

BREATHE EASY



**Each day, fewer people are smoking.
This is a guide to help you join a
healthy worldwide trend.**

- Have more physical energy and mental clarity.
- Provide better health for family and friends.
- Be a good role model for your family.
- Achieve a sense of self-mastery.
- Have more money.
- Feel and look younger.
- Enjoy better sexual health.
- Have healthier skin and fewer wrinkles.

QUIT





YOUR BODY WILL THANK YOU

Physical gains start within minutes after your last smoke and continue for the rest of your life.

20 minutes. Blood pressure drops to normal.
Pulse rate drops to normal.
Body temperature of hands and feet to normal.

8 hours. Blood level of carbon monoxide drops to normal.
Blood level of oxygen increases to normal.

24 hours. Heart attack risk decreases.

48 hours. Nerve endings begin to grow.
Smell and taste sensitivity increases.

2 weeks to 3 months. Circulation improves.
Walking becomes easier.
Lung function increases up to 30%.

1 to 9 months. Coughing, sinus congestion, fatigue, and shortness of breath decrease.
Lungs' handle mucus and clean themselves more effectively.
Risk of lung infection decreases. Overall energy increases.

1 year. Excess risk of coronary heart disease decreases to half that of a smoker.

5 years and beyond. Lung cancer death rate decreases to almost half that of a pack-a-day smoker.
Stroke risk decreases to that of a nonsmoker in 5-15 years.
Risk of cancer of the mouth, throat, esophagus, bladder, kidney, and pancreas decreases.

15 years. Risk of dying from a heart attack is equal to a person who never smoked.

Talk to your doctor or pharmacist for more information about these options. Before taking any products, consult your physician to monitor these and any other medications you are taking.

Non-Prescription Products

Nicotine Replacement Therapy (NRT) can help you control withdrawal symptoms and cravings by gradually reducing your body's dependency on nicotine.

1. A nicotine patch on your skin slowly releases nicotine into your blood stream.

It is available in different strengths.

2. Nicotine gum and lozenges: nicotine is absorbed through your gums, tongue and cheek.

3. A nicotine inhaler is held like a cigarette. It delivers small particles of nicotine into the back of the throat where they are absorbed into your bloodstream.

Prescription Medication

Zyban (Bupropion) and Champix (Varenicline) are prescription drugs that have no nicotine in them. They have helped many people quit smoking.

In some cases, these pills and nicotine replacement therapy can be used together.

Other Treatments

Acupuncture and hypnosis can be helpful in quitting smoking.

Well-trained and reputable practitioners are essential.

GET HELP





GET PHYSICAL

Daily physical activity will help you quit smoking and help your body recover faster from the negative effects of smoking. Mood improves and energy increases.

Activities to add to your daily routine:

1. Get off the bus a few stops before your destination and walk the rest of the way.
2. Walk your dog, or the neighbor's dog, after dinner.

3. Take the stairs instead of the elevator.
4. Use your lunch break as part of your walking routine.
5. Ride your bike or walk to the grocery store.
6. Hike, run, swim or work out at the local recreation center.
7. Try a new sport like bowling or tennis.

AVOID WEIGHT GAIN



Not everyone gains weight after they quit smoking, but for those that do it is usually 5 to 10 pounds.

Suggestions to prevent extra weight.

Healthy Eating:

1. Beware of not increasing portions after you quit. A different pattern of eating, such as smaller, more frequent meals, may help curb hunger.
2. Avoid caffeinated drinks like coffee, tea and soft drinks.
3. Drink plenty of water.
4. Eat low-fat snacks like fruit and vegetables and avoid junk food.
6. Eat healthy well-balanced meals.
7. Try a fresh salad daily.

RELAX

Healthy ways to cope with stress:

1. Take a warm bath or a hot shower.
2. Listen to music.
3. Go for a walk or jog no matter how brief.
4. Read a book or do a crossword puzzle.
5. Talk with a friend.
6. Do yoga in a class or at home.
7. Lie down with a warm hot water bottle on your chest.
8. Kick back with a cool moist washcloth on your brow.

Breathing:

1. Take a deep, slow breath in through nose for 5 counts. Push your belly out at the same time.
2. Hold your breath for 5 counts.
3. Slowly breathe out of your mouth for 5 counts.
4. Repeat until you feel more relaxed.

Release tension:

1. Bring your awareness to your neck and shoulders.
2. Contract these muscles briefly. Release.
3. Squeeze eye and mouth muscles. Release.
4. Wriggle your jaw gently. Release.
5. Remember to belly breathe.

Meditation:

Physiologically, meditation creates profound relaxation. It lessens oxygen consumption, improves elimination of carbon dioxide, lowers respiration rate, slows heartbeat and reduces blood pressure.

20 minutes of meditation can produce relaxation similar to one hour of sound sleep. Meditating with a group can be a good start, giving you instruction, support and structure for your practice.





REWARD YOURSELF

You deserve it. Smoke free for a week, a month, a year.

	Smoke free reward	Packs	Money Saved
Day 1	Movie out Flowers Smoked salmon	1	\$8
Week 1	Dinner out Swiss Army knife MP3 Player	7	\$56
Month 1	New outfit Tennis racket Concert tickets	30	\$240
Year 1	Kayak Holiday abroad Sofa and chair	365	\$2,920

Average cost of a pack of cigarettes \$8. Tax included.

Cravings can be overwhelming. Remember they are temporary and will pass. Here are some ways to help you cope.

1. Keep a supportive friend's phone number handy and call if needed.
2. Avoid people who are smoking. Let smokers know that you have quit and ask for their support.
3. Stay away from alcohol, or reduce your intake, particularly if you used to drink and smoke at the same time.
4. Chew gum, with or without nicotine.
5. If you are upset, try deep, slow breathing or call someone to distract yourself, problem solve or find support.
6. Develop new habits at the end of your meal, like taking a walk or brushing your teeth.
7. Engage in new, positive and creative outlets. Make art, play music, spend more time outdoors.
8. Go for a hike, bike ride, swim on your own or with friends.

Fostering well-being diminishes old smoking habits and develops healthy ways of coping.



PREVENT RELAPSE



THINK POSITIVE

Try to become more aware of your thoughts. Aim to embrace a positive outlook.

1. I don't need this cigarette right now.
2. I have control over what I think and do.
3. I can quit like millions of ex-smokers.
4. There will always be stress in my life, so quitting now is as good a time as ever.
5. I look forward to being free of this unhealthy habit.
6. I want to make healthy choices for my body and peace of mind.

FREE AT LAST



1. Beware of temptation during special events like parties or vacations.
2. Recognize your vulnerability in facing stress, such as difficulties with relationships, finances or work.
3. Congratulate yourself regularly for being smoke free. It's probably the most important gift you'll ever give yourself.
4. Remember—not smoking is completely within your control.
5. DON'T think you can safely have a cigarette. You can't.
6. If you slip and have one or more cigarettes, just return to complete abstinence immediately. Learn from your experience.
7. Add more physical activity to your life to avoid weight gain, boost your mood and improve stamina.

Enjoy your healthier body.

LIFE SUPPORT

Facts to keep in mind.

1. About half of all Canadians who ever smoked have already stopped successfully.
2. Cigarette smoke contains over 4,000 chemicals, including: 43 known cancer-causing compounds and 400 other toxins. These include nicotine, tar, and carbon monoxide, as well as formaldehyde, ammonia, hydrogen cyanide, arsenic, and DDT.
3. 50% of Canadian smokers age 15-24 quit in 1999.
61% of Canadian smokers age 15-24 quit in 2007.
4. Nicotine in small doses is a stimulant. In large doses, it is a depressant. In even larger doses, it's a lethal poison, damaging organs, blood vessels and hormone regulation.
5. Smoking is the number one preventable cause of death in Canada. More Canadians die from tobacco use than alcohol, car accidents, illicit drug use, murder, suicide and AIDS combined.
6. Smoking cigarettes reduces efficiency of skin to regenerate itself. Changes in the colour and quality of skin suggest a toxic

process. Many people can be identified as smokers by their faces alone.

7. Staying smoke free for eight weeks before any type of surgery reduces risk of complications, helps speed healing and may shorten hospital stay.

8. Fewer Canadians are smoking every year. Canada is at the forefront of anti-smoking legislation. The rest of the world is beginning to catch up, as more countries ban smoking in public places.

Much of the information presented in this booklet is from these national agencies. You may find them helpful.

Canadian Lung Association www.lung.ca

Canadian Cancer Society www.cancer.ca

Health Canada www.hc-sc.gc.ca

BC programs that offer free support:

QuitNow Services.

www.QuitNow.ca 1-877-455-2233

ActNow BC

www.actnowbc.gov.bc.ca

VIHA toll free tobacco line

1-866-580-3888



Consult your family physician for support in living a smoke free life.
Contact wellnessbooklet@viha.ca for comments and more copies © 2008

Edited by Miriam Korn, MD.

Design and photography - Geoff Smith. www.creativethinkingdesign.com