

# Smoking cessation in a 39-year-old woman: A case report

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## ABSTRACT

**Objectives:** Smoking is a prevalent habit associated with numerous health risks, including various cancers, cardiovascular diseases, respiratory disorders, and diabetes.

**Methods:** According to the Lifestyle Medicine outcomes of second-grade medical students' curriculum, this case report describes the smoking cessation journey of a 39-year-old woman who has been smoking since she was 17.

**Results:** The participant's motivation to quit smoking stemmed from factors such as rising cigarette prices, concerns about the health of her family members, and fear of developing various smoking-related diseases. Despite several attempts to quit smoking in the past, she struggled to maintain abstinence for longer durations. This report highlights the challenges faced by the participant, including the experience of weight gain during previous quit attempts and the lack of professional support. The role of social and environmental factors, such as her husband's smoking habits and her child's exposure to secondhand smoke, is also discussed.

**Conclusion:** Professional assistance, behavioral interventions, and strategies targeting triggers associated with alcohol and coffee consumption may contribute to successful smoking cessation. A holistic approach and patient-family centeredness could be critical factors in achieving the LSM process for quitting tobacco usage.

**Keywords:** case report, tobacco usage, family medicine, lifestyle medicine

Smoking is a prevalent habit associated with numerous health risks, including various cancers, cardiovascular diseases, respiratory disorders, and diabetes.<sup>1</sup> Smoking cessation is crucial for improving overall health outcomes and reducing the burden of smoking-related diseases.<sup>2</sup> This case report presents the journey of a 39-year-old woman seeking to quit smoking due to personal and health-related concerns.

with a university degree. She started smoking at 17, influenced by peer pressure and a desire to fit in with her friends who smoked. Currently, she consumes approximately 180 packs of cigarettes per year, amounting to 10 cigarettes per day. Her preference is filtered cigarettes, and she does not use other tobacco products such as electronic cigarettes, cigars, or hookahs. While her cigarette consumption was higher in her youth, it has decreased over the years.

## CASE PRESENTATION

The survey participant is a 39-year-old woman

### Motivation to Quit

The participant has expressed a strong desire to quit smoking for several reasons. Firstly, the increase in cigarette prices has become a financial burden. Sec-

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ondly, she is concerned about her family's health, especially her husband and child, and acknowledges the dangers of secondhand smoke exposure. Thirdly, the participant fears developing various smoking-related diseases, especially after being diagnosed with the onset of asthma.<sup>3,4</sup> Lastly, her family history of diabetes and chronic asthma further motivates her to quit smoking.<sup>2,4</sup>

#### Quit Attempts and Challenges:

The participant has made multiple attempts to quit smoking in the past. However, she struggled to maintain abstinence for extended periods. The lack of professional support during her quit attempts may have contributed to the relapses.<sup>2,5</sup> Additionally, she experienced weight gain during previous quit attempts, primarily due to increased appetite, which further demotivated her.

#### *Social and Environmental Factors*

The participant's husband smokes, creating a challenging environment for smoking cessation. Moreover, her child is exposed to secondhand smoke at home, posing additional health risks.<sup>1</sup> The participant's limited time at work allows her to smoke only one cigarette, reducing her overall smoking frequency during work hours.<sup>5</sup>

#### *Triggers and Associations*

The participant mentioned that her desire to smoke increases when consuming alcohol and coffee. These associations indicate the need for tailored strategies to address cravings during specific situations.<sup>3,6</sup>

#### *What is the most challenging for my patient?*

The patient said that she felt her most incredible difficulty when she was diagnosed with the onset of asthma. Because the doctor said that she needed to take some medications and use an asthma inhaler.<sup>4</sup> Due to this disease, she has difficulty breathing, leading to a short, wheezing breathing behavior. Also, continuing to smoke destroys her respiratory system and reduces her quality of life.

Another challenge was related to the excess weight that she gained during the periods when she quit smoking. Excessive weight gain in a short time affected her psychology negatively. Therefore, she showed signs of depression and anxiety.<sup>3</sup>

Finally, she had terrible psychological and physical experiences in the first month of quitting smoking. For example, she describes herself as highly irritable and nervous at the time. She had sleep problems and had a

hard time concentrating on her work. She felt uncomfortable and wanted to smoke constantly to eliminate this situation.

What actions make sense to prevent the individual from smoking?

Nicotine replacement therapy may be used to prevent smoking. This therapy contains prescription nicotine in a nasal spray or inhaler, nicotine patches, gum, and lozenges (you can buy them without a prescription). Staying away from triggers for a while can also help. For instance, going to places where intense cigarette consumption should be avoided.<sup>6</sup>

Exercise can be done, and a regular fitness routine can be established.<sup>2</sup> These actions keep your mind busy and make you forget your urge to smoke. People who smoke can do activities that will help them relax, such as deep breathing, muscle relaxation, yoga, massage, or calming music. They can also take up a hobby to keep them busy. For example, these acts are gardening, knitting, handmade staff, and sewing.<sup>5,6</sup>

Finally, they can get professional help. There are many institutions and organizations with the theme of quitting smoking. They can ask the experienced people here to help them. They can also get exceptional support from psychologists about this situation.

## CONCLUSION

This case report emphasizes the importance of smoking cessation for the well-being of individuals and their families. The participant's motivation to quit smoking, her concerns about financial implications, secondhand smoke exposure to her child, and the fear of developing smoking-related diseases highlight the need for effective interventions and support systems. Professional assistance, behavioral interventions, and strategies targeting triggers associated with alcohol and coffee consumption may contribute to successful smoking cessation. By quitting smoking, the participant aims to reduce her risk of developing diseases such as diabetes and chronic asthma, considering her family history.

#### *Conflict of Interest*

The author(s) declared no potential conflicts of interest with respect to the research, authorship, and/or publication of this article.

#### *Authors' Contribution*

Study Conception: GÇ; Study Design: GÇ, OG;

Supervision; GÇ, OG; Materials: GÇ, OG; Data Collection and/or Processing: GÇ, OG; Analysis and/or Data Interpretation: OG; Literature Review: GÇ, OG; Critical Review: OG; Manuscript preparing: GÇ, OG.

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