



You can quit smoking!



A smoking cessation resource booklet for patients

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Introduction

This booklet is designed to help you quit smoking.

Seven out of ten smokers want to quit. The average number of times a person attempts to quit smoking is 30 times before they are successful. Each quit attempt is not a failure – it is a teachable moment on your journey to become a non-smoker. No one becomes perfect at anything after a few attempts – so why would smokers be any different? Smokers are managing both a physical and an emotional addiction. This booklet will give you information about how to tackle both.

There are worksheets in this booklet that you can use to help you:

- learn about your smoking
- develop strategies to quit smoking and,
- remain a non-smoker.

There is information about community resources to help you access professional support and get FREE nicotine replacement therapies such as the nicotine patch. It is important to note that smokers who use nicotine replacement therapies as well as use professional supports, are more likely to be successful non-smokers in the long-term.

Thank you for reading this booklet and we wish you all the best on your journey to become a healthier non-smoker.

The Benefits of Quitting Smoking

2 HOURS ▶ Your heart rate and blood pressure return to near normal levels.



24 HOURS ▶ Your risk for coronary artery disease and heart attack starts to decline.



3 DAYS ▶ Your body is rid of all nicotine, meaning withdrawal symptoms may peak.



Be prepared with a plan to get you through this challenging time.

2-3 WEEKS ▶ Your blood circulation and heart function improves significantly. You're breathing more easily and can manage more physical activity.



Improved blood circulation improves the effectiveness of chemotherapy.

1 YEAR ▶ Your risk of heart disease is half of what it was when you smoked.



12 HOURS ▶ Your body's carbon monoxide level decreases allowing your blood to absorb more oxygen.



This makes radiation therapy more effective.



2 DAYS ▶ Your ability to smell and taste greatly improves.

2 WEEKS ▶ Your withdrawal symptoms will start to subside.



1-9 MONTHS ▶ Your lungs will begin to repair. You will start to cough less and your lung capacity will improve. Within 9 months, your withdrawal symptoms will be gone completely.



10 YEARS ▶ Your risk of getting eight different types of cancer drops. Your risk for lung cancer will be half of what it was when you smoked.



Tracking my smoking

[illegible]

Dealing with cravings – know your triggers

[illegible]

You can quit smoking - 5 day count down

My Quit Date: _____

5 days before you quit

- ☐ Think about your reasons for quitting.
- ☐ Tell family and friends you are quitting.
- ☐ Stop buying cigarettes.

4 days before you quit

- ☐ Pay attention to when and why you smoke.
- ☐ Think of other things to hold in your hand.
- ☐ Think of habits and routines to change.

3 days before you quit

- ☐ Think about what you will do with all the money you save.
- ☐ Think about who you will reach out to for help.

2 days before you quit

- ☐ Buy the nicotine patch or other smoking cessation items.
-

1 day before you quit

- ☐ Put away lighters and ashtrays.
- ☐ Throw away all cigarettes and matches.
- ☐ Clean all your clothes.

Quit day

- ☐ Keep busy.
 - ☐ Remind family and friends about your quit day.
 - ☐ Stay away from alcohol.
 - ☐ Give yourself a treat or do something special.
-

Preparing for quit day

- ☐ A few weeks before quit day, limit your smoking to only one area or location.
 - ☐ Clean out your car and clean and deodorize your home.
 - ☐ Visit your dentist to get your teeth cleaned to remove the tar and nicotine, so you can literally start with a fresh mouth.
 - ☐ Monitor your alcohol and caffeine consumption before and after your quit date as these can be triggers.
 - ☐ Get lots of rest leading up to your quit date.
 - ☐ Drink lots of fluids as this helps with cravings.
 - ☐ Use healthy oral substitutes such as sugar-free gum, sunflower seeds, celery sticks or raisins.
 - ☐ Review your reasons for quitting and post somewhere.
 - ☐ Plan activities for your first week of quitting to keep busy.
 - ☐ Occupy your hands with toothpicks, pencils, rubber bands or stress balls.
 - ☐ Be aware of all triggers around you.
 - ☐ Plan for how to manage your triggers.
 - ☐ Never allow yourself to think one cigarette will not set you back as it will. Many smokers relapse when they think they can control their smoking by just having one or two.
 - ☐ Use your support system and ask for help.
 - ☐ Remain in counselling for smoking cessation.
-

Quitting without gaining

Congratulations you have decided to quit smoking. But like most people you are concerned that you will gain weight. Not everyone gains weight when they quit smoking. Below are some suggestions to help you.



Two things that seem to cause weight gain:

1. Your body metabolism slows down when you quit smoking so you need 100 to 200 calories **LESS** each day.
2. Using food to replace smoking may make you eat more than usual.

Slight changes to your eating habits and level of exercise will help prevent you from gaining weight.

Benefits of exercising regularly:

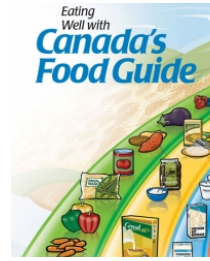
- Burn extra calories.
- Makes you feel less hungry.
- Helps you sleep better.
- Helps you stay calm and reduces stress.
- Helps to release the mucus in your lungs from smoking.

Different kinds of exercise:

- Walking 30 minutes is 100 to 200 calories.
 - Jogging 30 minutes uses 300 calories.
 - Aqua fit 30 minutes burns 300 calories.
 - Park the car further away from your destination if you have to drive.
 - Take the stairs.
-

Watch what you eat:

- Eat well balanced meals. Follow “Eating well with Canada’s Food Guide”.
- Include fibre in your diet. Fibre is found in whole grain products, fruits, vegetables, nuts, seeds and legumes (such as chick peas, kidney beans and lentils).
- Snack on healthy treats such as celery or carrot sticks, raisins or sunflower seeds. Always have them on hand.
- Drink at least 8 cups (2 liters) of water a day as it makes you feel full and helps reduce constipation which is a common withdrawal symptom.



Managing your cravings to smoke cigarettes

Cravings are a withdrawal symptom. If you can control your cravings, you will increase your chances of quitting. Cravings are without a doubt the most important withdrawal symptom to tackle. The best predictor of success in quitting smoking is to control cravings.

Cravings can be very powerful but you are not at their mercy. The urges typically only last 5 to 10 minutes and then they will pass. Even though cravings can be very difficult, try to wait them out. Each time you resist a craving you are one step closer to being cigarette free.

Many people crave cigarettes long after they quit. Just remember, the craving to smoke will come and go but eventually will go away forever.

Types of cravings

Cravings happen because your body misses its regular hits of nicotine. There are two types of craving:

1. The steady and constant background craving for a cigarette. This type of craving decreases in intensity over several weeks after quitting.
2. Sudden bursts of intense desire or urge to smoke. These cravings are often triggered by a cue such as having a few drinks, feeling very happy or sad, having an argument, feeling stressed or even having a cup of coffee. These urges to smoke tend to get less frequent over time, but their intensity can remain strong even after many months of quitting.

Strategies to manage cravings

Below are some strategies to help you manage your cravings. There is no one way to manage cravings for everyone. Pick the methods that fit for you.

Use nicotine replacement therapies

They work and are not harmful. Cigarettes are harmful - not nicotine.

- The most effective way to tackle cravings are to use nicotine replacement therapies (NRT) because they can double your chances of quitting successfully because untreated cravings often result in a relapse.
- Nicotine replacement therapies consist of long acting nicotine patches and short acting nicotine nasal spray, nicotine inhaler, nicotine gum and nicotine lozenges for intense break through cravings.

Think about your reasons for quitting and the cost of smoking

- Write down all your reasons for quitting and review them regularly – use the chart on page 4.
- Calculate how much you are saving by not smoking.

Stay busy

- When a craving hits, immediately stop what you are doing and switch to something completely different. Go for a walk, go up and down stairs, take slow deep breathes, have a glass of water.
 - Physical activity boosts your energy to fight a craving. Deep breathing in through your nose and out through your mouth helps you feel more relaxed. Drink water to flush the nicotine and other toxins from your body to help ease cravings.
 - Changing your routine may help you shake off a craving.
-

Identify and avoid triggers

- Cravings tend to be strongest in the situations where you smoked most often, or enjoyed smoking the most. Examples include, your first morning coffee, after each meal, before bed, talking on the phone, breaks at work, social events, bars, and when you are stressed, angry or tired.
- Identify your triggers and have a plan in place to manage the trigger.

Practice relaxation techniques

- Smoking may have been your only way to manage stress or boredom. Resisting a craving is stressful so occupy yourself by doing 5 to 10 minutes of deep breathing (478 - take four deep breathes, hold for 7 and breathe out slowly through your mouth for 8), yoga stretches, or listening to relaxing and calming music.

Avoid alcohol and reduce your caffeine

- Alcohol lowers your inhibitions which can result in you thinking: "One cigarette will not hurt." It will.
- Reduce your caffeine in half to help you feel less nervous and stressed.

After meals

- Instead of smoking after meals, get up from the table. Brush your teeth, or go for a walk.

Change routines that involved smoking

- If you smoked while driving, try taking different routes, playing relaxing music, or taking public transit if you can.
 - If you smoked while watching TV, watch TV in a different location of the house if you can to create a new TV habit.
-

Keep something in your mouth and hand

- If you miss having a cigarette in your mouth substitute it was a toothpick, cinnamon stick, sugar free lollipop, hard candy, or gum.
- If you miss holding a cigarette hold a bottle of water, a pencil, or a stress ball.

Remember, most people do not smoke.

- At social events or at work, try to be near the non-smokers and not the smokers.

Stay strong

- No matter what, do not think, “Just one will not hurt.” It will hurt. Try something – anything -- do not give in to the craving!

If you do give in to the craving

- Do not punish yourself because that will make you smoke more. Use the experience as a teachable moment. Figure out what happened and what you have learned to prevent this from happening again. What will you do differently next time to avoid this happening again? Continue on your journey to quit smoking and congratulate yourself for doing so.

Remind yourself of the benefits of not smoking

- Write down all the reasons you want to resist your cravings.

Get plenty of rest

- You will have more control over your cravings after a restful sleep of 7 to 9 hours. Wear a nicotine patch to bed. This will also help you in the morning as you will have fewer withdrawal symptoms.

Quit Buddy

- Find a friend to quit with or find someone who will support you through your cravings. If you do not have anyone call the Smoker’s 24 Hour Helpline at 1-877-513-5333 and they will be more than happy to be your quit buddy.
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Where can I get help to quit smoking?

Smokers' Helpline – The Smoker's Helpline is a free, confidential service and is available in over 100 languages. Talk with a trained quit smoking coach about:

- making a quit plan
- coping with cravings
- quitting methods
- withdrawal symptoms
- managing stress
- dealing with slips and relapses
- strategies to help you reach your goal
- programs and resources close to where you live

Call toll free at 1-877-513-5333

Get online support at www.smokershelpline.ca. Special features include:

- support groups
- “Quit Meter”
- inspirational email
- text messaging

Ontario Drug Benefit – The Ontario Drug Benefits provides free Champix® or Zyban® to all Ontario Drug Benefit recipients. Your doctor, nurse practitioner or pharmacist can prescribe these medications for you.

Family Health Teams – Many family health teams provide programs and free nicotine replacement products for their patients. Ask your doctor or health care provider.

Other programs

Tobacco Addiction Recovery Program (TARP), St. Joseph's Healthcare Hamilton, West 5 th Campus. Offers up to 26 weeks of free NRT and weekly group sessions.	905-522-1155 ext. 36407
Good Shepherd Breathe Easier, City of Hamilton. Offers up to 26 weeks of free NRT and weekly group sessions.	905-528-3655
De Dwa Da Dehs Nye>s Aboriginal Health Centre, Hamilton Offers up to 26 weeks of free NRT and group support.	905-544-4320 FAX: 905-544-4247
Leave the Pack Behind (for persons 18 to 29 years of age) www.LeaveThePackBehind.org Received by mail 10 weeks of free NRT	905-688-5550 FAX: 905-984-4847
Centre de santé communautaire Offers up to 26 weeks of free NRT and counselling.	905-528-0163 1-866-437-7606
Hamilton Public Health Services, City of Hamilton (for persons pregnant or breastfeeding) Offers up to 26 weeks of free NRT and counselling, free bus tickets and grocery gift cards.	905-540-5566 ext. 1 FAX: 905-546-4914
Hamilton Public Health Services, City of Hamilton (for persons interested in attending a one-time session and receive 5 weeks of free nicotine patches) Offers monthly STOP ON THE ROAD educational sessions and 5 week course of nicotine patches.	905-540-5566 ext. 1 FAX: 905-546-4914
Halton Regional Stop Smoking Clinic in Burlington, Oakville, Milton and Acton. Provides counselling and free nicotine replacement products.	905-825-6000 ext. 7887 1-866-442-5866
Niagara Region Public Health Stop Smoking Program	1-888-505-6074 ext. 7393
Tobacco Quit Program, Brant County Health Unit, Brantford. Offers counselling and free nicotine replacement products for eligible people. www.info@bchu.org	519-753-4937 ext. 455
Health Unit Haldimand – Norfolk Quit Smoking Clinics One-on-one counselling and free nicotine replacement therapy such as patches, gum or lozenges.	Simcoe 519-426-6170 Dunnville 905-318-6623 Caledonia 905- 318-6623 Langton 519-875-4485

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