

Smoking Cessation

Cigarettes are not your friends,,,,, your friends DON'T kill you!! Here you will find a simple guideline to quit smoking.

What's in cigarettes?

Cigarettes contain disgusting things that you would never think about putting in your body. For example, cigarettes contain tar, carbon monoxide, chemicals like DDT, arsenic and formaldehyde (a gas used to preserve dead animals).

The tobacco in cigarettes also contains nicotine--the drug that makes smoking addictive. All of these things are bad for your body. Nicotine raises your risk of heart attack and stroke. Tar and carbon monoxide cause serious breathing problems. And you know tobacco smoke causes cancer.

Why not to smoke??

- Expensive (over \$1500 a year for a pack a day)
- Bad breath
- Stained teeth and hands
- Cough/sore throat
- Problems breathing
- Feeling tired and out of breath
- Wrinkles (more, sooner)
- Arguments with parents, friends
- Cancer risk
- Heart disease risk
- Gum disease risk
- Bad smell in your clothes, hair, skin
- Cigarette burns in your car or on your clothes
- Risk of second-hand smoke to people around you

What should you do instead of smoking??

- Chew sugarless gum.
- Call a friend.
- Chew sunflower seeds, ground mint leaves or caffeine-free herbal tea leaves.
- Go to a movie or another place where you can't smoke.
- Take a walk or work out.
- Remind yourself why you want to quit.

Plan of quitting:

1. Set the quit date. (Pick this day and mark it on your calendar), Should be away from stress, such as job deadlines, exams period.... etc.

2. Be part of your plan, list the motivating reasons for which you smoke and identify the smoking triggers (which are the main reason for relapse)
3. Behavioural changes (e.g. Practice to say NO, thank you I DON'T smoke, get rid of the cigarettes and through the ashtrays)
4. Tell your family and friends to gain support at what you do.
5. Relaxing techniques, to overcome withdrawal, e.g. meditation, massage, relaxing music...etc.
6. Talk to your health care provider if you will use nicotine replacement therapy (NRT).
7. Talk to your health care provider if you will use medications to help you quitting
8. Be prepared for relapse. It is well known that it is too hard to quit smoking from the first try!! Mark Twain said, "Quitting smoking is easy. I've done it a thousand times."

So when you relapse you should know that this is normal and it should be easier next time because you can recognise what has gone wrong!!

What are your concerns??

➤ **Weight gain:**

Many smokers do gain some weight when they quit, for some, a concern about weight gain can lead to a decision not to quit. But the weight gain that follows quitting smoking is generally very small. It is much more dangerous to continue smoking than it is to gain a small amount of weight.

Smokers are more likely to be successful with quitting smoking if they deal with the smoking first, and then later take steps to reduce their weight. While they are quitting, try to make them focus on ways to help them stay healthy, rather than on their weight. Stressing about their weight may make it harder to quit. They should eat plenty of fruits and vegetables and limit the fat. We should tell them to drink plenty of water, and get enough sleep and regular physical activity.

Walking is a great way to be physically active and increase the chances of staying quit. (No special equipment or clothing is needed for walking, other than a pair of comfortable shoes).

Walking can help by:

- Reducing stress
- Burning calories and toning muscles
- Giving smoker something to do instead of thinking about smoking

➤ **Stress**

Smokers often mention stress as one of the reasons for going back to smoking. Stress is a part of all of our lives, smokers and non-smokers alike. The difference is that smokers have come to use nicotine to help cope with stress. When quitting, they have to learn new ways of handling stress. Nicotine replacement can help to some extent, but for long-term success other strategies are needed.

As mentioned above, physical activity is a good stress-reducer. It can also help with the temporary sense of depression that some smokers experience when they quit. There are also stress-management classes and self-help books.

Spiritual practices such as prayer and meditation have been used very successful.