

## I'M A SMOKER, BUT I WANT TO QUIT...

### Benefits of Quitting Smoking

After Only:

**1** minute... Your body will begin cleansing itself of the toxins contained in cigarettes

**8** hours... Oxygen levels in your body increase and carbon monoxide levels begin to drop

**2** days... Your chance of having a heart attack decreases and your sense of smell and taste begins to improve

**3** days... Lung capacity increases as your bronchial tubes relax, which makes breathing easier

**2** weeks to 3 months... Circulation will improve and your lung functioning increases up to 30%

**6** months... You will have less coughing, sinus congestion, tiredness and shortness of breath

**1** year... Your risk of a smoking-related heart attack is cut in half!

**10** years... You are at half the risk of dying from lung cancer

**15** years... Your risk of dying from a heart attack is now on par with someone who has never smoked





Better health is not the only benefit to quitting smoking:

- Think of the cost-savings:  
No more money will be spent on cigarettes, lighters, ashtray and matches. If you are a pack-a-day smoker, you will save over \$3000 a year!
- The smell of stale smoke will be eliminated from your clothes,

your car and your house, possibly even increasing the re-sale value of your car and house.

- No chance of accidentally burning a hole in your favourite clothes.
- You will develop a greater ability to smell and taste food. Smoking dulls the taste buds. Quitting smoking will allow you to enjoy your food more.
- You will have more energy and vitality.
- You will look younger. Quitting smoking will prevent yellowing skin or wrinkles around your eyes and mouth.
- No more worries about which restaurant you can go to or which section you must sit at.
- Your smoking will no longer affect the health of people around you. Your friends and family will not be exposed to dangers of second-hand smoke.
- You will feel proud knowing that you have beaten a strong addiction and your life will no longer be controlled by cigarettes.
- No more nagging from the people around you asking you when you are going to quit.

## Some Methods to Help You Quit

- **Cold turkey:** This is the term for quitting using willpower alone. It is probably the most popular, but not necessarily the most successful method for everyone.
- **Quitnow.ca** is an Internet-based quit smoking service, available 24/7, free-of-charge. It combines effective methods of quitting with a powerful individualized program. The site offers online peer support, e-mail reminders and tips, and expert advice on quitting strategies.
- **QuitNow by Phone:** Speaking to a counsellor or someone who understands what you are going through can be helpful. Confidential counselling and other assistance is available at 1-877-455-2233 (toll-free). Quitnow by Phone is available 24/7 and services are available in 130 languages.
- **Medications to help with withdrawal:** Medications can double your chances of quitting. While it is normal to still get withdrawal symptoms, medications can reduce the intensity of those symptoms.
- **Nicotine replacement therapy (the Patch, nicotine gum):** These non-prescription medications contain nicotine and are used to help alleviate any withdrawal symptoms that occur in the first few days of stopping smoking.
- **Bupropion SR (Zyban):** This medicine reduces the urge to smoke for some people. It is not recommended for pregnant women, people who have seizures, people with eating disorders, and people who drink heavily. This medication can be obtained with a doctor's prescription.
- **Hypnosis and acupuncture:** Although there is no firm evidence that either is effective, some people have relied on hypnosis and acupuncture to help them quit smoking.



## Healthier Options

Quitting smoking can be one part of improving your overall health and wellness. Here are some tips for improving wellness while cutting back!

- Used to going on a cigarette break during your day? Replace these with small walks or quick catch-ups with colleagues.
- Like the social aspect of cigarette smoking? Try quitting with some of your fellow smokers! You can still get together, chat, have coffee etc. without cigarettes in hand.
- As your lungs accommodate to the new smoke-free environment, try increasing your physical activity. Go for a walk along the seawall, take up a new sport, and join a running or yoga class. You can also sign up to be part of 7 Weeks to Wellness, the possibilities are endless!
- Only smoke when you are out at the bar? How about going for a dance with friends instead? Spend that extra cash on your cab ride home!

For more ideas to support your health and wellness, please visit <http://students.sfu.ca/health/>

### Adapted from:

Health Canada

[http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/ready-pret/reward-gratifiant\\_e.html](http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/quit-cesser/ready-pret/reward-gratifiant_e.html)

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