

ARE YOU IN
The Zone

Effective April 8, 2007
Includes All Tobacco Products

All Saskatoon Health
Region buildings and
grounds are designated
a No Smoking Zone.

 **FOR EVERYONE'S HEALTH, RESPECT THE ZONE!**

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



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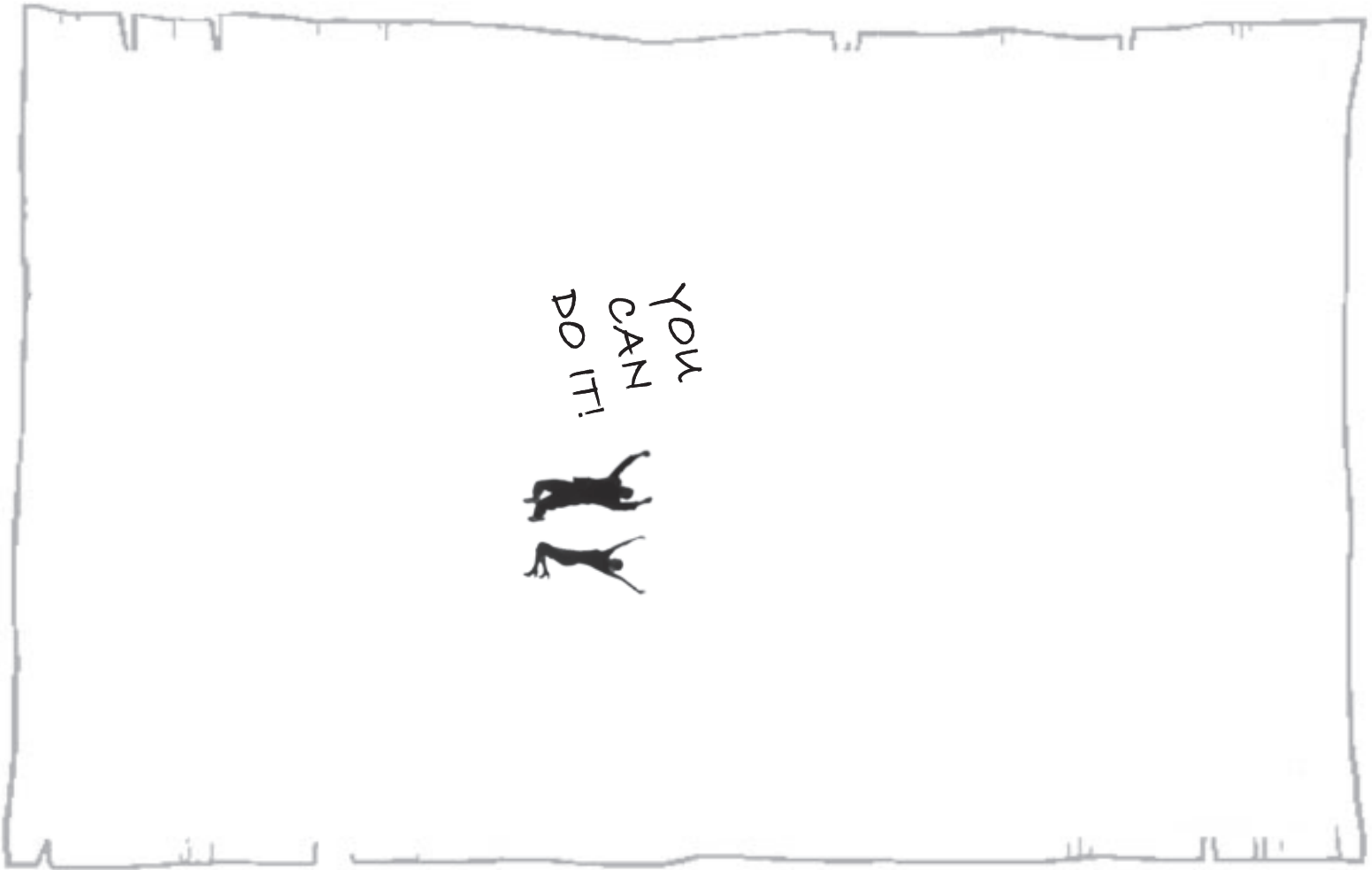
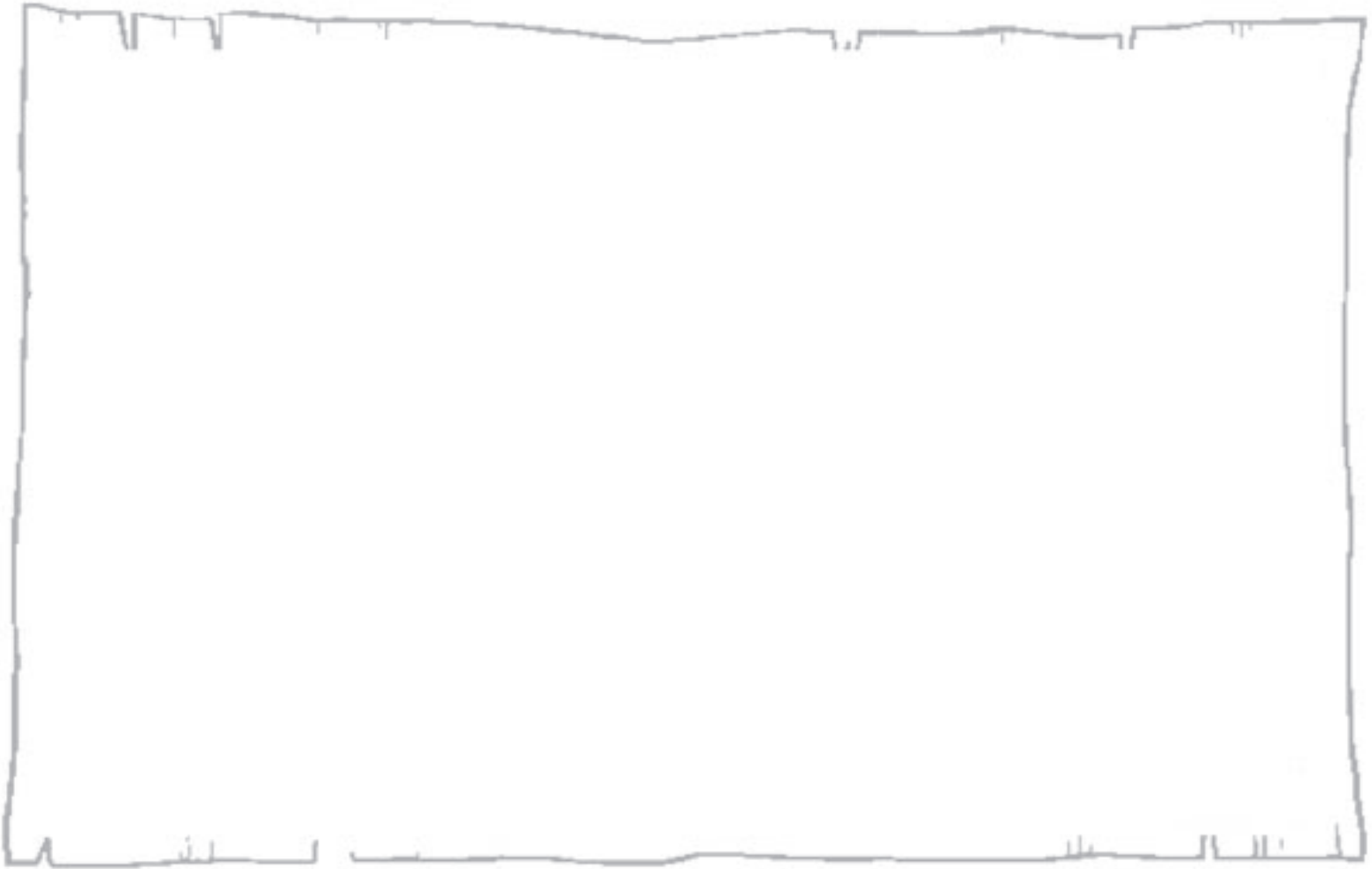


**ARE YOU
THINKING
ABOUT QUITTING
SMOKING
OR
OTHER TOBACCO
PRODUCTS?**



YOU CAN DO IT!

Here is some help ...



RESOURCES

Canadian Cancer Society

1-888-939-3333

Monday to Friday 9:00 a.m. - 6:00 p.m.

Canadian Diabetes Association

1-800-996-4446

Monday to Friday 8:30 a.m. - 4:30 p.m.

Champix® Support Line

1-877-242-6849

Heart & Stroke Foundation of Saskatchewan

1-888-473-4636

Habitrol® Support Line

1-888-227-5777

Monday to Friday 8:00 a.m. - 10:00 p.m. EST

Nicoderm® Patch “Call it Quits” Line

1-866-311-5659 24 hrs

Nicorette® Gum Counselling and Support Line

1-866-311-5655 24 hrs

Nicorette® Inhaler Line

1-866-311-5606 24 hrs

Public Health Services Resource Centre

Saskatoon Health Region

(306) 655-4600

Saskatchewan Health

www.health.gov.sk.ca

Saskatchewan Lung Association

1-888-566-5864

info@sk.lung.ca

Zyban® Users Cessation Support Line

1-800-489-8424 24 hrs

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 improves
- within 2 months, coughing, congestion, fatigue, and shortness of breath decreases
- in 1 year your risk of heart disease is one-half that of a smoker
- in 5 years your stroke risk is reduced to that of a non-smoker

FIVE STEPS FOR QUITTING

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

1. Get ready
2. Get support
3. Learn new skills and behaviours
4. Get medication and use it correctly
5. Be prepared for relapse in difficult situations

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 car professionally cleaned; do not let people smoke in your home or car
- Review your past attempts to quit. Think about what worked and what did not
- Once you quit, don't smoke - **(not even a puff)** do not keep cigarettes in the freezer...just in case
- Plan a regular exercise program; exercise can reduce symptoms of cravings & withdrawal
- Have healthy snacks always available
- Have sugarfree gum and candy available.



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.

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 for you 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?

ALTERNATIVE THERAPIES

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 to smoke or chew tobacco.

Laser therapy works on the same principle, but uses lasers rather than needles.

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.

2. GET SUPPORT

You have a better chance of being successful when you have help.

- 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 healthcare professional.
- Get individual, group or telephone counseling. The more counseling you have, the better your chances of quitting.

Community support available is listed on pages 13 - 15.

3. LEARN NEW SKILLS AND BEHAVIOURS

You need to recognize the “**triggers**” that make you want to smoke. For example, if you have a cigarette after a meal, leave the table immediately after eating and go to a different room or go for a walk instead. Other examples are:

- Try to distract yourself from urges to smoke. Talk to someone, go for a walk, or get busy with a task like brushing your teeth
- Change your routine. Use a different route to work, drink milk, juice or tea instead of coffee, eat breakfast in a different place
- Reduce your stress by taking a bath, exercise or read a book
- Drink lots of water.

REMEMBER ...

Tobacco 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 tobaccofree.

4. GET MEDICATION AND USE IT CORRECTLY

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 to quitting. If you are pregnant, breastfeeding, have heart disease, diabetes or other medical conditions, talk to your doctor before using nicotine replacement products.

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®

These are prescription medications to help motivated individuals quit tobacco. Talk to you doctor for more information.

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, you can double your chance again?

ONE TO ONE COUNSELING PROGRAMS

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

- **Community Addiction Services** (306) 655-4100
Sturdy Stone Building
122 - 3rd Ave. N., Saskatoon, SK
- **Pharmacists of Saskatchewan*** - Contact your local pharmacist for information on tobacco cessation and one to one counseling
- **Saskatchewan Smokers Helpline** 1-877-513-5333

INPATIENT PROGRAM

(Outside Saskatoon)

These programs offer a combination of education, self-help strategies, individual counseling and group therapy in a residential setting. The cost includes meals, accommodation and materials.

- **Freedom from Nicotine Program***
(6 day program)
Walter A. "Slim" Thorpe Recovery Centre
Lloydminster, AB/SK
(780) 875-8890

- **Tobacco Addiction & Recovery - A Spiritual Journey***
(5 day training workshop for professionals)
NECHI Institute
St. Albert, AB
www.nечи.com

* There is a cost!

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

Do You Want to Quit Smoking?

Freedom from Smoking

To Quit or Not to Quit

Saskatchewan Lung Association

1-888-566-5864

www.lung.ca/smoking

Catching Our Breath*: Journal for Women

Women's Health Clinic

(204) 947-1517

Quit 4 Life: Youth Tobacco Cessation Program

Health Canada

www.quit4life.com

Go Smoke Free e-Quit

Health Canada

www.gosmokefree.ca

Freedom From Smoking Online

www.lungusa.org

Quitnet

www.quitnet.com

Smoking: Getting Ready to Quit Video

Allen Carr's Easy Way to STOP SMOKING Book

SHR Public Health Services Resource Centre

(306) 655-4600

14 * There is a cost

5. BE PREPARED FOR RELAPSE

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 smoking 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 and make new tobaccofree friends.

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



WHAT ABOUT WITHDRAWAL?

- 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.

DID YOU KNOW THAT...

- 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.
- a "pack 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. Chew sugarfree gum or candy, hold a pen between your fingers, hold a toothpick or straw in your mouth, brush your teeth.



Drinking lots of water, eating healthy foods, avoiding stressful situations when you can, cutting back on caffeine and being physically active are very important. Remember to reward yourself on your way to quitting tobacco.

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HOW TO QUIT PROGRAMS

GROUP PROGRAMS

Join a group of people to learn how to stay off tobacco. Each group is unique, but all provide information, education and support to quit tobacco.

Breathe-Free Plan to Stop Smoking*

Breathe Free for Women*

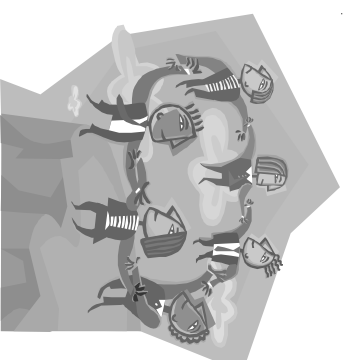
Saskatoon Central Seventh-Day Adventist Church
(306) 653-0661
(leave message on voicemail)

Community Addiction Services

Sturdy Stone Building
122 3rd Ave, N.
Saskatoon, SK
(306) 655-4100

Smoke-Free Canada Clinics*

1-866-556-3255



* There is a cost

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WEIGHT GAIN

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

The true cause of more weight gain is usually due to lack of exercise, eating a diet of high fat, high calorie foods and also a tendency to eat more. When you quit smoking, your sense of taste and smell improves, so food tastes so much better.

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 -- 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

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 your pets? Secondhand smoke comes from the smoke that is exhaled by a smoker or from the burning end of a cigarette, cigar or pipe.

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
- childhood asthma
- higher rates of tooth decay in children

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

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 vents and children
- promoting a smoke-free workplace

For a free copy of the booklet "Protecting Your Children From Secondhand Smoke", contact SHR Public Health Services Resource Centre (306) 655-4600.



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 yourself and your baby.

If you are a smoker, did you know that:

- chemicals from tobacco are transmitted from mother to baby through breastmilk, clothing, skin and breath
- tobacco can reduce milk supply
- tobacco can cause physical symptoms in your baby such as nausea, abdominal cramps, vomiting, diarrhea, stuffy nose and irritability
- it is unsafe to sleep with your baby if you or your partner are smokers. Chemicals from tobacco are absorbed into your clothing and skin resulting in your baby breathing in the same harmful chemicals. This increases the risk of Sudden Infant Death Syndrome (SIDS).

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

- quitting smoking **or**
- talking to your doctor about considering nicotine replacement products **or**
- cutting down the number of cigarettes to less than 10 cigarettes in 24 hours **and**
- 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.