

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