



Smoking Cessation and Seniors

An estimated 440,000 Americans die each year from diseases caused by smoking. Many of these are seniors. Not only is smoking responsible for an estimated one in five U.S. deaths, but it costs the U.S. over \$150 billion each year in health care costs and lost productivity.

Smoking presents additional risks to seniors:

- Smoking reduces bone density among menopausal women.
- Smoking is casually related to an increased risk for hip fractures in men and women.
- Smoking is related to nuclear cataracts, the most common type of cataract in the U.S. Cataracts also are the leading cause of blindness worldwide and a leading cause of visual loss in this country. Smokers have two to three times the risk of developing cataracts as nonsmokers.
- Chronic obstructive pulmonary disease (COPD) is consistently among the top 10 most common chronic health conditions and among the top 10 conditions that limit daily activities.

It is important for ALF residents who smoke to quit. They are likely to add years to their life, breathe more easily, and have more energy. Additionally, they reduce exposure to second-hand smoke by their friends and family members. What follows are a number of resources about smoking cessation. These include educational materials, tools, and studies.

Smoking Cessation Web Sites

- Smoking Cessation Resources from the National Library of Medicine
www.americanheart.org/presenter.jhtml?identifier=3019598
- How to Quit: Resources to Quit Smoking
www.cdc.gov/tobacco/how2quit.htm
- Smoking Cessation Resources Fact Sheet
www.lungusa.org/site/pp.asp?c=dvLUK9O0E&b=44456
- Smoking Cessation: You Can Quit Smoking Now
www.surgeongeneral.gov/tobacco
- Smoking Cessation: Resources from National Library of Medicine
www.nlm.nih.gov/medlineplus/smokingcessation.html
- Quit All Together (Resources and Support)
www.quitnet.com



- Smoking Cessation Articles from the Literature
http://tc.bmjournals.com/cgi/collection/Smoking_cessation
- Why Quit? "Cold Turkey" Resources
<http://whyquit.com/>
- Quitworks: Expert Advice and Peer Support
www.trytostop.org
- Committed Quitters
<http://committedquitters.quit.com/>
- Quit Smoking Worksheet
www.womensheartfoundation.org/content/HeartWellness/smoking_cessation.asp
- Quit Smoking Interactive Tool
<http://pda.ahrq.gov/consumer/qscit/qscit.htm>
- AHRQ Quit Smoking Consumer Kit
www.ahrq.gov/consumer/tobacco
- Quit Smoking Guide and Other Information
www.smoking-cessation.org/
- National Center for Tobacco-Free Older Adults
www.tcsg.org

Smoking Cessation Hotlines

- New York State Quit Line: 1-866-NY-Quits or 1-866-697-8487; Hearing impaired 1-800-280-1213 (TDD/TTY); New York City Quit Line: 311
- NYC Health and Hospitals Corporation Clinics: 1-888-NYB-WELL or 1-888-692-9355
- American Cancer Society: 1-800-227-2345
- National Cancer Institute: 1-800-422-6237

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- d. A and b
- e. A and c

14. Typical adverse effects seen with all anticholinergic agents include:

- a. Dry mouth, constipation, tremor, migraines, blurred vision, dizziness, drowsiness
- b. Dry mouth, constipation, nausea, headache, blurred vision, dizziness, drowsiness
- c. Constipation, seizures, migraines, double vision, vertigo, drowsiness
- d. Constipation, dry mouth, vertigo, migraines, tremor, dizziness

15. Anticholinergic agents are contraindicated in patients with:

- a. Any psychiatric diagnosis
- b. Urinary retention, gastric retention, uncontrolled narrow-angle glaucoma
- c. Urinary retention, gastric retention, macular degeneration
- d. Urinary retention, gastric retention, diabetes

Better Vision for ALF Residents

16. The most common age-related ophthalmic disease causing blindness includes:

- a. Macular degeneration
- b. Cataracts
- c. Diabetic retinopathy
- d. Glaucoma
- e. All of the above

17. Other conditions that can cause changes in vision include:

- a. Strokes or brain tumors
- b. Medication side effects
- c. Infection or injury
- d. Changes in blood flow or enervation into the eye
- e. All of the above

18. The American Academy of Ophthalmology guidelines for eye exams in patients 65 years old and older is:

- a. Every one or two years
- b. Every three months
- c. Every six months
- d. Every five years

19. In developing vision wellness programs, ALFs should identify:

- a. Local ophthalmologists who provide cost-effective examinations
- b. Local ophthalmologists who provide the best quality services, regardless of cost
- c. Residents at greatest risk for visual impairment or further visual decline
- d. None of the above

20. Presbyopia is the:

- a. Age-related inability to focus on objects close up
- b. Common vision problem in children and adolescents
- c. Age-related inability to see distances
- d. Inability to distinguish colors

Please see Answer Key below.

16. e	17. e	18. a	19. c	20. a
11. c	12. a	13. e	14. b	15. b
6. c	7. a	8. c	9. b	10. a
1. a	2. d	3. c	4. b	5. a

Answer Key

Resources (continued from page 34)

Some of the numbers below are available for state residents only, and the number can only be accessed by calling within that state.

- Arizona Smoker's Helpline: 1-800-556-6222
- California Smoker's Helpline: 1-800-NO-BUTTS
- Illinois Tobacco Helpline: 1-800-548-8252
- Iowa Quitline: 1-866-U-CAN-TRY
- Massachusetts Smoker's Quitline: (English) 1-800-879-8678; (Spanish/Portuguese) 1-800-833-5256
- Michigan Quit Smoking Coaching Hotline
Free counseling for Michigan residents: 1-800-480-7848; Free printed materials, coupons, quit kits 1-800-537-5666
- Minnesota Helpline
(English) 1-877-270-7867; (Spanish) 1-877-266-3863; (TTY) 1-877-777-6534
- Mississippi Tobacco Quitline: 1-877-4US-2-ACT (1-877-487-2228)
- Montana Tobacco Quit Line: 1-877-612-1585
- Nevada Tobacco Users Helpline: 1-888-866-6642 or 702-877-0684
- New Jersey Quitline: 1-866-657-8677
- New York Quitline: 1-888-609-6292
- Oregon Tobacco Quit Line
(English) 1-877-270-7867; (Spanish) 1-877-266-3863
- Texas Quitline: 1-877-937-7848
- Utah Quitline: 1-888-567-8788
- Vermont Smokers Quitline: 1-877-YES-QUIT
- Washington State Quit Line
(English) 1-877-270-STOP; (Spanish) 1-877-2NO-FUME
- Wisconsin Tobacco Quitline
(English) 1-877-270-STOP; (Spanish) 1-877-2NO-FUME; (TTY) 1-877-777-6534

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