

Smoking Cessation



UHN

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Facts about smoking and health

- Cigarettes are the only legal product that kills up to 50% of users when used as recommended by the manufacturer.
- Nicotine causes chemical and biological changes in the brain similar to the effects of Heroin or Cocaine
- 45,000 Canadians die yearly from tobacco use.
- 85% of lung cancer is related to smoking.
- 85% of respiratory disease COPD is due to cigarettes.
- 40-45% of heart attacks are directly related to tobacco use in people less than 65 years of age.
- 21% of Canadians smoke cigarettes.
- Secondhand smoke increases the risks of lung cancer by 25% and heart disease by 10% in non-smokers.

Source: Health Canada

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About this Program

This program is focused on helping people who are motivated to quit smoking. Counselling sessions for individual or family are carried out by experienced educators.

- You will have a breathing test to assess any lung damage.
- You will be seen by a physician should you require prescribed therapy.
- You will be seen by a nurse educator experienced in smoking cessation:
 - Carbon monoxide monitoring each visit
 - Discuss the use and methods of therapy
 - Assess your dependence to nicotine
 - Help you set a quit date and monitor your progress
 - Discuss coping strategies

How often will you be seen?

The program is flexible to your needs.

- Approximately 8 visits per year. Sessions last 30-60 minutes per visit
- Occasional telephone support once you have quit smoking in the maintenance phase

What are the common symptoms from nicotine withdrawal?

Symptoms may vary from person to person. It is important to recognize these symptoms so you can discuss them with your counsellor in order to cope better.

- Anxiety
- Feeling irritable or restless
- Difficulty concentrating
- Difficulty sleeping
- Feeling depressed
- Craving for a cigarette
- Increased appetite

Stages of Quitting

Quitting is a process. It is important to identify what stage you are in for success.

- Pre-contemplation - have not considered quitting.
- Contemplation - thinking about quitting.
- Preparation - making lifestyle changes and setting a quit date.
- Action - taking steps to be smoke free.
- Maintenance - remaining smoke free.

What treatments are available for smoking?

- Nicotine Replacement Therapy (patch / Gum / Lozenge / Inhaler)
- Tablet - Champix (Varenicline)
- Pill - Zyban (Bupropion)
- Other medications
- Self quit - (cold turkey)

Other methods used by some people to quit smoking are:

- Acupuncture
- Laser therapy
- Hypnosis

How will I know what therapy to choose?

- Your doctor/nurse will discuss with you the advantages and disadvantages of different therapies.
- Choose the best therapy based on your smoking and medical history.
- Follow up visits to assess and address any concerns you may have.

Why is it important to quit smoking?

- Tobacco contains up to 4000 poisonous chemicals.
- Smoking is a risk to your health. It alters your brain function and puts harmful chemicals in your lungs
- People die as a direct result of smoking and secondhand smoke.
- Children of smoking parents are at a greater health risk even if you smoke outside.
- Carbon monoxide from Smoking deprives your tissues of oxygen causing your heart to work harder.



Making a change for your health

- Choosing a healthy lifestyle is the best thing you can do to protect your health and those around you.
- Quitting smoking reduces your risks of developing heart diseases, high blood pressure, diabetes, cancer, breathing problems and other medical conditions.
- It is never too late to quit smoking regardless how much or how long you have been smoking.

Support programs for quitting smoking

- Smokers' Helpline:
 - Toll free number: 1-877-513-5333
 - Website: www.smokershelpline.ca
<http://www.gosmokefree.ca/>

For Smoking Cessation Programs Across Ontario visit:

http://www.uhn.ca/include/retrieved/uhnflv028743_2_12_2008.pdf

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