

1

**1 IN EVERY 2 SMOKERS WILL DIE
OF A TOBACCO RELATED DISEASE**

2

CAN YOU LIVE WITH THAT?

QUIT





1 in every 2 smokers will die of a tobacco related disease.

It doesn't have to be that way – you can quit.

If you are a smoker, quitting is one of the best things you can do for your health.

If you are one of the 7 in every 10 smokers who want to quit, this booklet can help you to succeed. Remember – it's never too late to quit smoking.

The good things about quitting

Have a look at the benefits to you when you quit.

When	What
Straight away	You will have fresher breath, hair and clothes – smoking is smelly!
Straight away	You will have more money in your pocket
Within 20 mins	Your blood pressure and pulse rates begin to return to normal
Within 1 day	Your risk of heart attack begins to fall
Within 2 days	You will have a better sense of taste and smell
Within 3 days	You will feel fitter as you will be less breathless
After 1 year	Your risk of sudden death from a heart attack is almost cut in half. Your risk from cancer is also reduced

10 tips to help you quit

1. **Prepare to quit** – Weigh up the pros and cons. Write down your reasons for quitting and keep them close at hand.
2. **Make a date to quit** – and stick to it.
3. **Support** – Ask your family and friends for support.
4. **Change your routine and plan ahead** – Replace or change activities that you usually associate with smoking.
5. **Be active** – Regular activity is good for your health and helps you to manage stress.
6. **Think positive** – You may have withdrawal symptoms once you quit smoking. These are positive signs that your body is recovering from the harmful effects of smoking. They will disappear once your body gets used to the change.
7. **Learn to deal with cravings** – Check out the tips for dealing with cravings.
8. **Save money** – that you would otherwise spend on tobacco.
9. **Watch what you eat** – If you are worried about putting on weight, be careful about what you eat.
10. **Take one day at a time** – Remember, every day without smoking is good news for your health, your family and your pocket. If you slip-up, all is not lost. Set a new date and start again.

Some smoking facts

- 1 in every 2 smokers will die of a tobacco related disease.
- Tobacco smoke contains over 4,000 chemicals, including tar, which can cause cancer.
- Smoking can take 10-15 quality years off your life.
- Smoking increases your risk of heart disease and stroke.
- Smoking stains your teeth and fingers and is bad for your skin. It also makes your breath smell.

The 3 Steps to Quitting are

Step 1 Getting ready to quit

Step 2 Quitting

Step 3 Staying quit

Step 1: Getting ready to quit

Every cigarette is doing you damage.

The sooner you quit the better for you and your health.

Are you ready to quit?

Think carefully about why you're still smoking. Look at the list below – are any of these you?

I haven't got the willpower

Willpower just means wanting something badly enough. Ask yourself if you really want to quit and if so... go for it!

I'm worried about withdrawal symptoms

Withdrawal symptoms are a positive sign that your body is recovering from the harmful effects of smoking. Nicotine replacement therapies and other quit smoking medications can help.

Smoking helps me cope with stress

Work off stress with exercise, talk to a friend or take up a hobby.

It's too late – the damage is probably done

It's never too late to quit. Once you quit, the benefits start from day one. After a year, you have cut your risk of heart attack by half.

This isn't the right time

You might think that there will never be a right time. Think positive.

Your smoking diary

It helps to think about your smoking pattern – the places or situations in which you smoke most. Use the table below to help you.

Number of cigarettes you smoke

Day	Morning	Afternoon	Evening	Total
1				
2				
3				
4				
5				
6				
7				

Where do you smoke most? Example: after a meal, watching TV

Day	Where
1	
2	
3	
4	
5	
6	
7	

Step 2: Quitting

Set a quit date now

My quit date is _____

Change your daily routine at the start to avoid situations where you will be tempted.

Try some of these ideas:

- If you enjoy a cigarette after a meal, chew some sugar-free gum instead of lighting up.
- If you're used to having a cigarette in your hands, for example while chatting on the telephone, find something else to hold, such as a pencil or stress ball.
- Be careful when drinking alcohol – a few drinks can make you forget you've quit smoking.
- Try drinking juice or water or eating fruit when you feel like having a cigarette. This will freshen your mouth and help lower your craving. Each craving only lasts 3-5 minutes and they will pass.
- Nicotine replacement therapies and other prescribed medications can help double your chances of quitting.

Dealing with cravings – the 4 Ds

Delay at least 3-5 minutes and the urge will pass.

Drink a glass of water or fruit juice.

Distract yourself. Move away from the situation.

Deep breaths. Breathe slowly and deeply.

Withdrawal symptoms

Not everyone gets withdrawal symptoms when they quit smoking. Withdrawal symptoms are positive signs that your body is recovering from the harmful effects of smoking. They will begin to fade as you get used to not smoking. The following symptoms are all normal:

- A great desire or craving for a cigarette
- Feeling extra sensitive or tense
- Feeling extra hungry
- Coughing more and bringing up mucus
- Tingling sensations in toes or fingers
- Dizziness or being light-headed
- Lack of concentration
- Change in sleep patterns.

Smoking causes serious health problems, but lots of smokers are afraid they will gain weight if they quit

It is possible to stop smoking AND maintain your weight.

Some people gain weight when they quit smoking and some people don't. In fact, some people have lost weight on stopping smoking. Most of the weight gained after stopping smoking is due to eating more food.

If you do gain a few pounds, don't pick up a cigarette!

Remember the hazards of smoking – lung disease, heart disease and cancer will affect your health a lot more than temporary weight gain.

Tips to help you eat well

- Plan ahead – don't go hungry. Eat three meals everyday. Try not to skip meals, especially breakfast.
- Only snack if you are hungry and choose your snacks carefully. Healthy snacks include fresh fruit, raw vegetables (celery, carrot sticks, slices of cucumber or peppers), natural yoghurt with fruit or plain popcorn.
- Go for low fat – avoid fried and high fat foods such as chips, crisps, nuts, chocolate, cakes and biscuits. Trim the fat off meat before cooking. Processed foods such as sausages and puddings are also high in fat. Watch your portion size.
- Watch what you drink. A soft drink can take the edge off your appetite and help you get over a craving. Low calorie drinks include water, tomato juice, sugar free squashes, herbal or fruit teas, low fat or skimmed milk. High sugar fizzy drinks and alcohol add calories and can also make you want to snack.

Tips to help you be more active

- If you are not regularly active, start slowly with 10-15 minutes of physical activity three or four times a week. Gradually build up to 30 minutes a day, most days of the week. Remember, two or three short sessions can meet your goal of 30 minutes a day.
- Exercise at a pace that suits you. You should sweat slightly and be able to carry on a conversation when exercising (moderate intensity).
- Choose an activity that you enjoy – this will help you to keep it up. Go for a walk with a friend, swim, cycle or join a dance class or other activity.
- Build physical activity into your daily routine. Walk to work or the shops, use the stairs instead of the lift.

If you have any medical problems or concerns, check with your doctor before you start a new activity.



Step 3: Staying quit

Do:

Stay positive. When you feel tired and tempted to give in, remember how far you've come and why you quit. Stay determined and the temptation will pass.

Keep busy. Boredom can make smoking seem more important to you than it really is.

Be active. A short walk will give you energy and help to take your mind off cigarettes.

Save your money and reward yourself. Take a trip to the cinema, buy yourself a book or some music.

Be careful when drinking alcohol. It can affect your willpower.

Don't:

Don't think 'one cigarette won't hurt'

This is just an excuse to have a cigarette and will lead to more. Don't give in.

Don't be tempted to smoke with friends who smoke.

Many smokers slip-up before they quit for good. Think about the reasons you wanted to quit in the first place and get ready to quit again. Remember, you are not alone, you have support. You can do it!

Support from family and friends

You may want to quit smoking but you cannot force others to quit. That's a decision they have to make for themselves. However, you should look for support from family and friends when you are quitting.

How your family and friends can help:

- They can be positive and encouraging. Nagging is not helpful or supportive.
- They can encourage other smokers not to smoke around you. Agree on smoke-free spaces and replace smoking with other activities such as walking, dancing or going to classes.
- They can be supportive before, during and after you quit. This will help you to succeed in the long-term.
- They can let you know about programmes and methods that are available to help you quit.
- They can praise and reward you for your efforts.

Nicotine replacement therapy and other quit smoking medications

Smoking is addictive which means it's difficult to quit. If you are finding it hard going, you can get help by calling the National Smokers' Quitline **1850 201 203** or visiting www.quit.ie, or you can speak to your GP or Pharmacist about nicotine replacement therapies and medications.

Nicotine replacement therapies and other quit smoking medications can double your chance of success by helping you to beat the craving for a cigarette. They are not a magic cure – but they work with your willpower and will help reduce withdrawal symptoms and cravings.

There are a wide range of products available on prescription and over the counter from your pharmacist including:

- Nicotine Patches
- Nicotine Gum
- Nicotine Lozenges
- Nicotine Inhaler
- Nicotine Tablets
- Varenicline (Champix)
- Bupropion (Zyban)

NRT and other quit smoking medications to help you quit are free to medical card holders when prescribed by your GP

Remember: Always read the instructions and use as directed.

Your pharmacist, GP or local Smoking Cessation Officer can advise you about which is the best product for you. They work best over a three month period so try to stick to this to get the most benefit and the right result – to quit smoking for good!

Need more advice and support?

If you've tried to quit before, remember that many smokers try a few times before they quit for good.

Getting help and support increases your chances of success.

Here's how we can help you:

National Smokers' Quitline **1850 201 203**

Monday to Saturday, 8am to 10pm,

Call the National Smokers' Quitline for one-to-one personal support and advice and to get in touch with HSE Smoking Cessation services near you.

www.quit.ie

Visit quit.ie for lots of information and support, link to our Facebook page and to sign up for our online Quit Plan, which will guide you through the quitting process day by day.

You can also get help and advice on quitting from your GP or Pharmacist.

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