

Week	Session Outline – Week 10	Video Topic	Points to Emphasize	Handouts/Supplies
<b>Ten</b>	<ol style="list-style-type: none"> <li>1. Check attendance on roster and/or registration sheets.</li> <li>2. Distribute name tags.</li> <li>3. Show Videotape/DVD – Week 10.</li> <li>4. Review “Points to Emphasize.”</li> <li>5. Collect name badges.</li> </ol>	<ul style="list-style-type: none"> <li>• <b>Medication</b> that may need to be increased or decreased since becoming a non-smoker</li> <li>• Things that have happened since becoming a non-smoker</li> </ul>	<ol style="list-style-type: none"> <li>1. Don’t think that everything that’s happened to you since becoming a non-smoker is because of not smoking. Don’t risk your gain by thinking you can have just one cigarette.</li> <li>2. Things that <u>are</u> due to not smoking: <ol style="list-style-type: none"> <li>1) Increased ability to absorb oxygen and breathe easier</li> <li>2) Premature aging lines dissipate</li> <li>3) You smell better</li> <li>4) Increased endurance</li> <li>5) More relaxed</li> <li>6) Taste better</li> <li>7) Decreased sinus problems</li> <li>8) Thoughts of cigarettes continue, but less frequent</li> <li>9) Slight weight gain (3-5 lbs. is not unusual)</li> </ol> </li> <li>3. CDC Report (<a href="http://www.cdc.gov/brfss">www.cdc.gov/brfss</a>) for Kentucky 2010: <ul style="list-style-type: none"> <li>• 26.5% of ages 18-24 smoke</li> <li>• 32.6% of ages 25-34 smoke</li> <li>• 27.9% of ages 35-44 smoke</li> <li>• 29.3% of ages 45-54 smoke</li> <li>• 21.8% of ages 55-64 smoke</li> <li>• 10.7% of ages 65+ smoke</li> </ul> </li> <li>4. Some medicines may need to be adjusted – talk with your doctor.</li> <li>5. Your body is adjusting to a new life without cigarettes.</li> <li>6. Alcohol is metabolized slower in non-smokers.</li> <li>7. Caffeine is metabolized 2 ½ times faster in a smoker than a nonsmoker. Six cups of caffeinated coffee would be equal to 15 cups.</li> <li>8. Control food intake.</li> <li>9. Exercise.</li> <li>10. You are still at high risk for relapse-continue coming to support group.</li> <li>11. Continue <b>7 mg patches 1 more week or if on 4mg gum or lozenge no more than 3 pieces/day next week.</b></li> <li>12. Remember – <b>“Do what Dr. Cooper and Dr. Clayton say and you WILL succeed.”</b></li> </ol>	<ul style="list-style-type: none"> <li>• Attendance sheet</li> <li>• Name badges</li> <li>• VCR/TV or DVD/TV</li> <li>• Videotape or DVD 9:00</li> <li>• <i>Medicine Adjustment Sheet</i></li> </ul>