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.

Read more

E-cigarettes — Effects on health? Smoking cessation tool?

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?

— E-Cig

Read more

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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