



Working TOWARD Wellness

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PROVIDED BY HEART HEALTH ACTION WINDSOR-ESSEX
AND THE WINDSOR-ESSEX COUNTY HEALTH UNIT

KICK THE HABIT



You've probably heard it a million times "When will you quit? Don't you know it's bad for your health?" These are nagging but all too familiar questions for smokers.

The great news is that the number of smokers in Canada continues to decrease, especially among youth. Smoking rates for youth aged 15-19 has decreased from 28% in 1999 to 22% in 2002. Further, 21% of the population older than 15 years are current smokers.

The decrease in smoking is not surprising given the increased awareness of the serious health hazards associated with smoking.

Also, smoking has become less socially acceptable in workplaces and public places. Hundreds of Canadian municipalities have adopted smoking by-laws that protect workers and the public from the harmful effects of second hand smoke.

Further, there is a whole lot of support available to help smokers quit. Nicotine replacement therapy, anti-smoking medication, self help programs and telephone support lines are just some of the options available.

Chances are that if you are a smoker, you want to quit. The good news is that there is help available. Don't worry if you have tried to quit and not been successful, or if you have quit and started to smoke again. Most smokers quit a number of times before they are finally able to quit for good.

TEST YOUR KNOWLEDGE! T F

1. There are approximately 4,000 chemicals in an average cigarette. T F
2. If you are concerned about gaining weight when you quit, you shouldn't include healthy snacks and regular physical activity to help deal with cravings. T F
3. Within two years of quitting, the heart attack risk for a former smoker drops to that of a person that doesn't smoke. T F
4. When planning to quit, you should set an approximate date of when you will quit. T F
5. Chewing sugarless gum may help you deal with cigarette cravings once you have quit. T F
6. Within 3 days of quitting, breathing becomes easier. T F
7. If you can't quit the first time you try, you will never be able to quit. T F
8. To help deal with cravings once you've quit, you should go to the places where smoking often takes place, like bars and clubs. T F
9. Drinking alcohol once you have quit lowers your chances of quitting successfully. T F
10. Quitting smoking will help you feel more in control of your life. T F

see answers on back panel



Quit to Win!

Quitting smoking can be tough - but it's worth as many tries as it takes. Once you have quit for good you will:

- Improve your health and sense of well-being.
- Reduce your risk of serious disease and premature death.
- Protect the health of your family, friends and coworkers.
- Breathe easier.
- Feel more in control of your life.
- Set a good example for children and youth.

Why SHOULD YOU QUIT SMOKING?

There are many different reasons why a smoker will decide to quit. Not surprisingly, 45% of people will attempt to quit because of personal health concerns or problems. Another 10% of people will try to kick the habit in an attempt to improve their lifestyle.

Pregnancy, a new baby and having a family member with health problems

are a few of the other reasons people will quit smoking. Increased price of cigarettes, limitations on places where cigarettes can be smoked and increased awareness of the harmful effects of smoking and exposure to second hand smoke are also important reasons why people decide to quit.

Whatever the reason, quitting smoking is worth the effort. Smoking causes

serious diseases such as:

Cancer - lung, breast, cervix, bladder

Heart Disease - stroke, heart attack

Lung Disease - bronchitis, asthma, pneumonia, emphysema

Smoking can also cause conditions like impotence, gum disease and early aging. These are just some of the diseases and conditions caused by the 4000 chemicals found in cigarettes.

How CAN YOU BE A SUCCESSFUL

Not everybody is ready to quit smoking, but most are. Researchers estimate that at any given time about two thirds of smokers are thinking about quitting. The remainder either have no intention of quitting, are actively attempting to quit or have recently quit and are working to stay smoke-free.

If you are one of the two-thirds of smokers who want to quit, the sooner you get started the better.

GET STARTED

- First, commit to the decision that you want to quit smoking.
- Write down your reasons to quit and review them often.
- Set a quit date and stick to it.
- Develop a plan for dealing with withdrawals and cravings.
- Know your triggers and how to deal with them.
- Get the support of your friends, family and coworkers.
- Discuss aids to quitting smoking with your doctor or pharmacist. They can double your chance of being a successful quitter.

TAKE STEPS

Once you have committed to your plan to quit, you may consider one or more of the following options available to help you:

Nicotine Replacement:

- Nicotine gum (Nicorette®)
- Nicotine trans-dermal patch (Nicoderm®, Habitrol® and Nicotrol®)

Non-Nicotine Based Medication:

- Nicotine-free pill (Zyban®)

Other Options:

- Self-help booklets
- Behaviour modification therapy
- Group counselling
- Individual counselling
- Laser, acupuncture, hypnosis

You may have to try one or more combinations of the above before you are able to quit for good.

Many people worry that they will gain weight when they quit smoking. In fact, with a little planning, you can actually

stay at your current weight or lose weight. If you are concerned about gaining weight, you should include healthy snacks and physical activity as two of your key strategies to deal with cravings for cigarettes.

Healthy Eating Tips:

- Do not skip meals.
- Drink plenty of water.
- Limit diet drinks which may increase your “sweet tooth.”
- Limit coffee, tea and cola as caffeine intake is associated with smoking for many.
- Snack on raw veggies and fruit at home and at work.
- Chew sugarless gum or candy.
- Stay away from high fat, high sugar snacks.
- Grocery shop after eating to help prevent impulse buying.
- Try chewing on a cut straw or mint toothpick.

For more tips on improving your diet, check out other brochures in this series, such as the “ABC’s of Healthy Eating”,

What ARE SOME MYTHS ABOUT QUITTING SMOKING?

Quitting is a matter of will power.

Not true - smoking is an addiction and a habit. For some people, nicotine is as addictive as heroine and quitting often requires some type of treatment.

The best way to quit is cold turkey.

Not true - the best way to quit is by using a combination of counselling and nicotine replacement or non-nicotine medicine.

If you can't quit the first time you try, you will never be able to quit.

Not true - most smokers make a number of quit attempts before they are able to quit for good.

Quitting is expensive.

Not true - quitting smoking will save you a lot of money over time.

Go for it!

RESOURCES & WEBSITES

Windsor-Essex County Health Unit
Tobacco Hotline
519-258-2146 x 3112
Information on smoke-free by-laws in Essex County, smoking cessation resources, etc. (e.g. Smoking Cessation Options for Windsor-Essex County Residents)

The Lung Association
519-256-3433 (local)
1-888-566-5864 (national)
www.on.lung.ca

Canadian Cancer Society
519-254-5116 (local)
1-888-513-5333 (national)
www.cancer.ca

Heart and Stroke Foundation
519-254-4345 (local)
416-489-7111 (provincial)
www.heartandstroke.ca

Smokers Help Line
1-877-513-5333

Health Canada
www.gosmokefree.ca

Healthy Ontario
www.healthyontario.com

Quit Smoking Support
www.quitsmokingsupport.com

Tobacco Cessation Resources
www.surgeongeneral.gov/tobacco

www.wehealthunit.org and at
www.windsor-heart-health.com

QUITTER?

“All Foods Can Fit” and “Losing Weight...the healthy weigh”.

Physical Activity Tips:

- Be physically active for 30 - 60 minutes each day.
- Choose physical activities that you enjoy.
- All types of activity are good. For example, walking is a simple, affordable low risk activity that almost anyone can enjoy.
- Ask a friend or co-worker to be active with you.

IT'S NEVER TOO LATE TO QUIT!

You may think it's too late to quit smoking, but it's not. The benefits begin as soon as you snuff out your last cigarette. For example:

- Within 20 minutes, blood pressure, body temperature and pulse rate return to normal.
- Within 8 to 48 hours, smoker's breath disappears and your ability to taste and smell improves.



- Within 3 days, breathing becomes easier.
- Within 1 to 9 months, blood circulation improves. Walking becomes easier, sinus congestion and shortness of breath decrease and energy increases.
- Within one year, risk of heart disease is half that of a smoker.
- Within 2 years, heart attack risk drops to near normal.
- Within 5 years, lung cancer death rate for average former pack-a-day smoker decreases by almost half.

CLIP & KEEP THIS INFO!

Tips to help you “Kick the Habit”

- Pick a time of fairly low stress to quit.
- Advise those around you that you are quitting and ask them for their support.
- Try to kick the habit with a friend or family member, or join a local support group.
- Remove all items from your house and car that are reminders of smoking, such as cigarettes, ashtrays and lighters.
- Stay away from places where you used to smoke, or where smoking takes place, such as bars and clubs.
- Repeat and remind yourself of the main reasons why you decided to quit.
- Chew sugarless gum or sugarless candy.
- Don't drink alcohol. It lowers your chance of success.
- Be physically active on a daily basis. Try walking as a way to deal with cravings.

If you have any questions on how to quit or need help in quitting, talk to your physician or pharmacist.

Pass it on!

Please feel free to copy any articles in this brochure as long as you acknowledge the source.

Make it happen at your workplace!

To help yourself and your co-workers quit:

- Work with your employer to see if you can make smoking cessation programs easily available to smokers in your workplace.
- Think about becoming trained to lead smoking cessation support groups in your workplace.
- Support smokers who are trying to quit by encouraging them or quitting with them.
- Promote physical activity and healthy eating at work.

To remain smoke-free for good:

- Work with your employer to create a smoke-free workplace.
- Suggest that all workplace related functions are smoke-free.
- Ask your employer to provide smoking cessation literature and self-help programs.
- Ask your employer to have healthy food choices available in vending machines and in cafeterias to help with weight management.

“A gentleman was so horrified by what he read about the effects of smoking that he gave up reading!”

Henry G. Strauss

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Answers (from front page): 1-T • 2-F • 3-T • 4-T • 5-T • 6-T • 7-F • 8-F • 9-T • 10-T

For more information about the Workplace Health Promotion Program, contact the Windsor-Essex County Health Unit at 258-2146 x 3100



This brochure and others in this series available online at:
www.wehealthunit.org and at www.windsor-heart-health.com