

# Need Help to Quit or Reduce Your Tobacco Use?

*The best change you can make for your health is to quit or cut back on tobacco*

Quitting can be really hard. It can take **thirty or more** tries to fully quit! Stopping then restarting to use tobacco is not a failure, it's a learning opportunity.

Ask yourself why it happened, plan around it for future, and try again.

***The key to quitting is to keep trying!***

## What Your Health-care Provider Can Do

You can expect your health-care provider to ask at all healthcare visits if you use tobacco. ***This is a standard question; they are asking because they want to support you if you do.***

Support they can offer includes counselling, referrals to someone to talk in-person, by phone, by email or by text, and access to tools.



## Health Benefits After You Quit

- 20 minutes:** blood pressure and heart rate may return to normal.
- 48 Hours:** chance of heart attack may go down, sense of smell and taste improves.
- 1-9 Months:** less coughing, congestion, fatigue, shortness of breath.
- 1 Year:** risk of heart disease is cut in half, after 15 years, risk is as if you'd never smoked.
- 2-10 Years:** cancer risk is reduced, and in many cases is cut in half.

## Personal Benefits to Quitting

- Save money
- More free time
- More energy
- Role model for family
- Stop yellowing of teeth & nails
- No smell from smoking
- Less signs of aging
- Longer life expectancy
- Decrease in some medications
- Potentially improved mood

## Tips to Cut Back or Quit

- ❖ Use a calendar to pick a “quit date”. This date should make sense to you. Stick to this date!
- ❖ Be aware and prepare yourself for situations you know will make you crave tobacco.
- ❖ Start small (one less cigarette per day), think big (no tobacco after 1 month).
- ❖ Keep busy or try to increase your level of activity. This will help with withdrawal symptoms, fight off weight gain, and increase overall well being.
- ❖ You may miss the physical action of smoking. Use toothpicks, cinnamon or carrot sticks.
- ❖ Ask at least one friend or family member to help support you through the process.
- ❖ Count or save the money you would have spent on tobacco and treat yourself to something special.
- ❖ Congratulate yourself often!

**Remember the 4 Ds: DELAY / DISTRACT / DRINK WATER / DEEP BREATHE**

## Tools to Help You Reduce Cravings and Withdrawal

**Nicotine Replacement Therapy:** patches, gum, lozenges, spray, inhaler

**Medications:** Zyban (Bupropion), Champix (Varenicline), Cytisine

**Further Support:** Quitlines, counselling, coaching

**Acupuncture, Laser therapy, Hypnotherapy, Acupressure, Electro Stimulation, and Electronic Cigarettes:** haven't been proven to be effective, so use with caution.

**National Quitline:**

1-877-513-5333



### Second-hand Smoke

- Contains over 7600 chemicals of which over 70 are known to cause cancer.
- Hurts the health of the person using tobacco, and other people and pets when they breathe it in.

### Third-hand Smoke

- Is harmful leftovers from smoke that cover the environment after the visible smoke is gone.
- Sticks to furniture, flooring and walls, hair and clothing and most often effects babies and children.
- Is not fully removed by opening a window, using fans or cleaning.



This fact sheet was developed to go with the RNAO best practice guideline (BPG) *Integrating Tobacco Interventions into Daily Practice* (2017). It is intended to increase your knowledge and help you with decisions about your health or the health of a family member.

RNAO's BPGs are available for public viewing and free download at [rnao.ca/bpg](http://rnao.ca/bpg)