



SMART STEPS
...towards a tobacco-free life

Ready to Quit Smoking?



You decide when. We'll show you how.
Smart steps...

Ready to Put Tobacco Behind You?

Congratulations on deciding to quit! Quitting tobacco may not be easy, but good resources, tips and a support network can help you take the smart steps to success.

This booklet provides useful information on:

- the benefits of quitting
- understanding why you smoke
- how to deal with cravings
- calculating the money you will save
- how a good support network can help
- stop smoking medications

For information and help with quitting, go to www.quitnow.ca or call 8-1-1 and ask for QuitNow.

For the 14-week motivational QuitNow program, register at quitnow.ca or text 'QUITNOW' to 654321.

QuitNow has a range of programs to support you – both from professionals and from smokers who have quit. **Good luck!**

Double your chance of quitting by getting support!
QuitNow can help!

Benefits of Quitting

It's never too late to quit smoking! From the moment you quit your health will begin to improve. See how you will benefit:

Within 8 Hours:

- oxygen level goes back to normal
- carbon monoxide level drops

Within 48 Hours:

- chances of having a heart attack start to decrease
- taste and smell start improving

Within 72 Hours:

- breathing will get easier as your airways relax
- lung capacity begins to increase

Within 2 Weeks to 3 Months:

- circulation improves and exercising becomes easier
- lung capacity can increase by as much as 30%

Within 6 Months:

- reductions in coughing, sinus congestion, tiredness,
- shortness of breath and colds

Within 1 year:

- 50% less likely to have a heart attack caused by smoking

Within 10 Years:

- risk of dying from lung cancer will decrease by half

Within 15 Years:

- risk of dying from a heart attack is the same as a person who has never smoked

Preparing to Quit: Activities to help you

Understanding Your Smoking Behaviour: About the Cigarette Tally Sheet

Understanding your smoking behaviour can be helpful when you're quitting smoking. Keeping track of your daily tobacco use is a great way to do this. By recording when, where, why and with whom you smoke, you will notice patterns in your smoking behaviour. Once you have this understanding you can take steps to change these patterns, one at a time.

Copy the Tally Sheet on the next page and carry it with you, attached to your pack of cigarettes if possible. Every time you have a cigarette, write down the details.

At the end of the day evaluate your Tally Sheet. Take three different colour highlighters and color code each of the following three time frames a different color:

- Less than ½ hour between cigarettes
- 1/2 to 1 hour between cigarettes
- Over 1 hour between cigarettes

What did you learn? When do you smoke the most, and the least? What can you do to change these patterns? If you like, share these discoveries with your support network.

Date:

Cig #	Time	Degree of Craving 1=low; 2=med; 3=strong	Activity (what you are doing, who you are with)	Mood (e.g. angry, bored, unhappy)

The Benefits and Costs of Tobacco Use

The Benefits of TOBACCO USE	The Costs of TOBACCO USE
Helps me feel relaxed <i>(example only)</i>	I have to go outside in the cold to smoke <i>(example only)</i>
The Benefits of QUITTING	The Costs of QUITTING
I will save lots of money <i>(example only)</i>	I will have to avoid my friends who smoke <i>(example only)</i>

Control Your Cravings: Use the 4 Ds

As you start to cut down on your tobacco use, here are four simple things to remember when your cravings hit.

Delay – Don't smoke when you feel the urge, wait five minutes and the craving will pass.

Deep Breathing – Inhale through your nose and hold it for a count of five. Slowly breathe out through your mouth for a count of seven.

Drink Water – Drink a glass of water, slowly. Hold each sip in your mouth for a few seconds.

Distract – Keep your hands and mind busy. Do something which makes it difficult to smoke (like having a shower or exercising).

Tip: If you would like extra support dealing with cravings, consult your pharmacist, physician or go to www.quitnow.ca

Dealing with Cravings: Knowing Your Triggers

There are behaviours, feelings and situations that will trigger your urge to use tobacco. Being aware of your triggers is useful for dealing with or avoiding these situations.

Tips for Keeping Track

Use the chart below to help you identify your triggers. Once you have identified a trigger, write down a plan for what you can do differently the next time the situation occurs. An example is given.

Triggers: Behaviours, Actions, Thoughts or Emotions	Plan for Avoiding or Substituting
After I eat a meal	I'll go for a walk after eating

Tip: Toss triggers such as cigarettes, ashtrays and lighters.

What Could You Buy with the Money You Currently Spend on Tobacco?

What would you rather be doing with the money you spend on tobacco? Use the chart below to figure out what you could buy if you did not buy tobacco for the next 10 years.

In the second column, start by entering the amount you spend on tobacco per day and then calculate how much that adds up to as time goes by. You can use the cost calculator in the Tools & Resources section of www.quitnow.ca to help you with this.

For example, if you smoke one pack a day and each pack is \$9, in one day you would save \$9, in one week you would save \$63 ($\9×7) and in one month (4 weeks) you would save \$252 ($\63×4 weeks).



Time	Amount Spent on Tobacco	What could you Buy?
1 day		
1 week		
2 weeks		
1 month		
6 months		
1 year		
2 years		
5 years		
10 years		

Getting Support

Help Before, During and After Your Quit Attempt



quitnowca
THE LUNG ASSOCIATION™

QuitNow: Free Phone, Online, Expert Chat and Text Support to Help You Quit

QuitNow can provide you with the support you need to be successful in your quit attempt.

You may not know where to start. QuitNow Services can help! They will provide information about:

- medications to help you quit
- triggers that keep you using tobacco
- how to deal with cravings
- situations to avoid when quitting
- local resources that can help support you

DOUBLE YOUR CHANCES OF SUCCESS IN QUITTING!
Studies have shown that counseling can double your chance of success in quitting.

You can reach someone 24/7 at

Online: www.quitnow.ca

Phone: Call 8-1-1 and ask for QuitNow or call direct at [1-877-455-2233](tel:1-877-455-2233)

For the 14-week motivational TXT program, register at www.quitnow.ca or text 'QUITNOW' to 654321.

Expert Chat is FREE real-time online quit advice and support from a coach for people registered on QuitNow Online.

Check it out at www.quitnow.ca.



Get Support from Family and Friends



People who have a good support network have an easier time coping with quitting. So, tell your family and friends that you are quitting and ask for their support. Ask those supporting you to be patient, encouraging and to help you celebrate successes.

For extra support make use of the Facebook community at www.facebook.com/QuitNowBC.

Tip: Set a quit date and tell your family, friends and co-workers so that they can support you.



Cost Comparison: Cigarettes vs Nicotine Replacement Therapy

Not only can nicotine replacement therapy (NRT) double your chances of quitting, it may be cheaper than buying tobacco. How can you afford the cost of NRT? The following cost comparison may surprise you!

Cigarettes / Tobacco

I SPEND _____ per day on tobacco



This equals _____ per week (A)

Nicotine Replacement Therapy

One box of inhalers patches costs approximately \$50 per week (B)

A - B = _____ savings per week

Tip: The BC Smoking Cessation Program provides 12-weeks free nicotine gum or nicotine patch so the “savings per week” equals “A” in the calculation unless you choose to buy additional or different type of nicotine replacement therapy.

Medication Options for Support: Take Steps to Understand the Most Effective Option for You!

Nicotine Replacement Therapy (NRT) is recommended by Health Canada for tobacco users who want to quit. NRT is effective for when used properly and in conjunction with behavioural counseling.

NRT helps you deal with your withdrawal symptoms and allows you to focus on changing your behaviour. Once you have become used to life without smoking, you can then gradually reduce your NRT dosage until you no longer need it.

Nicotine patches or gum are available for BC residents through the BC Smoking Cessation Program. Call **8-1-1** for information and to order.

WARNING: NRT is an over the counter medication. Please speak with your pharmacist or physician prior to starting any NRT if the following apply to you:



- Pregnant or breastfeeding
- Being treated for any serious heart condition
- Heart attack or stroke within last 2 weeks
- Require kidney dialysis
- Use any prescribed medications regularly
- Less than 15 years of age

Nicotine Patch (Covered under the BC Smoking Cessation Program)

- Easiest to use of the available NRT
- Useful for heavier smokers who need steady release of nicotine
- Dosing should be individualized depending on your needs
- The Habitrol® patch should be applied and left on the skin for 24 hours per day. Other patch products may be different
- Apply the patch to a different skin site everyday



Dosage:

Your starting dose is based on the number of cigarettes you smoke. More dependent smokers might require a higher dosage.

# of cigarettes smoked/day	Starting dosage
More than 10	21mg - Step 1
10 or fewer	14mg - Step 2

Possible Side Effects:

- May cause local skin reactions, headaches, sleep problems and abnormal dreams, cold and flu-like symptoms and dizziness.

WARNING: Stop using the patch immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.

NOTE: If you are still experiencing cravings you can use nicotine gum, lozenge or inhaler together with the patch to make you feel more comfortable. The combination of products is not covered by the BC Smoking Cessation Program.

Nicotine Inhaler (Not covered under the BC Smoking Cessation Program)

- A plastic cigarette-shaped cartridge containing nicotine
- Delivers a dose of nicotine to the body through the lining of the mouth and has a similar delivery time to the brain as nicotine gum
- Mimics the use of a cigarette
- One cartridge delivers 4mg of nicotine
- Try different schedules to help control cravings. It may take several days before you find what works best for you



Possible Side Effects:

- Many people experience mild irritation of the mouth when they first use the inhaler. These side effects decline with the continued use of the inhaler

WARNING: Stop using the inhaler immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.

NOTE: Avoid coffee, tea, soft drinks or citrus juices 15 minutes before or after using the inhaler, gum or lozenge as these drinks reduce the adsorption of nicotine

Tip: If you are using NRT but are still experiencing cravings, the dosage may need to be increased.

Nicotine Gum (Covered under the BC Smoking Cessation Program)

- Good for occasional smokers who just want to manage occasional cravings or stress
- **Not like normal gum.** You must use the correct technique for it to be effective and to avoid side effects – **bite twice and then park the gum against your cheek** for one minute and repeat for 30 minutes
- Nicotine gum slowly releases nicotine through the lining inside the mouth. The nicotine reaches the brain faster than with the nicotine patch. It takes 15-30 minutes for the gum to start working
- Can be used to reduce-to-quit, replacing cigarettes with gum
- Dosing should be individualized depending on your needs. 2 mg gum is for people who smoke 25 or fewer cigarettes per day, 4 mg gum is for people who smoke more than 25 cigarettes per day



Possible Side Effects:

- mouth, throat or gum irritation
- nausea and stomach upset
- jaw ache
- hiccups
- headache

WARNING: Stop using gum immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.

Nicotine Lozenge (Not covered under the BC Smoking Cessation Program)

- May be a good choice for those who don't want a steady dosage of nicotine but would like support to deal with cravings
- Useful if you have dentures or are missing teeth
- Is like a hard candy which releases nicotine as it dissolves in the mouth. Like the nicotine patch and the inhaler, the lozenge delivers nicotine to the brain through the lining of the mouth
- Can be used to reduce-to-quit, replacing cigarettes with a lozenge
- Don't bite, swallow or chew
- Do not use more than 15 lozenges per day
- Take care not to eat or drink 15 minutes before using or while lozenge is in your mouth
- Lozenges contain phenylalanine. Advise your health care provider if you have phenylketonuria



Possible Side Effects:

- Some lozenge users experience mouth, throat or tongue irritation, nausea and stomach upset, hiccups, headache and taste change

WARNING: Stop using lozenge immediately and see your doctor if you have chest pain, irregular heartbeat, palpitations, leg pain or persistent stomach pain.

Tip: Keep gum, lozenge or inhalers tucked away in several locations so that you always have some close at hand if you have a craving.

Note About Available Prescription Medications:

Other aids for people who wish to stop using tobacco are prescription medications. These medications do not contain nicotine, but affect the brain in various ways to make giving up tobacco more comfortable.

Examples of these medications include:

- bupropion (Zyban®)
- varenicline (Champix®)



These medications require a prescription. It is advisable that you discuss your medical history with your physician prior to using these medications. You may be eligible for reimbursement for some costs of bupropion (Zyban®) or varenicline (Champix®) through the BC Smoking Cessation Program. For more information check with PharmaCare at 1-800-663-7100.

Support Can Make All the Difference!
For Help with Quitting Call or Click:



The British Columbia Lung Association is thankful for the generous contribution of the Canadian Cancer Society and the Fraser Health Authority in the development of this brochure.



