



## Want to Quit Smoking?

### Here are some resources to help:

Some people quit smoking on their own with little or no help. But it can be easier to stay quit if you make a quit plan. This may include picking a quit date when your stress is lower, getting support (from friends, family, groups or counsellors), talking to your doctor or pharmacist about nicotine replacement or other medications that may help, and being physically active which can help with cravings.

Lots of people have to practice quitting more than once, but each time you try quitting, you learn more about what works and doesn't work for you. Next time you'll already have that information!

#### **Smoker's Helpline (phone and internet support)**

1-877-513-5333 Mon to Thurs 7 am to 8 pm, Fri 7-5, Sat and Sun 8-4,  
or 24-hour online support at [www.smokershelpline.ca](http://www.smokershelpline.ca)

Quit Specialists can help you to make a quit plan that works for you, cope with cravings and withdrawal symptoms, manage stress, and talk about available services and resources.

#### **Group or individual support:**

**Nor'West Community Health Centre:** Shannon (204) 940-2107

For people in the Inkster catchment area.

**Kick Butt!** Combines addiction treatment and support to lead a smoke-free life. Includes four sessions with a behavioural counsellor, personal wellness/exercise plan with exercise consultant, and assessment by the program physician. Currently \$300 (includes facility access for 3 months).  
Wellness Institute at Seven Oaks Hospital (204) 632-3946

#### **Web resources:**

**Canadian Cancer Society**—Includes quit smoking guides for smokers not ready to quit, for those who want to quit and how to help someone quit, statistics, and information on second hand smoke.

[http://www.cancer.ca/Canada-wide/Prevention/Smoking%20and%20tobacco.aspx?sc\\_lang=en](http://www.cancer.ca/Canada-wide/Prevention/Smoking%20and%20tobacco.aspx?sc_lang=en)

**Canadian Lung Association**—facts, info on quitting including the five stages of readiness, benefits and barriers to quitting, how to quit, medications to quit, and how to help a friend quit. [www.lung.ca/smoking](http://www.lung.ca/smoking)

**On the Road to Quitting**—Health Canada's general smoking cessation site.

[www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/now-maintenant/road-voie/index-eng.php](http://www.hc-sc.gc.ca/hc-ps/tobac-tabac/quit-cesser/now-maintenant/road-voie/index-eng.php)

**Quit 4 Life!**—Health Canada's youth smoking cessation site. Create a profile or browse as a guest. Includes information, tools to discover how much \$ you'll save, build a quitting calendar, track your smoking on-line, and learn how to deal with stress, boredom and people who might not support you. [www.quit4life.com](http://www.quit4life.com)

*Every puff contains over 4000 chemicals, including:*

*Acetone:* commonly used as a paint stripper

*Hydrogen Cyanide:* used in gas chambers

*Mercury:* a toxic material used in thermometers

*Lead and Cadmium:* both toxic materials found in car batteries

*DDT:* an insecticide banned in Canada because of its harm to the environment.

*Formaldehyde:* Used in funeral homes as embalming fluid and as insulation in buildings

*Arsenic:* used as poison for pest control

*Nicotine:* a drug, as addictive as heroin, that causes blood vessels to constrict and blood pressure to rise

#### **When Smokers Quit:**

Within 20 minutes of smoking that last cigarette, the body begins a series of changes that continue for years.

**After 20 minutes:**

-blood pressure and pulse rate drops to normal  
 -temperature of hands and feet increases to normal

**After 8 hours:**

-carbon dioxide level in blood drops to normal  
 -oxygen level in blood increases to normal

**After 24 hours:**

-chance of heart attack decreases

**After 48 hours:**

-nerve endings start re-growing  
 -ability to smell and taste improves

**After 2 to 3 weeks:**

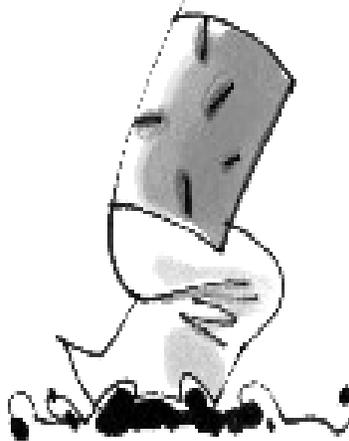
-circulation improves  
 -walking gets easier  
 -lung function increases up to 30%

**After 1 to 9 months:**

-coughing, sinus congestion, fatigue, and shortness of breath decrease  
 -cilia re-grow in lungs, increasing ability to handle mucus, clean the lungs and reduce infection

**After 1 year:**

-risk of coronary heart disease is half that of a smoker

**After 10 years:**

-lung cancer death rate similar to that of nonsmokers  
 -risk of cancer of mouth, throat, esophagus, bladder, kidney and pancreas decreases

**After 5 years:**

-lung cancer death rate for person who used to smoke one pack a day decreases by almost half  
 -stroke risk is reduced to that of a non-smoker 5-15 years after quitting  
 -risk of cancer of the mouth, throat and esophagus is half that of a smoker's

**After 15 years:**

-risk of coronary heart disease is the same as that of a non-smoker

**Getting ready to quit?**

- Write down your reasons for quitting. Put them somewhere that you will see them every day.
- Prepare for withdrawal and have a plan to deal with cravings. Will you drink water? Go for a walk? Eat carrots or celery? What else can help you get through?
- Identify people who will support you to make this change. Let them know that you are planning to quit and you may be asking them for help in the next while.
- Identify your smoking pattern and triggers. Is there anything you need to avoid for the next while so you don't pick up a cigarette?

**Disclaimer:** WHC provides health information for your learning only. It should not be used to replace a visit with a health care provider.

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