

Other discussion information:

Explain that the liver is an important organ for purifying the body. By working hard to remove harmful chemicals and toxins from the body, the liver can keep the body in a normal balance. The liver contains thousands of enzymes that destroy specific toxins in the body. Without these important enzymes, the body would not be able to rid itself of toxins. Even medications that we use to treat disease are removed from the body in this way. Tars in cigarette smoke “turn on” a part of the liver system. This means that in a smoker, this enzyme works faster and better than usual. The effect of having a faster and better working enzyme is that it takes medications out of the body faster than normal. The name of the enzyme is cytochrome (p450) 1A2 isoenzyme.

Chapter 10:**Why are cigarettes addictive?****(Consumer’s Handouts Section 5: Chapter 10)****Objectives for this Chapter:**

- Educate the group that nicotine is the addicting component of cigarettes.
- Educate that although nicotine is present in some medications, that these are safe to use and not addicting like cigarettes.

After reading this section, individuals will be able to:

- Understand that nicotine is the chemical found in tobacco that is addicting.
- Understand that having withdrawal symptoms is physical evidence that they have an addiction to nicotine.
- Recognize that most people continue to smoke even though they know it is bad for them.

Suggested Approach:

- Talk about what it means to be addicted
- Encourage group members to discuss how they overcame addictions to other substances and relate the recovery from nicotine addiction in similar terms.
- Discuss how having an addiction does not mean you are a bad or weak person. Many smokers continue to smoke although they have health consequences due to the addicting properties of cigarettes. Addiction is a health problem that needs treatment.

Other discussion information:

- The body metabolizes nicotine in a few hours, making its effect very short acting. This explains why smokers need to smoke several times a day to keep the effect of

nicotine from wearing off or immediately wanting a cigarette when they wake up in the morning.

- Although nicotine is addicting it is not a carcinogen or cancer-causing chemical. Many of the other components of tobacco smoke are far more dangerous than nicotine. This explains why we can safely use nicotine as a medication to help people.

Chapter 11:

What are my smoking patterns?

(Consumer's Handouts Section 5: Chapter 11)

Objectives for this Chapter:

- To understand that smokers have usual patterns of smoking, which are the times, situations, actions and things that make them want to smoke.

After reading this section, individuals will be able to:

- Understand that smokers have patterns of usual behaviors that are linked to smoking. These common situations, almost automatically encourage someone to have a cigarette.
- Recognize and identify their most common smoking patterns.

Suggested Approach:

- Have each group member name a time and/or behavior that they always do when they light up their cigarette. Encourage others to identify similar behaviors.
- Discuss which smoking patterns would be easy or hard to change.
- Suggest that group members try to change one smoking pattern that they are currently doing.
- All group members to help make suggestions on what else the person can do to break that smoking pattern.

Chapter 12:

How can I better manage stress?

(Consumer's Handouts Section: Chapter 12)

Objectives for this Chapter:

- Discuss better ways to handle stress that can be incorporated into all of our lifestyles.
- Learn a new skill for stress management: deep natural breathing.