

- Encourage participants to talk about people who are around them now that can be affected by their smoking.

Other discussion information:

- Recent research studies have shown that even a half-hour of second-hand smoke exposure causes heart damage and can cause heart attacks in people with known heart disease.

**Chapter 9:
How are my medications affected by smoking?
(Consumer's Handouts Section 5: Chapter 9)**

Objectives for this Chapter:

- To learn about how the blood levels of some medications are lowered in smokers.
- To identify medications which are affected by smoking.

After reading this section, individuals will be able to:

- Understand that many medications used to treat mental illness are taken out of the body (metabolized) faster in smokers.
- Understand that smokers end up on higher medication doses because of this interaction.

Suggested Approach:

- Help group members identify if their medications are impacted by this system.
- Encourage group to talk about medications and doses with their doctor if they have other questions.
- Alert group to inform their doctor if they are thinking about quitting smoking. The same effect, which lowers medication levels in smokers, can also lead to higher than normal medication levels if smoking is abruptly stopped. Since any sudden changes in smoking could impact on medications, the group should be alerted for changes in side effects that could occur.
- Reinforce to the consumers that having their medications at the correct dose keeps them stable.
- Discuss how it might be possible for individuals to have their medication dose reduced if they quit smoking successfully.
- Remind group that stopping or changing your medication suddenly could be dangerous and strongly advise against this.

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