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For information call
the Tobaccofree Helpline
(306) 655-4685

AAAAARRRRREEEEE     YYYYYOOOOUUUU
THHHHHIIIIINKNNKNKNK
ABABABABABOOOOOUUUUUTTTTT     QQQQQUUUUUIIIIITTTTTTTTTT
SOMOKINGSOMOKINGSOMOKINGSOMOKING
or
OTHER TOBACCO PRODUCTS?

Here is some help...

YOU CAN DO IT!

Are you thinking about quitting?

Are you in?

Saskatoon Health Region

The Zone
All Smoking Zone.

A No Smoking Zone. Grounds are designated.
Tobacco has long been recognized as the number one cause of preventable death and illness in Canada. Tobacco kills over 1600 Saskatchewan residents every year. Over 40,000 Canadians, nearly Saskatoon Regional Health Authority is committed to promoting health and providing healthy environments for patients, staff and visitors.

The Saskatoon Regional Health Authority is committed to promoting healthy environments for patients, staff and visitors.

Effective April 2, 2007 smoking and use of other tobacco products is not permitted in SHR buildings and grounds.

Please respect the ZONE!
Good for you if you have been thinking about quitting tobacco! You have already taken the first important step.

This booklet explains the best ways for you to quit tobacco and quit for good. The information in this booklet is based on scientific research about what will give you the best chance for quitting. The booklet also lists organizations that can offer help and more information.

If you have not been thinking about quitting, this booklet will offer support to you as well. It will give you some things to think about and maybe you will learn something about yourself and tobacco.

The choice is yours!

NICOTINE: A POWERFUL ADDICTION

If you have tried to quit tobacco*, it may sometimes be hard because nicotine is an addictive drug. For some people, it can be as addictive as heroin or cocaine.

Quitting can be done successfully. Usually people make more than 4 attempts before they are able to quit. Each time you try to quit, quitting can be done successfully. Usually people make more than 4 attempts before they are able to quit.

You will be more successful if you get help from doctors, nurses, or other healthcare professionals and take part in a quit program.

You can learn about what helps.

QUITTING TAKES WORK AND EFFORT, BUT...

YOU CAN DO IT!

*This booklet refers to tobacco in all forms: smoking cigarettes, pipe, cigars, and using spit tobacco like snuff and chewing tobacco.
GOOD REASONS FOR QUITTING

Quitting tobacco is one of the most important things you will ever do.

Quitting will:

● help you live longer
● lower your chance of having a heart attack, stroke, or cancer
● improve your chances of having a healthy baby, if you are pregnant
● help your pets be healthier
● allow you to have extra money to spend on other things

DID YOU KNOW?

Smokers believe smoking relaxes them, but instead it makes your heart beat faster, your breathing quicker and raises your blood pressure. But, did you know that:

● within 8 hours of quitting, the oxygen level in your body increases
● within 2 days of quitting, circulation improves and your chance of heart attack decreases
● within 1 week of quitting, your sense of taste and smell increases
● within 2 months, coughing, congestion, fatigue, and shortness of breath decrease
● within 1 year, your risk of heart disease is one-half that of a smoker
● within 5 years, your risk of heart disease is one-half that of a smoker

GOOD REASONS FOR QUITTING

Quitting tobacco is one of the most important things you will ever do.
QUESTIONS TO THINK ABOUT

Think about the following questions before you try to stop using tobacco. Talk to your doctor or health care professional about your answers. Think about the following questions before you try to stop using tobacco. Talk to your doctor or health care professional about

1. Why do you like smoking?
______________________________________________________________________________________

2. What else can you do instead of smoking?
______________________________________________________________________________________

3. Why do you want to quit? ________________________
_________________________________________________________________________________________________________________________________

4. What will be the most difficult situations after you quit?
______________________________________________________________________________________

5. How will you handle these situations?
______________________________________________________________________________________

6. Who can help you through the tough times?
______________________________________________________________________________________

7. If you tried to quit in the past, what helped and what didn’t?
_________________________________________________________________________________________________________________________________

FIVE STEPS FOR QUITTING

These five steps will help you quit and quit for good. They are:

1. GET READY
Set a quit date and have a quit plan. Some suggestions are:

- Change your environment - get rid of all cigarettes and ashtrays in your home and car; have your carpets and air filters professionally cleaned; do not let people smoke in your home or car.
- Review your past attempts to quit. Think about what worked and what didn’t.
- Once you quit, don’t smoke - (not even a puff)!
- Plan a regular exercise program: exercise can reduce symptoms of cravings & withdrawal.
- Make sure your medications are always available.

2. GET SUPPORT
- Get support from family and friends.
- Join a support group.
- Call a quitline.
- Ask your doctor or pharmacist about medications to help you quit.

3. LEARN NEW SKILLS AND BEHAVIORS
- Learn new skills and behaviors that can help you stay smoke-free.
- Practice relaxation techniques.
- Use deep breathing exercises.

4. GET CORRECTLY TREATED FOR TUBEROUS
- Be prepared for relapse.
- Get treated for tuberculosis.

5. BE PROTECTED
- Be protected from tobacco smoke.
- Wear protective masks.

QUESTIONS TO THINK ABOUT

Think about the following questions before you try to stop using tobacco. Talk to your doctor or health care professional about
Choose alternative therapies with care. Not all have been well studied and they can be expensive. Some people have found them helpful in quitting. If you are not sure about a product or program, ask your doctor or health care professional.

**Acupuncture and Laser Therapy**

Acupuncture is based on the Chinese science of energy pathways in the body. Needles or staple-like attachments are placed in the skin at certain points. The idea is that this will reduce or take away cravings.

**Hypnosis**

Hypnosis is a focused state of attention when individuals are more open to suggestion. It attempts to motivate you to change your attitude toward tobacco. Hypnosis is offered in private clinics with a referral from a family physician.

**Herbal**

Clove and herbal cigarettes are sometimes used as a substitute for regular cigarettes. These products often contain more tar, nicotine, and carbon monoxide than regular cigarettes.

**Herbal snuff** does not contain nicotine. It has been effective to assist spit tobacco users to reduce their withdrawal symptoms and is intended to be used only temporarily.

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**GET SUPPORT**

- **Drink lots of water**
- **Reduce your stress by taking a bath, exercising or read a book**
- **Choose a new routine: use a different route to work.**
- **Change your routine: use a different route to work.**
- **Try to distract yourself from urges to smoke. Talk to someone.**
- **Go for a walk, or eat something else.**

**REMEMBER**

- The cravings last 3-5 minutes — less time than it takes to have a cigarette. The cravings will become fewer and farther apart the longer you stay tobacco free.
- Tobacco smoke can enter your body through the lungs and bloodstream.
- Nicotine is a highly addictive drug.
- Tobacco smoke contains more than 4000 different chemicals, some of which are considered carcinogenic.
- Tobacco smoke can harm both smokers and non-smokers.

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**LEARN NEW SKILLS AND BEHAVIOURS**

- **Community support** available is listed on pages 13-15.
- **QuitLine**
- **Get individual, group or telephone counseling.**
- **Tell your family, friends and co-workers that you are going to quit and want their support.**
- **Ask them not to smoke around you or offer you tobacco.**
- **Talk to your doctor, nurse or other health care professional.**
- **Tell your family, friends and co-workers that you are quitting.**
Nicotine Replacement Therapy (NRT) can help you quit tobacco. These products provide clean nicotine delivery to your body and help with cravings and withdrawal period while adjusting your smoking habits.

- **The nicotine patch, nicotine gum, and nicotine inhaler** are available without a prescription. You should not smoke or use spit tobacco while you are using nicotine replacements. It is also advisable to consult your doctor or pharmacist for advice about the patch, gum, and inhaler.

- **Nicotine gum** may not be well tolerated by spit tobacco users due to sores that may be present in the mouth.

- **ZYBAN** and **CHAMPIX** are prescription medications to help motivated individuals quit tobacco. Talk to your doctor for more information.

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**DID YOU KNOW THAT...**

- NRT will cost you less than smoking?
- The cost of smoking 1 pack/day @ $10.00/pack for 10 weeks will cost you $700.00 plus the cost to your health?
- When NRT is used with a quit plan, it can double your chance of successfully quitting and with tobacco cessation counseling.

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**ONE TO ONE COUNSELING PROGRAMS**

Receive counseling and support by telephone or in person. Participate in developing your own quit plan.

**Saskatchewan Smokers Helpline** 1-877-513-5333

- To one counseling pharmacist or of Saskatchewan
- Conact your local Community Addiction Services (306) 652-4100

**PENDING PROGRAM**

- Freedom from Nicotine: 6 day program
- Walter A. "Slim" Thorpe Recovery Centre
- Lloydminster AB/SK

**INPATIENT PROGRAM**

- Freedom from Nicotine
- Walter A. "Slim" Thorpe Recovery Centre
- Lloydminster AB/SK

**COMPLIANT WITH THE CANADIAN NARCOTIC ACT**

- There is a cost
- Online counseling can help you quit tobacco. However, please note that online counseling is not a substitute for professional medical advice.

**Tobacco Addiction & Recovery - A Spiritual Journey**

- 780-875-8800
- 5 day training workshop for professionals
- May be beneficial in a residential setting.

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Most relapses occur within the first 3 months after quitting. Do not be discouraged if you slip and start smoking again. It does not mean that you cannot succeed at quitting for good. Remember, most people try several times before they finally quit.

Here are some difficult situations to watch for:

- **Alcohol** - Avoid drinking alcohol. Drinking lowers your chance of success.
- **Other smokers** - Being around smokers can make you want to smoke again.
- **Bad mood or depression** - Go out for a breath of fresh air and do something else you enjoy.
- **Boredom** - Keep busy. Start a new hobby, volunteer for a local organization, or make new tobacco-free friends.

If you are having problems with any of these situations, talk to your doctor, nurse or other health care professional.

### SELF HELP PROGRAMS

Work through a quit program on your own. Information and interactive tools are available on the internet and at your local public library.

**One Step At A Time Booklets**
- Canadian Cancer Society: 1-888-939-3333
- www.cancer.ca

**Quitnet**
- www.quitnet.com

### Freedom From Smoking Online

- www.lungusa.org
- www.quitnet.com

**Smoking: Getting Ready to Quit Video**
- Allen Carr’s Easy Way to Stop Smoking Book
- www.quit4life.com

**Do You Want to Quit Smoking?**
- Freedom From Smoking for You and Your Baby

**To Quit or Not to Quit**
- www.lung.ca/smoking

**Saskatchewan Lung Association**
- 1-888-566-5864
- www.lung.ca/smoking

**Women’s Health Clinic**
- (204) 947-1517
- www.lung.ca/smoking

**Hypnosis for Smoking Cessation Program**
- 1-888-939-3333
- www.cancer.ca
Not everyone experiences withdrawal symptoms when quitting tobacco.

- Some may experience symptoms such as headache, nausea, irritability, or difficulty concentrating. If your symptoms continue, talk to your doctor.

- The worst of the physical symptoms will be over in just 72 hours and will cease in 7-10 days. After that, you need to work on the “habit” part of your tobacco use.

- The psychological symptoms like the cravings, anxiety, and depression may last longer. Talk to your doctor.

**Breathe Free Plan to Stop Smoking**

- loafpick or straw in your mouth, brush your teeth, and chew sugar-free gum to break your habit.
- a packet a day smoker motions the “hand to mouth” motion over 90,000 times a year. This can be a challenging habit to break but it can be done.
- the cravings will only last a few minutes. Take a few deep breaths and keep your hands busy. Chewing gum or sugar-free gum, exercise, and drinking lots of water can help.

**Community Addiction Services**

1-866-556-3255

Smoke-Free Canada Clinics

(306) 653-0661

Saskatoon, SK

Smoke-Free Canada Clinics

122 3rd Ave. N.

Saskatoon Central Seventh-Day Adventist Church

**Breathe Free for Women**

**Did You Know That...**

- Not everyone experiences withdrawal symptoms when quitting tobacco.
- Some may experience symptoms such as headache, nausea, irritability, or difficulty concentrating. If your symptoms continue, talk to your doctor.

**Group Programs**

**How to Quit Programs**
SECONDHAND SMOKE or Environmental Tobacco Smoke (ETS)

When you smoke, your body is exposed to over 4000 harmful chemicals. Did you know that secondhand smoke also consists of thousands of poisonous gases and particles that are harmful to your health and the health of others around you, even if you're not a smoker?

The risk from secondhand smoke does not end when the cigarette is put out. It continues to remain in clothing, carpets, drapes, on your skin, in your hair and is still toxic.

Some health risks of secondhand smoke are:

- Lung cancer - even for those who have never smoked
- Heart disease and stroke
- Increased risk of sudden infant death syndrome (SIDS)
- Breathing problems
- Increased risk of childhood asthma
- Higher rates of tooth decay in children
- Increased risk of sudden infant death syndrome (SIDS)
- Heart disease and stroke
- Lung cancer - even for those who have never smoked

- You can protect yourself and your family by:
  - Making your home and vehicle smoke-free
  - Asking visitors to your home to smoke outside, away from children and pets
  - Promoting a smoke-free workplace
  - Shrinking visits to your home to smoke outside, away from children and pets

A recent survey revealed that over three quarters of Saskatchewan residents were concerned about the health risks of secondhand smoke.

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- Shrinking visits to your home to smoke outside, away from children and pets

When quitting, plan for eating healthy by following "Eating Well with Canada's Food Guide" and staying active with an exercise program. Health risks of continued smoking are far greater than the health risks of a small weight gain.

Do not let some weight gain distract you from your main goal of quitting smoking.

SPECIAL SITUATIONS

Anyone can quit smoking. Your situation or condition can give you a special reason to quit. Some are:

- Hospitalization - by quitting, you reduce health problems and help healing. Talk to your doctor about how to manage your nicotine dependence before becoming a patient.
- Pregnancy - by quitting, you protect your baby's health and your own.
- Heart attack - by quitting, you reduce your risk of a second heart attack.
- Lung, head and neck cancer - by quitting, you reduce your chance of a second cancer.
- Parents of children and adolescents - by quitting, you protect your children from illness caused by secondhand smoke.
- Your chance of a second cancer - by quitting, you reduce second heart attack risk.
- Your lung, head and neck cancer risk - by quitting, you reduce your risk of a second cancer.
- Your bronchial asthma risk - by quitting, you protect your baby's health and your own.
- Promoting a smoke-free workplace - by quitting, you reduce the health risks of secondhand smoke.

Tobacco smoke (ETS)

SECONDHAND SMOKE or Environmental Tobacco Smoke (ETS)

WEIGHT GAIN

Many smokers will gain some weight when they quit, usually less than 10 pounds.
Pregnancy and Tobacco

When you are pregnant, you hear about how tobacco harms your baby. It's important to remember that your health is at risk too.

When you use tobacco while you are pregnant:

- you may have problems in labour and delivery
- you may have a miscarriage
- you may have a stillborn baby
- your baby may be underweight - underweight babies are often sick and may have many health problems
- your baby may be born too early - sometimes the lungs may not be completely developed
- your baby may have to stay in hospital after you go home

When you quit smoking while you are pregnant, you increase your chances of having a healthy, happy baby.

Once your pregnancy is over, smoking still puts your health at risk.

When you quit smoking after the baby is born:

- you lower your risk of lung cancer and heart disease
- your skin will stay younger and softer
- you will have more energy
- you will save money that you can spend on yourself and your baby
- you will feel great about quitting tobacco for good

Breastfeeding and Tobacco

Choosing to breastfeed is one of the most important things you can do for your baby and yourself.

Quitting smoking is one of the most important things you can do for your baby.

Your baby:

- has a higher chance of developing allergies
- is more likely to develop asthma
- is more likely to develop bronchitis
- is more likely to develop pneumonia
- is more likely to develop lung cancer
- is more likely to develop heart disease
- is more likely to develop sudden infant death syndrome (SIDS)

If you are a smoker, did you know that:

- smoking can reduce the supply of oxygen to your baby through breastfeeding, clothing, skin and breath
- chemicals from tobacco are transmitted from mother
doing things that you can do for your baby:

- stop smoking just before or during breastfeeding and
- keep your home smoke-free and
- cut down the number of cigarettes to less than 10
- replace them with products of nicotine or
- talk to your doctor about considering nicotine
- quitting smoking or

As a breastfeeding mother, you can reduce the effects of tobacco on your baby by:

- quitting smoking
- or
- discussing products or
- cutting down the number of cigarettes to less than 10
- keeping your home and car smoke-free and
- not smoking just before or during feedings; smoke after feedings.

Quitting smoking is one of the most important things you can do for yourself and your baby.