits to Your Friends and Family

IV. Preparing to Quit

12. Preparing to Quit
13. Things to Do Before You Quit
14. Goodbye Letter to Tobacco
15. Tobacco Diaries
16. Tobacco Diaries p.2
17. Sample Tobacco Diary
18. Common Withdrawal Symptoms
19. Challenges and Successes
20. Recipe for Success
21. Quit Activities
22. The Six D's
23. Quit Plan
24. Relapse Prevention
25. How to Quit for Good
26. Anxiety
27. Depression
28. Twenty Ways to Reduce Stress

V. Cessation Medications

29. Tobacco Cessation Medications
30. Nicotine Patch
31. Bupropion SR
32. Other Nicotine Replacement Therapies
33. Additional Resources
34. Patient Survey

3. Course Overview



Congratulations for taking a step towards quitting tobacco! Quitting tobacco is the most important thing you can do for your health. The *Quit Tobacco Workshop* will give you the tools you need to quit smoking or using other tobacco products. You can choose which tools will help you the most.

Purpose of the *Quit Tobacco Workshop*:

To help you prepare to quit tobacco and create a quit plan that works for you.

By the end of the *Quit Tobacco Workshop*, you will:

- Increase your understanding of tobacco dependence, learn why quitting is challenging, and learn about overcoming these challenges
- Understand the physical, mental, emotional, and biological effects of tobacco use
- Increase your confidence about quitting
- Understand the benefits, limitations, and proper use of cessation medications
- Learn how to prepare for quitting
- Learn how to create a quit plan

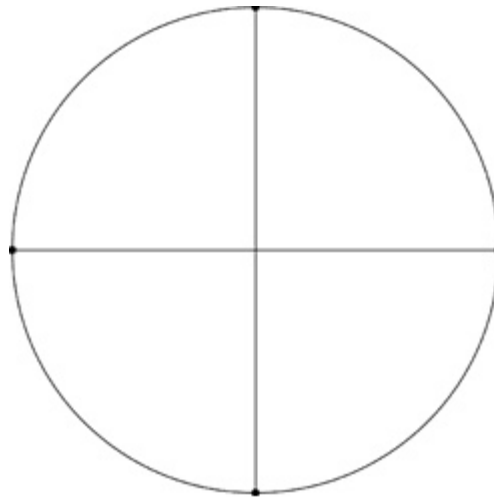
4. Components of Tobacco Use (A)



1. Why do you smoke?

Behavioral

Social



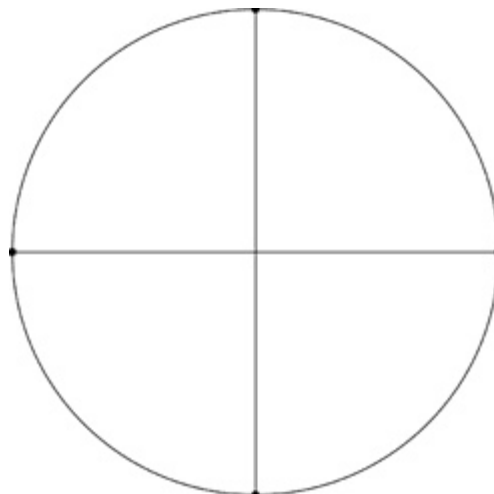
Psychological

Biological

2. Consequences of tobacco use

Behavioral

Social



Psychological

Biological

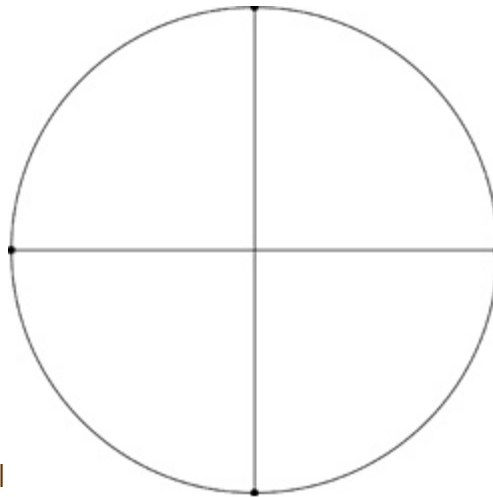
5. Components of Tobacco Use (B)



3. Benefits of quitting

Behavioral

Social



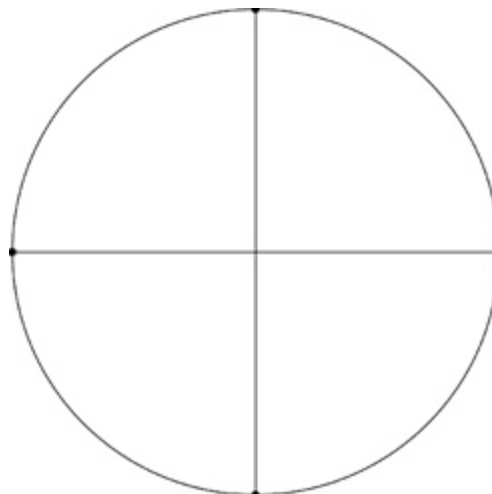
Psychological

Biological

4. Quit Plan

Behavioral

Social



Psychological

Biological

6. Complex Nature of Tobacco Dependence



Quitting tobacco is challenging because of the complex nature of dependence. Over time, tobacco use has become a part of your behavior, social life, psychology, and biology. Something that has become so central to how you live is not easy to give up. Understanding how tobacco fits into your life can help you begin to plan how to live without it.

Behavioral/Learned Habits

- Smoking a pack a day means you take about 70,000 puffs on cigarettes every year. Anything done this often becomes a habit, whether there is any nicotine involved or not.
- Packs of cigarettes or tins of chew become something tobacco users almost always have with them. When something is carried around for years, it becomes a part of us.

Social

- Using tobacco becomes positively connected with the company of other people (i.e. when joining a group outside a restaurant, bar, or social gathering for a smoke).
- Many people take cigarette breaks with the same co-workers for years.
- Using tobacco is connected with pleasure as well as stress relief.

Psychological

- Nicotine can help relax or stimulate people who use tobacco, depending on the situation. It can provide relief from feelings of stress. For longer term users, this stress is often caused by needing more nicotine.
- Using tobacco can help people feel good. Nicotine produces a sense of joy or happiness in some people. It can help others focus on simple tasks.
- Using tobacco can sometimes provide relief from feelings of sadness, depression, or other difficult emotions.

Biological/Physical

- The nicotine in tobacco actually changes the way a person's brain works.
- The brain becomes used to producing more "feel good" chemicals (neurotransmitters) as a result of nicotine. These chemicals produce the joyful feeling, focus and relaxation noted above.
- The brain gets used to the ongoing presence of nicotine for normal functioning. In a way, the brain expects that a person who smokes will continue to supply a regular amount of nicotine to it.

Appendix B: Bag of Ingredients



What's in Cigarette Smoke? **Over 4,000 chemicals**, including:

Nitrosamines	Acetone	Hexamine
Crysenes	Nail Polish Remover	Lighter Fluid
Cadmium	Acetic Acid	Hydrogen Cyanide
Benzo(a)pyrene	Vinegar	Gas Chamber Poison
Polonium	Ammonia	Methane
Nickel	Floor/Toilet Cleaner	Swamp Gas
P.A.H.s	Arsenic	Methanol
Dibenz Acidine	Poison	Rocket Fuel
B-Napthylamine	Butane	Napthalene
Urethane	Cigarette Lighter Fluid	Mothballs
N. Nitrosonornicotine	Cadmium	Nicotine
Toluidine	Rechargeable	Insecticide/Addictive
Metals	Batteries	Drug
Aluminum	Carbon Monoxide	Nitrous Oxide Phenols
Zinc	Car Exhaust Fumes	Disinfectant
Magnesium	DDT/Dieldrin	Stearic Acid
Mercury	Insecticides	Candle Wax
Gold	Ethanol	Toluene
Silicon	Alcohol	Industrial Solvent
Silver	Formaldehyde:	Vinyl Chloride
Titanium	Preserver – Body	Makes PVC
Lead	Tissue and Fabric	
Copper		

Appendix B: Bag of Ingredients



Cigarette smoke contains 4,000 chemicals (401 of them are toxic, 43 of them are known to cause cancer). Listed below are some items that can be used to represent those chemicals and other aspects of tobacco and smoking. Next page is a partial list of the chemicals.

Source: American Lung Association of SF/SM Counties

Display item:

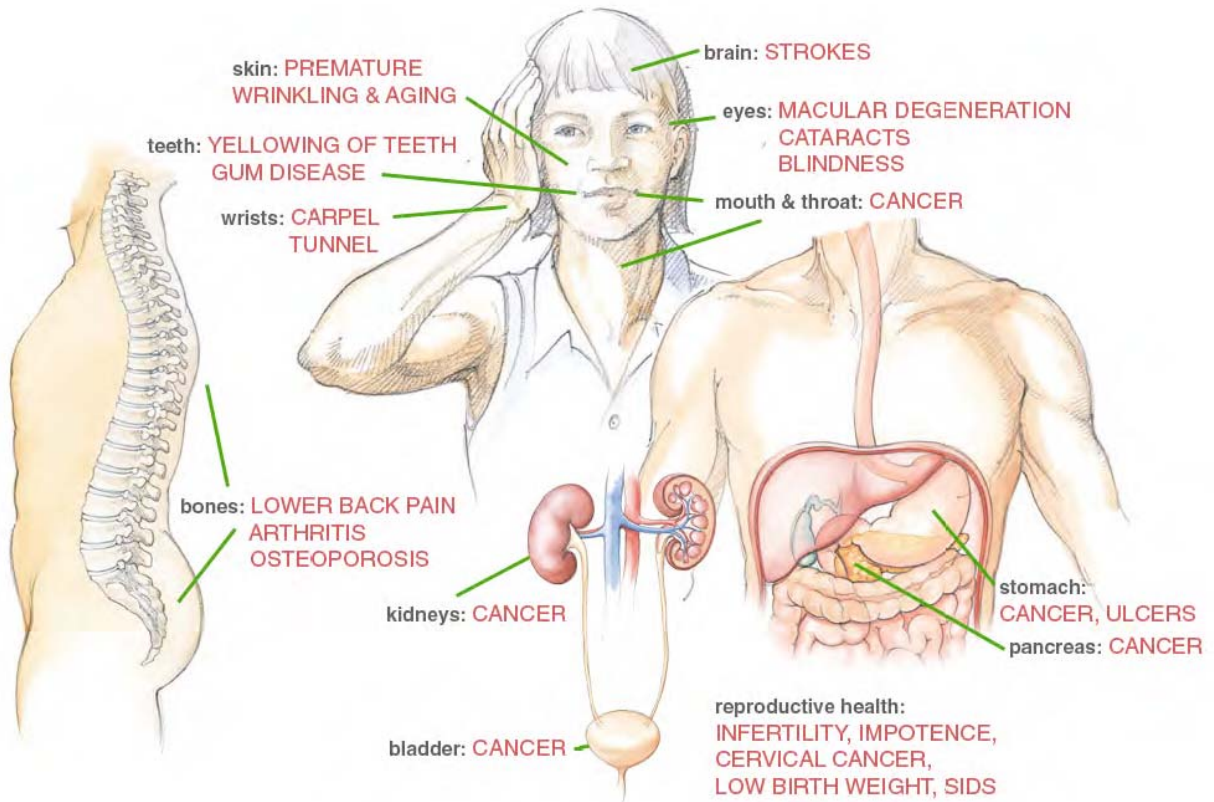
What it represents:

Scrub brush	Cilia (protective hairs in the lungs)
Bubble wrap	Alveoli (air sacs in the lungs)
Molasses (1 pint)	Tar (6 months of 1 pack a day)
Ammonia	Ammonia (added to increase potency of nicotine)
Nail polish remover	Acetone
Denatured alcohol	Methyl alcohol (rocket fuel – added to keep cigarettes burning)
Moth balls	Benzene
Toluene	Toluene (industrial solvent)
Toy car/truck	Carbon monoxide (vehicle exhaust)
Toy rat	Arsenic (rat poison)
Battery	Cadmium (used in rechargeable batteries)

7. Physical Consequences of Tobacco Use



Tobacco use is harmful to our heart and lungs, but contributes to many other health problems as well. The good news is that by quitting tobacco use, you reduce your risk of developing these problems.



All forms of tobacco are harmful to your health:

- **Chewing tobacco** causes oral cancer, pre-cancerous sores in the mouth) and gum disease.
- **Cigars** cause cancers of the lip, tongue, mouth, throat, esophagus, larynx and lungs.
- **Pipe** smoking is almost as likely as cigarette smoking to cause lung cancer.

For more information about the health effects of smoking, please refer to the latest Surgeon General Report: http://www.cdc.gov/tobacco/data_statistics/sgr/2010/index.htm



8. Other Consequences of Tobacco Use



Consider these other ways in which tobacco use may impact your life.

PSYCHOLOGICAL EFFECTS:

Increased Stress

Research suggests that using tobacco increases overall stress levels. Many tobacco users are in a continual state of low level craving for nicotine, whether they consciously know it or not. This underlying urge for nicotine results in greater stress. The fact that nicotine can sometimes give short-term stress relief should not be confused with its overall effect of increasing stress.

Masks Emotions

Tobacco may be used to cope with feelings of sadness, anger, or pain. By using tobacco in this way, people may avoid developing other personal and social skills that would help them deal with life's challenges.

BIOLOGICAL EFFECTS:

Physical withdrawal

Nicotine changes how the brain works, forcing a person who smokes to rely on it for their brain to feel normal. When a person quits using tobacco, the body goes through withdrawal. Light and noise can seem irritating. It may be harder to concentrate and feelings of depression or anger may arise. Symptoms of withdrawal fade over time and functioning returns to normal.

SOCIAL EFFECTS:

Behavior stigmatized

Restrictions make it difficult to enjoy tobacco in public settings. Your need to smoke or use tobacco can get in the way of activities in non-smoking situations. Changes in society have made using tobacco an unappealing characteristic.

9. When You Quit Using Tobacco...



Within 20 minutes of The Last Cigarette:

- Blood pressure drops to normal.
- Pulse rate drops to normal rate.
- Body temperature of hands and feet increases to normal.

8 hours:

- Carbon monoxide level in blood drops to normal
- Oxygen level in blood increases to normal

24 hours:

- Chance of heart attack decreases

48 hours:

- Nerve endings start regrowing
- Ability to smell and taste things enhances.

72 hours:

- Bronchial tubes relax

2 weeks to 3 months:

- Circulation improves
- Walking becomes easier
- Lung function increases up to 30 percent

1 to 9 months:

- Coughing, sinus congestion, fatigue, shortness of breath decreases
- Cilia regrow in lungs, increasing ability to handle mucus, clean lungs, reduce infection
- Body's overall energy level increases

5 years:

- Lung cancer death rate for average person who smokes (one pack a day) decreases by half

10 years:

- Lung cancer death rate for average person who smokes drops to almost the rate of those who don't smoke.
- Precancerous cells are replaced.
- Other cancers – such as those of the mouth, larynx, esophagus, bladder, kidney, and pancreas significantly decrease.

10. Benefits of Not Using Tobacco



Physical Benefits

1. Sense of smell improves
2. Taste buds come to life
3. Shortness of breath decreases
4. Breath smells fresher; mouth feels cleaner
5. Morning cough is gone
6. Speaking voice may improve
7. Fewer colds
8. Circulation improves
9. An increase in energy
10. Reduced risk of ulcers
11. Reduced risk of several cancers
12. Reduced risk of smoking-related lung diseases
13. Reduced risk of coronary heart disease and stroke
14. Peripheral and night vision may improve
15. Longer, healthier life

Some more benefits are:

Social Benefits

16. No cigarette smell on clothes, hair, etc
17. Feel more comfortable in social situations
18. Good role model for children
19. Increase in spending money
20. Fire hazard is reduced

Psychological Benefits

21. A greater sense of control over your life
22. Knowledge that you are not dependent on nicotine anymore

11. Benefits to Your Friends and Family



Quitting tobacco will not only benefit you, but your friends and family may experience benefits as well. Second-hand smoke can cause health problems in people who don't smoke. Here are some of the many ways the people around you can benefit from you quitting smoking.

Benefits to Infants in Your Life:

- Decreased risk of lung infections
- Decreased risk of Sudden Infant Death Syndrome (SIDS)

Benefits to Children in Your Life:

- Reduced chance of getting illnesses such as bronchitis and pneumonia
- Reduced risk of experiencing serious asthma symptoms
- Reduced risk of getting ear infections
- Remember, even avoiding smoking in your home and car can improve your child's health
- Reduced risk of becoming a smoker

Benefits to Adults in Your Life:

- Reduced risk of developing heart disease
- Reduced risk of developing lung cancer and other forms of cancer

12. Preparing to Quit



Preparing is an important step in a successful quit plan.

- Preparation activities are things you do in advance of quitting that help you get ready.
- These activities generally help you be more conscious of when and how you use tobacco, building support for quitting, and taking care of some of the logistics so that you are ready to go on your quit day.

Examples of preparation activities:

- Cleaning home and car of all tobacco products
- Talking to friends about why it is important for you to quit
- Not buying tobacco at usual store
- Practicing being tobacco-free by not using tobacco during designated hours

Brainstorm your preparation activities here:

Identify several of these activities that you will incorporate into your quit plan by starring or circling them. You may want to choose a date to begin each activity and note it above.

13. Things To Do Before You Quit

Circle at least 5 things on the list below you will do to help you prepare to quit.



1. Don't stock up on tobacco. Wait until one pack is finished before you buy another.
2. Change your brand. Switch to a brand you find distasteful.
3. Smoke only your own cigarettes. Chew only your own tobacco. Don't bum or accept tobacco products from other people.
4. Do not offer tobacco products to other people. You may give someone a cigarette or chew if they ask for it, but do not offer it to others as a friendly social gesture.
5. Before using tobacco or smoking in the presence of other people, ask them if they mind.
6. Be aware of your tobacco use. Use the "Tobacco Diary" (Handouts 14 and 15).
7. Don't allow using tobacco to be a mindless accompaniment to other activities. When you have a cigarette or chew tobacco, make that your main activity. Be mindful of what you are doing.
8. Look forward to the time you will be quitting and start thinking of yourself as a person who doesn't use tobacco.
9. Tell people around you that you're going to quit.
10. Each day, postpone the lighting of your first cigarette by one hour. Delay that first chew as well.
11. Decide you'll only use tobacco during odd or even hours of the day.
12. Smoke only those cigarettes you really want. Only use your chew when you really want it. Catch yourself before you light up or reach for a dip out of pure habit.
13. Make yourself aware of each cigarette by using the opposite hand or putting your tobacco in an unfamiliar location or out of reach.
14. Practice going without tobacco for large blocks of time. For example, say to yourself, "Today, I will not smoke/chew after 6:00 p.m."
15. Schedule a dentist appointment to have your teeth cleaned on your quit day.
16. Schedule a housekeeper or carpet cleaner to clean your house on your quit day so it will smell fresh and be rid of the smoke odor.
17. Clean all your clothes so that they will be fresh and smoke-free on your quit day.

14. Goodbye Letter to Tobacco



This is your opportunity to say goodbye to tobacco for good. Write a letter or poem to let tobacco know how you really feel and say goodbye tobacco!

Example:

Dear Tobacco,

How can I tell what you've meant to me these many years? The friendship we've shared has been stronger than any other in my life. When I was lonely, you were always there for me. You gave me strength when I was nervous. When I was happy, you helped me celebrate my joy. When I was mad, you fueled my fire with your own. When I tried to quit in the past, you waited patiently, knowing I would come back. It's hard to say, but I must let you go. I'll just say it...This is "Goodbye." You have been a great friend to me, but you're hurting my health, and I see that now. You're giving me wrinkles on my face. You take my money. You make my breath smell bad and my teeth yellow. None of my friends like you. I won't be your victim any longer. Letting you go hurts more than I can describe, but I know the pain I feel right now and the damage you've done to my body will heal. Don't wait for me this time. I may be tempted from time to time, but you can bet I won't be back. Goodbye Tobacco!

Created by Melissa Massoletti, MPH, 2007



15. Tobacco Diary Instructions (1)



Keep a Tobacco Diary with you for a couple of days and track each cigarette you smoke when you smoke it. Use the “pack track” as “gift wrap” and secure it around your pack with a rubber band.

Each entry asks six questions about the condition which you plan to smoke your cigarette.

Question 1: Day & Time

This refers to the day of the week and time of day when you use tobacco. Check the time and record it to the nearest five minutes. Knowing the times you use tobacco will tell you:

- How often you use tobacco
- When you use the most or least, and
- If you use in response to “cues” or if you space your use evenly throughout the day without regard to “cues.”

Question 2: Situation

Situation refers to what you are doing at that moment when you wish to use tobacco. Try to avoid general descriptions such as “at work,” “at home,” or “with children” in favor of more specific responses such as “writing report,” “relaxing with TV” and “helping Mary with homework.” Be sure to report the primary activity. For instance, while driving to work you may be deep in thought about a deadline you must meet. “Driving” in this case might be a secondary activity and “thinking about deadline” is the primary activity that you record.

Question 3: What are you feeling?

You may feel several things all at once. List them. Sometimes it may be hard to identify just how you feel. In this case, “don’t know” or “blank” might be the best entry. It’s helpful to know if you “don’t feel anything” when you use tobacco. When you quit, it will be important to know which moods or feelings trigger a desire for tobacco.

Here’s a list of possibilities to get you started:

aggressive	tense	weak	sexy	inhibited	independent
rebellious	calm	numb	sensitive	unfriendly	self-controlled
self-pitying	scared	anxious	friendly	lonely	enthusiastic
bored	awkward	mature	nervous	relaxed	sophisticated
eager	reckless	irritable	high-strung	angry	unemotional
gentle	easy-going	self-confident			

16. Tobacco Diary

Instructions (2)



Question 4: Craving

To rate how much you want the tobacco, write the number (1-5) which best describes how you feel. This exercise raises your awareness of which cigarettes/tobacco are most important to you and which you could just as well do without.

1. Didn't want cigarette/tobacco
2. Wanted cigarette/tobacco very little
3. Average or normal desire for cigarette/tobacco
4. Wanted cigarette/tobacco very much
5. Most important; had to have this cigarette/tobacco

Question 5: What do you expect to get from the tobacco?

Do you have any expectations about what the tobacco will do for you? One frequent expectation people have is that their craving for tobacco will be alleviated. People feel tobacco can do many different things for them. What do you feel they can do for you? What do you hope to get from it? Will you enjoy the taste? Do you think it will help you relax? If you feel angry will it "calm you down"? Stop and ask yourself what tobacco at this moment will do for you.

Question 6: Did it do what you wanted it to do?

This last question should be answered immediately after smoking/chewing. Review your expectations and check the box as to whether or not it was fulfilled. Did or didn't the tobacco do what you wanted it to do?

The Tobacco Record is meant to inform you about your tobacco habits. It is not meant to make you "cut down" or to make your use more difficult in any way. The Tobacco Record will:

- give you greater awareness of your tobacco use patterns,
- highlight your "trouble spots" and "hard times,"
- make it possible to plan to quit tobacco permanently.

Accurately completing a Tobacco Record for at least one full work day and one full leisure (weekend) day is an effective preparation activity.

17. Sample Tobacco Diary



Date/Time	Situation (Place, People, Reason, etc.)	Emotion	Craving (1-5 scale) 1=low 5=high	What did you expect to get from the tobacco?	Did you get it? (Y/N)

18. Common Nicotine Withdrawal Symptoms



Symptoms	Relief Options
Nicotine craving	Remember that cravings will pass and are brief. Try deep breathing exercises, sugarless gum or hard candy, apples, carrots, or celery to keep your mouth busy.
Trouble sleeping, fatigue, drowsiness	Switch to tea for a while. Increase physical activity early in your day.
Hunger and weight gain	Take walks. Aim for healthy snacks. Try sugarless gum or hard candy.
Feeling restless and anxious, irritable, or sad	Exercise, reduce caffeine, meditate, try deep breathing, talk to a supportive friend, and write down what is on your mind. Contact your doctor if you have symptoms of depression that greatly interfere with your life or you feel like harming yourself or others. See handout 22 for more information on depression.
Constipation	Add fiber to your diet such as whole grains and fresh fruits and vegetables. Exercise.
Headaches	Try deep breathing exercises. Drink plenty of water. Meditate. Take a warm shower
Difficulty concentrating	Be gentle with yourself- withdrawal is temporary. Take a walk. Try deep breathing exercises.

19. Challenges and Successes



Past Successes	Past Challenges	New Response to Challenges
<p><i>Examples:</i></p> <ul style="list-style-type: none"> • Not buying cigarettes at usual store • Not smoking in the car 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • Smoking with friends at work at lunch • Smoking when having a drink 	<p><i>Examples:</i></p> <ul style="list-style-type: none"> • Go for a walk at lunch instead • Cut back on drinking so there is less temptation

20. Recipe for Success



MOTIVATION

is the reason why you want to change.

COMMITMENT

is the mental resolve to never give up, and the behavioral changes you make to support your motivation.

DETERMINED ACTION

is the evidence of that resolve.

SUCCESS

requires both mental and physical effort.

Why Am I Quitting?

People have different reasons for quitting tobacco. Identifying the reasons that are most important to you will help you keep your commitment to quitting. Throughout the class we will be identifying ways you can reach your goals.

Some Reasons I Want to Quit Are:

1. _____
2. _____
3. _____
4. _____
5. _____

You may need more than 5 reasons. Feel free to add more. To help you stay motivated, you may want to make another copy of this list of reasons and post it somewhere you can see them often. Or carry them with you in your wallet or purse to remind yourself why you are committed to quitting tobacco.



21. Quit Activities



Quit Activities are done on and after the day you choose to quit. They help you overcome the cravings for cigarettes or other tobacco products that might arise after quitting.

Strategy	My Plan
Active diversion <ul style="list-style-type: none">• Change surroundings• Change activities	
Rewards <ul style="list-style-type: none">• Acknowledge your success• Rewards can be big or small• Increase time increments	
Physical activity <ul style="list-style-type: none">• Take a walk• Go to the gym• Take the stairs	
Tempting situations <ul style="list-style-type: none">• Identify tempting situations and plan an alternative• <i>Example:</i> smoke breaks with friends	
Stressful situations <ul style="list-style-type: none">• Consider what you will do when you feel stressed, sad, or angry	
Reminder of importance <ul style="list-style-type: none">• Do activities that remind you why you are quitting• <i>Examples:</i> photo of loved one; reviewing reasons, meditation, prayer, etc.	

22. The Six D's



Delay

Wait 5 minutes to have a cigarette.

Distract Yourself

Talk to a friend.

Drink Water

Try for eight 8 oz. glasses a day.

Do Something Different

Go for a walk.

Deep Breathing

Breathe slowly and deeply into your stomach and out through your mouth.

Don't Give Up!

23. Quit Plan

Use this page to summarize your preparation and quitting plans



My Quit Date is ____/____/____

Motivations: “I am quitting because...”

- _____
- _____

Preparation Activities: “I will prepare to quit by...”

Check all that apply:

- Getting rid of all tobacco items
- Practicing not using tobacco during certain hours of the day and night
- Cutting back the number of cigarettes I smoke to _____ per _____
- Not allowing tobacco in my home
- Learning or practicing more methods of relaxation

- _____
- _____

Support & Resources: “I will ask for support from...”

- _____
- _____

Coping Strategies: “I will cope with urges to use tobacco by...”

Trigger	What I'll Do Instead of Using Tobacco

Reward: “I will reward myself for quitting by...”

- _____
- _____

Signature _____ **Date:** _____



24. Relapse Prevention



Congratulations!

Now you are ready to develop a new habit - not using tobacco. Like any other habit, it takes time to become a part of you. Not using tobacco will take some conscious effort and practice.

Preventing relapse involves becoming more aware of the places and situations that prompt the desire for a cigarette. You will need to keep practicing some of the nonsmoking ways to deal with the urge to smoke that you have learned.

Keep Your Guard Up

The key to living without tobacco is to avoid letting your urges or cravings for a cigarette lead you to reach for a cigarette or dip. Don't kid yourself - even though you have made a commitment not to use tobacco, you will still be tempted. Instead of giving in to the urge, you can use it as a learning experience.

First, remind yourself that you have quit and you do not use tobacco. Review your reasons for quitting. Then look closely at your urge to use tobacco and ask yourself:

- Where was I when I got the urge?
- What was I doing at the time?
- Who was I with?
- What was I thinking?

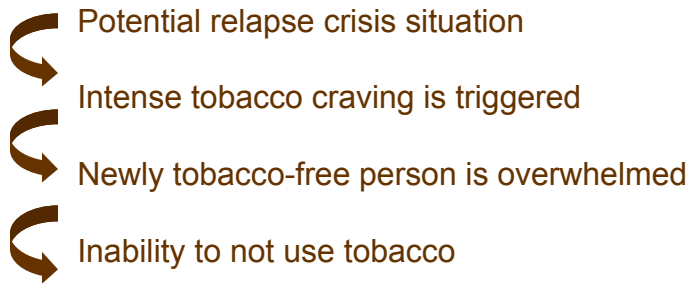
The urge for tobacco after you've quit often hits at predictable times. The trick is to be ready for those times and find ways to cope with them - without using tobacco. Naturally, it won't be easy at first. In fact, you may continue to want a cigarette or a chew at times. But remember, even if you slip, it doesn't mean an end to the tobacco-free you. It does mean that you should try to identify what triggered your slip, strengthen your commitment to quitting, and try again.

- Review the triggers that make you want to use tobacco.
- Think of rewards you can give yourself and celebrate each milestone by doing something you love.
- Give yourself credit for being tobacco-free.
- Take time to relax and call your friends and family for support.

25. How To Quit For Good



Many people who relapse go back to using tobacco because they fall victim to a crisis they are unable to handle. In order for relapse to occur, the following process must happen:



To avoid relapse crisis, someone who is newly tobacco-free can follow the 2 rules of prevention:

- Identify every potential relapse crisis situation at the earliest possible moment.
- The moment you become aware of a potential relapse crisis, choose an effective coping strategy and put it into action immediately.

Beware of the following situations:

High-risk crisis situations can include:

- Drinking and/or eating
- Having depressed or angry feelings
- Delaying a coping response or choosing an inadequate response

External factors which increase the risk or relapse include:

- High levels of stress
- Interpersonal conflict
- The presence of tobacco use or things that remind you of tobacco
- A social gathering at which there is social pressure to use tobacco
- Remember H.A.L.T. + B. Ask yourself if you are hungry, angry, lonely, tired or bored and take appropriate steps to remedy the situation

How you respond to crisis situations will determine your success in staying tobacco-free.

26. Anxiety



You may feel anxious and/or depressed before, during, or after you quit using tobacco. These feelings are normal. You can learn how to deal with feelings of anxiety and depression without reaching for a cigarette. Here are some common symptoms of anxiety and depression and some good ways to address those symptoms.

Anxiety: Common Symptoms

- Chest pain
- Shortness of breath
- Intense sudden feelings of fear
- Dizziness
- Frequent nightmares
- Stomach pain or nausea
- Fatigue or extreme tiredness
- Headaches
- Muscle tension
- Heart palpitations
- Avoiding or being fearful of social situations such as parties or work meetings

Tips for Dealing with Anxiety

- Use breathing, visualization, and/or relaxation.
- Try to fight your feelings of unrealistic fear with facts about the actual situation. For example, if you were scared about not being able to resist your next craving for a cigarette, try to remind yourself that you know the craving will pass and that you have tools to help you conquer a craving.
- Be your own coach. Talk yourself through an anxious moment with statements such as “I know what to do” and “I’ll be OK.”
- Have a coping plan. If you know a certain situation may make you anxious, develop a coping plan *before* that situation occurs. For example, if you know a meeting with your boss may make you anxious, you could do some breathing exercises before the meeting or arrange a phone call with a friend after the meeting.

When to Seek Professional Help

- You throw up, when you don’t have a reason to do so, like having the flu or food poisoning or some medical problem.
- You actually fainted and fell to the floor.
- You lose bowel or bladder control and actually soil or wet yourself.
- Anxiety greatly interferes with your every day life.
- You feel you may hurt yourself or someone else.

27. Depression



Depression: Common Symptoms

- Persistently feeling sad, blue, or down in the dumps
- Loss of interest in things you used to enjoy
- Feeling slowed down or restless
- Feeling worthless or guilty
- Being anxious or worried
- Feeling pessimistic or hopeless
- Changes in appetite or unexplained weight loss or weight gain
- Frequent backaches, headaches, or stomach problems that don't respond to treatment
- Difficulty concentrating, remembering, or making decisions
- Trouble sleeping or sleeping too much
- Loss of energy or feeling tired all the time
- Frequent thoughts about death or thoughts, plans, or attempts to commit suicide

Tips for Dealing with Depression

- Use breathing, visualization, and/or relaxation exercises.
- Do an activity you find relaxing such as reading, hiking, visiting an art museum, listening to music, or cooking
- Do some physical activity such as gardening, dancing, biking, or walking
- Practice self massage such as rubbing the back of your head or neck
- Participate in activities you find enjoyable
- Say to self affirmations to yourself, like "I'm doing the best I can" and "I'm lovable and capable"

When to Seek Professional Help

- You feel like you may harm yourself or someone else.
- Your depression greatly interferes with your every day life.
- You have experienced five or more of the symptoms listed above for more than two weeks.

For more information about depression and how to treat depression, please visit: kp.org/depression



28. Ways To Reduce Stress



1. Take a nap, or a hot bath or shower.
2. Curl up and read a good book or watch a funny movie.
3. Make lists and check off your accomplished tasks.
4. Get a massage.
5. Know your limits and say “NO.”
6. Start a small garden or grow a beautiful plant indoors.
7. Do some artwork or crafts like knitting, pottery, or woodworking.
8. Learn to live with unfinished tasks.
9. Look at the list of things you enjoy and do one at least every day.
10. Practice being assertive.
11. Listen to your favorite music or play a video game.
12. Look at water (the ocean, lakes or a fountain) or watch the clouds or stars.
13. Don't procrastinate.
14. Let someone else do it.
15. Laugh or cry.
16. Go for a walk or do other exercise.
17. Keep a journal.
18. Put your hands together until they're warm, cup them over your closed eyes.
19. Call up a friend or family member to chat.
20. Breathe deeply.

29. Tobacco Cessation Medications



Tobacco cessation medications are proven to help people quit using tobacco. These medications ease the symptoms and cravings experienced as the body withdraws from nicotine, the addictive drug in tobacco.

There are two main types of tobacco cessation aids. Nicotine replacement therapy (NRT) provides the body with nicotine to help reduce withdrawal. The most common form of NRT is the nicotine patch. Other forms of NRT include gum, lozenge, inhaler, and nasal spray.

Non-nicotine therapies include bupropion SR (with the brand names *Zyban* and *Wellbutrin SR*) and varenicline (known as *Chantix*). Both are pills that can help ease withdrawal symptoms and the urge to use tobacco. Bupropion SR is an antidepressant available by prescription only, but you do not have to be depressed to take it. A physician will need to check your medical history before you can get a prescription for bupropion SR.

Research shows that both types of medications are effective in helping people to quit by helping people deal with the physical effects of nicotine withdrawal. However, physical withdrawal is only one part of the recovery process. The person who is quitting must still learn to change the social, behavioral and mental aspects of tobacco addiction in order to succeed. Using tobacco cessation aids will not automatically result in quitting, but they can increase your chance of being successful.

The role of medications

- Tobacco cessation medications can be of real benefit as you quit using tobacco.
- Medications reduce the physical effects of nicotine withdrawal while you focus on the social, behavioral, and psychological aspects of quitting.
- Remember that medications are only one part of a larger quit plan.
- People who use cessation aids are statistically more likely to quit than those who do not, but many people **do** quit without the aids.

What Medications CAN Do	What Medications CANNOT Do
<ul style="list-style-type: none">• Reduce the desire to smoke	<ul style="list-style-type: none">• Automatically result in quitting
<ul style="list-style-type: none">• Increase likelihood of successful quit	<ul style="list-style-type: none">• Provide a boost when you are bored
<ul style="list-style-type: none">• Ease withdrawal symptoms	<ul style="list-style-type: none">• Change the habit of socializing with friends during a cigarette break

30. Nicotine Patch



How It Works	<ul style="list-style-type: none"> • Provides nicotine to the body in a continuous amount. • Reduces withdrawal symptoms and may lessen craving for tobacco. • Purpose of the patch is to reduce withdrawal symptoms so you can focus on making the other changes necessary to be successfully tobacco-free.
How It's Used	<ul style="list-style-type: none"> • Must stop using all forms of tobacco when using the patch. • Placed on the upper body (shoulder, arm, or upper back) on clean, hairless skin. • Location should vary so as not to irritate the skin. • Patches should be applied each morning. • Provider will determine appropriateness and strength of initial patch.
Who Shouldn't Use It	<p>People who have:</p> <ul style="list-style-type: none"> • Generalized skin disorder (such as psoriasis, eczema). • Unstable or worsening angina (chest pain). • Severe cardiac arrhythmia (irregular heart beat). • Peripheral vascular disease. • Recent heart attack (past 2 weeks). • High blood pressure not controlled with medication. • Pregnant or nursing (must consult with MD/NP).
Possible Side Effects	<ul style="list-style-type: none"> • Insomnia. • Skin irritation. • Vivid dreams (patch can be taken off at night if a problem). • Nausea (this is a symptom of nicotine overdose—take the patch off and contact your provider). <p><i>If side effects are strong, contact your provider.</i></p>
Prescription Needed	<ul style="list-style-type: none"> • Not if purchased over-the-counter. • A prescription is required to purchase at regular co-pay. Benefits may vary, please check with Member Services if you have questions about your own benefits.

31. Bupropion SR

Bupropion SR is also known as *Wellbutrin SR* and *Zyban*.



How It Works	<ul style="list-style-type: none">• Affects brain chemistry in a way that helps people quit tobacco• Reduces withdrawal symptoms and may lessen cravings• Also prescribed for depression, but a person does not need to be depressed for it to be effective
How It's Used	<ul style="list-style-type: none">• Bupropion SR is taken 1 week before quitting tobacco and then taken for approximately 7 more weeks.
Who Shouldn't Use It	<p>People who</p> <ul style="list-style-type: none">• Already have a seizure disorder (such as epilepsy)• Already taking bupropion, Wellbutrin or Zyban• Current or prior diagnosis of an eating disorder (bulimia or anorexia nervosa)• Currently or recently (last 14 days) taking a monoamine (MAO) inhibitor (phenelzine/Zardil or tranylcypromine/Parnate or isocarboxazid/Marplan)• Allergic to bupropion (Wellbutrin)• Pregnant or nursing (must consult with MD/NP) <p>Members should be properly screened before using this medication.</p>
Possible Side Effects	<ul style="list-style-type: none">• Insomnia• Dry mouth• Drowsiness• Nervousness• In rare cases, seizure <p><i>If side effects are strong, contact your provider.</i></p> <p>Stop taking bupropion and contact a healthcare provider immediately if you experience agitation, depressed mood, and any changes in behavior that are not typical of nicotine withdrawal, or if you experience suicidal thoughts or behavior. consult with MD/NP)</p>
Prescription Needed	<ul style="list-style-type: none">• Yes. A prescription is required to purchase at regular co-pay. Benefits may vary, please check with Member Services if you have questions about your own benefits.

32. Other Nicotine Repla

Therapies: Nicotine Gum, Lozenge, Inhaler and Nasal Spray

How They Work	<ul style="list-style-type: none">• Provides nicotine to the body in intermittent amounts.• Reduces withdrawal symptoms and may lessen cravings.• Purpose is to reduce withdrawal symptoms so the person who is quitting tobacco can focus on making behavioral changes.
How They Are Used	<ul style="list-style-type: none">• Gum should be chewed until a “peppery” taste emerges and then it should be “parked” between the cheek and gum for nicotine to absorb.• Gum and lozenge should be used on a regular schedule at least one piece every 1-2 hours.• Inhaler delivers nicotine into your system through your mouth; the spray through your nose.• Read directions carefully and follow as directed for maximum benefit.
Who Shouldn't Use	People who have: <ul style="list-style-type: none">• Unstable or worsening angina (chest pain)• Severe cardiac arrhythmia (irregular heartbeat)• Recent heart attack (past 2 weeks)• Pregnant or nursing (consult with MD/NP)
Possible Side Effects	<ul style="list-style-type: none">• For the gum, side effects can include mouth soreness, hiccups, indigestion, and jaw ache.• For the inhaler, side effects can include nose and sinus irritation, irritation of mouth and throat, coughing, heartburn and nausea.• For the spray, side effects include nasal irritation, nose bleeds, runny nose, sneezing, cough and watery eyes. <p><i>If side effects are strong, contact your provider.</i></p>
Prescription Needed	Gum & lozenge: Not if purchased over the counter. Gum and lozenge can be purchased at regular co-pay, if patient has a prescription. Inhaler/Spray: Yes – talk to your doctor or nurse practitioner if you are interested in the inhaler or spray.

Appendix C: Chantix



How It Works:	<ul style="list-style-type: none"> Nicotine causes the release of a brain chemical, dopamine, that makes people feel good. Research shows Chantix causes this same release of dopamine without nicotine.
How It's Used:	<ul style="list-style-type: none"> Chantix should only be considered after nicotine patches and/or Bupropion SR are tried. Patients usually start taking Chantix 1 week PRIOR to their quit date. Duration of treatment is typically 12 weeks. Dosage: 0.5 mg pill once daily for 3 days, 0.5 mg pill twice daily for 4 days, 1 mg pill twice daily thereafter. The starter pack consists of 11 tablets of the 0.5 mg and 42 of the 1 mg tablets. This will last the patient 30 days. After that, the provider will need to write another prescription for the 1 mg tablets for the remainder of therapy. Must be taken after a full meal with a full glass of water. Chantix should not be taken in combination with Nicotine Replacement Therapies (gum, lozenge, patch) or Bupropion SR.
Who Shouldn't Take It:	<ul style="list-style-type: none"> Pregnant or nursing : Must consult with doctor or nurse practitioner Severe Renal impairment (kidneys not functioning properly): – Dosage adjustment is necessary Anyone under 18 years of age
Possible Side Effects:	<ul style="list-style-type: none"> Nausea and/or vomiting Sleep disturbances (insomnia, abnormal dreams) Constipation and/or flatulence <p><i>If side-effects are strong, contact your provider.</i></p> <p>Stop taking Chantix/varenicline and contact a healthcare provider immediately if you experience agitation, depressed mood, and any changes in behavior that are not typical of nicotine withdrawal, or if you experience suicidal thoughts or behavior. Some people can have serious skin or allergic reactions while taking Chantix/varenicline. These can include rash, swelling, redness, and peeling of the skin. Some of these reactions can become life-threatening. If you have a rash with peeling skin or blisters in your mouth or have swelling of the face, mouth or throat, stop taking Chantix/varenicline and see your doctor right away.</p>
Prescription Needed?	<ul style="list-style-type: none"> Yes. Chantix is a second-line medication treatment. This means patients must meet the following condition to get Chantix at their drug-benefit co-pay: First-line medications (nicotine patch, lozenge, and gum & Bupropion SR) do not work for the patient based on past experience or contraindications (existing medical conditions). ☞ Research shows that first-line medications are excellent tools to help individuals quit smoking. Only your doctor or nurse practitioner can help you decide if a second-line medication like Chantix is right for you. ☞ Benefits may vary, please check with Member Services if you have questions about your own benefits.

CHANTIX (VARENICLINE) SCREENING

MR#: _____

Name: _____

Please answer the following questions. This will help us know if it is clinically appropriate for you to use Chantix (varenicline) therapy for smoking cessation. Please fill out the form **completely**.

Warning:

- Depression, suicidal thoughts, suicide attempts, and completed suicide resulting in death have been reported in patients taking Chantix (varenicline). Other side effects may include: nausea, vomiting, sleep disturbances, constipation, skin reactions, and allergic reactions such as rash, blisters, and/or swelling. Discontinue use and contact your doctor if you experience swelling of the face, mouth, and neck or have a rash or skin reaction when using Chantix.
- Use of Chantix is associated with a slight increase risk of serious adverse cardiovascular events. Your doctor will carefully balance the risk of these events against the known benefits of the drug for smoking cessation.
- Use caution when driving or operating machinery while using this medication.
- Do **NOT** use Chantix (varenicline) while using nicotine replacement therapy (nicotine patch / gum / lozenge / inhaler / nasal spray) or bupropion SR (Wellbutrin/Zyban).
- Chantix is a non-formulary (non-preferred) medication, so you may have to pay a higher prescription cost for this medication. Nicotine replacement and bupropion are the preferred medications for tobacco cessation.

1. What is the average number of cigarettes/cigars/chewing tobacco you use each day? _____

2. Please **check** all the medications listed below that you are currently using or have tried in the past:

Nicotine replacement therapy (NRT):

- Nicotine Patch Approximate date of last use?
- Nicotine Gum Approximate date of last use?
- Nicotine Lozenge Approximate date of last use?

Did you complete a quit tobacco program or class during any attempt at quitting tobacco with nicotine replacement therapy?

- Outcome: Relapse (couldn't stop smoking/didn't work)
 Intolerance (didn't like the side effects or using the medication)
What were your side effects? _____

3. Have you used bupropion SR (Wellbutrin/Zyban) in the past?

- NO
- YES When? _____

Are you currently using bupropion SR (Wellbutrin/Zyban)?

- NO
- YES When did you start? _____

Did you complete a quit tobacco program or class during any attempt at quitting tobacco with with bupropion SR (Wellbutrin/Zyban)?

- Outcome: Relapse (couldn't stop smoking/didn't work)
 Intolerance (didn't like the side effects or using the medication)
What were your side effects? _____
 N/A

4. If you have **NOT** tried nicotine replacement therapy or bupropion SR in the past, please list any reason(s) why you cannot take the above therapies (if you **HAVE** tried nicotine replacement or bupropion, please skip this question).

5. Please check any of the following that apply to you (**YOU MUST CHECK AT LEAST ONE BOX BELOW**):

- Under 18 years old
- Kidney function impairment
- Depression/Anxiety
- History of suicidal thoughts or attempt
- History of psychiatric events
- Diabetes
- Insomnia
- Frequent Headaches
- Pregnant/Breastfeeding
- NONE OF THE ABOVE**

PATIENT SIGNATURE

DATE SIGNED



33. Additional Resources

If you have questions or need more help after taking this class, try the resources below.



Kaiser Permanente Resources

The following quit tobacco programs are available at no extra charge for members of Kaiser Permanente in Northern California. For more information about any of these programs, contact your local Health Education Department.

Discover Kaiser Permanente's Web site for information and services to help you manage your family's health care and simplify your busy life. Go to: **kp.org/quit-smoking**.

Wellness Coaching. Whether you're trying to get more active, eat better, manage your weight, quit tobacco, or handle stress, your personal coach can help you create—and stick with—a plan for reaching your goals. Call 1-866-251-4514 to schedule a phone appointment.

Multi-session Freedom from Tobacco Program. Declare your freedom and join this class to learn about the nature of nicotine addiction, how to develop a personal quit plan, and how to deal with withdrawal.

Individual Counseling Sessions. Includes 4 one-on-one sessions with a Clinical Health Educator who will assist you in developing a quit plan, learning about medications, the quit process and staying quit. This service is not available at all sites.

Breathe™. Explore your own motivations for quitting and make a personalized quit plan with this award-winning online tool. Find this resource on kp.org/healthylifestyles and click on "Quit Smoking with Breathe™."

Community Resources

California Smokers' Helpline/ 1-800 NO BUTTS provides free counseling and support to develop a plan that works for you and offers services in multiple languages. For Spanish call 1-800-NO-FUME (1-800-456-6386). For chewing tobacco 1-800-844-CHEW (1-800-844-2439).

becomeanex.org for a quit smoking program, strategies to help you quit, and information about how to stay quit.

lungusa.org for information about the health effects of tobacco use, nicotine replacement therapy and tips on quitting smoking.

nicotine-anonymous.org for information on the twelve steps of nicotine anonymous, tips for chewers, and meeting locations.

smokefree.gov for a step-by-step quit smoking guide, and online quit counselor support



34. Quit Tobacco Workshop Survey

Thank you for your feedback!



Name (optional): _____
Instructor: _____ Today's Date: _____

Please help us improve our class by completing this form.

1. How did you learn about this class? _____

2. How would you rate the amount of information you received today?

Way too little	Too little	Just right	Too much
1	2	3	4

3. Please rate this class:	Poor	Fair	Good	Excellent
a. Information presented	1	2	3	4
b. Handouts	1	2	3	4
c. Activities	1	2	3	4
d. Overall program	1	2	3	4

4. Please rate the instructor in the following areas:	Poor	Fair	Good	Excellent
a. Ability to communicate clearly	1	2	3	4
b. Organization and preparedness	1	2	3	4
c. Ability to hold your interest	1	2	3	4
d. Handles difficult situations/questions	1	2	3	4
e. Respects group's needs/differences	1	2	3	4

5. How has your understanding of the quit process increased?	Not at all	Very Little	Moderately	Very Much
	1	2	3	4

6. How confident are you that you have the skills and/or knowledge to be able to quit tobacco?	1	2	3	4
------------------------------------------------------------------------------------------------	---	---	---	---

7. Was there anything you would recommend changing about this class (i.e., something you'd like to see added or left out)?

8. Would you recommend this class to a friend or family member? Yes No

