

When · YOU · Are · Ready, Let's Chat

Quitting smoking/chewing can be challenging but with a plan, and a little help, it is possible to successfully quit for good. It is also normal to be unsure about quitting, especially when there may be additional stress and hardship in your life. Here is a bit of helpful information that can help and when you're ready, let's chat again

How Might Quitting Smoking Affect Your Life?.

Think about what it would be like to quit, and circle the phrases that express how you feel quitting might affect your life and treatment plan at the clinic:

PROS:	CONS:
- better prognosis	- cravings for nicotine
- better pain management	- irritability
- setting a good example	- feeling depressed
- feeling physically better	- stress
- fewer complications with your treatment plan	- loss of enjoyment of smoking
- lungs and heart will function better	- poor concentration
- less chance of infections	- lack of support
- family and friends won't be exposed to environmental smoke	- temptation by others who smoke
- saving money	- fear of failure
- better healing of surgical wounds	- fear that it is too late to change
- more energy	- restlessness
- better sleep and appetite	- social pressure
- decreased risk of cancer recurrence or developing a new cancer	- lack of knowledge about how quitting will affect my cancer treatment and prognosis
Add Your Own PROS:	Add Your Own CONS

Quitting is Easier than Ever:

Quitting or reducing your smoking or chew tobacco use is easier now than ever before. There are many options to choose from including medications that will help prevent the withdrawal symptoms allowing you to focus on your personal strategies to quit. You might not be ready right now but when you are, making a plan will help you succeed. Visit the following website: www.makeapact.ca

Here are just a few of your options when the time is right:

- speak to a member of your health care team at the Cancer Clinic
- watch one of the informational videos available
- attend one of the informational sessions provided.
- plan to sign up to attend group sessions or a one-on-one private session, with a trained health care professional who can help you make a quit plan
- visit the following website: www.makeapact.ca
- self-refer yourself to a cessation expert on the PACT website PACT locator. Simply enter the town or city where you live and a list of support people will be provided
- visit or phone the **Smokers' Helpline** at 1.877.513.5333 or www.smokershelpline.ca



Benefits of Quitting:

Within 20 minutes after you smoke your last cigarette, your body begins a series of positive health changes that continue for years. Even if you have smoked for a long time, you can still improve and protect your health by quitting.

Within 20 minutes of quitting your heart rate drops towards a normal level.

Within 8 hours carbon monoxide levels drop in your body and the oxygen level in your blood increases to normal.

Within 48 hours your sense of smell and taste improves and your chances of having a heart attack start to go down.

Within 72 hours your lung capacity increases and bronchial tubes relax, making breathing easier.

Within 2 weeks the nicotine is removed from your body.

Within 3 months circulation improves and lung functioning increases up to 30%.

Within 6 months coughing, sinus congestion, tiredness and shortness of breath improves.

Within 1 year your added risk of coronary heart disease is half that of a smoker's and your risk for cavities is lower.

Within 10 years risk of dying from lung cancer is cut in half.

Within 15 years risk of dying from a heart attack is equal to a person who never smoked!

What's in a Cigarette?.

A cigarette is a very sophisticated drug delivery device and the only legally available product that kills 1 in 2 people who use it as intended. There are over 4000 chemicals in a cigarette including some that are very toxic chemicals such as:

- arsenic (ant poison)*	- carbon monoxide (car exhaust fumes)
- methanol (found in rocket fuel)	- cadmium (car batteries)*
- acetone (paint stripper)	- ammonia (floor cleaner)
- butane (lighter fluid)	- DDT (insecticide)*
- toluene (industrial solvent)	- hydrogen cyanide (gas chambers)
- naphthalene (moth balls)*	- vinyl chloride (plastics)

** known or suspected to cause cancer*

Many of these products occur naturally in the tobacco while others are added by tobacco companies as flavour enhancers or to make the paper burn evenly and longer. Some chemicals are added to deliver nicotine to the brain more quickly making the cigarette more addictive. This would be the case for pipe tobacco, cigars and smokeless tobacco or chew as well.

Smokeless tobacco is not safer and it is not a suitable alternative to smoking. It contains many ingredients that can cause serious harm. Spit tobacco is a mixture of tobacco and sweeteners which cause substantial tooth decay and dental disease, and abrasives added cut your gums, increasing the absorption of the nicotine.

When You Are Ready, We Can Help!