Kicking Tobacco's Butt [1]

Week of:
Nov 20, 2015

Quitting smokeless tobacco [2]

Alice,

How can a person get help quitting the use of smokeless tobacco? All of the resources in this general area are geared toward helping smokers stop smoking, but a smokeless tobacco nicotine addict does not have a similar usage ritual as a smoker, but does have a similar, or worse, addiction than a smoker because the nicotine absorption levels are many times greater. Any suggestions as to how a smokeless tobacco user can get help stopping this addiction would be greatly appreciated.

?Snuff head

Read more [2]

Convincing someone to give up smoking [3]

Dear Alice,

My 15 year old son has started to smoke. (We do not smoke, although I did smoke for 4 years some 22 years ago.) We have presented him with as much information as possible about why he should not smoke, he has committed to try to stop ? but I am not sure how much pressure to put on him ? do I continue to ask? I am tempted to leave him some of the information I found here and on tobacco.org ? only as a reminder.

I want to trust him and believe him, but I do not want to be stupid and gullible as well. I guess trust is more important, and he has earned that in the past ? so I might as well continue now.

Thanks for listening and I really would appreciate any comments.

?A concerned Mother

Read more [3]
Weight gain and quitting smoking

Dear Alice,

I've been a smoker for eight years and now I want to quit smoking. But there's one thing that annoys me? I've heard that if one quits smoking, s/he will gain weight. Is it really true? Thanks in advance.

Can electronic cigarettes help me quit smoking?

Dear Alice,

Can you tell me about electronic cigarettes and their effects on health? Pros and cons, and a comparison to actual cigarettes? How do they compare to the patch and gum for someone who wants to quit smoking?

Quitting smoking = depression?

Dear Alice,

I quit smoking cigarettes seven days ago. I've quit before and I understand that this horrible loneliness and depression are just some of the withdrawal symptoms, but I don't know how to lessen the depression. Most of my friends are smokers, so I'm not going out much and I live alone. Is there a treatment for this kind of depression? How long does this last? It lasted over a month the last time I tried to quit smoking.
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Links