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## SMART STEPS

...towards a tobacco-free life

**Ready to put smoking  
behind you?**



**You decide when. We'll show you how.**

**Smart steps...**

## Ready to Put Smoking Behind You?

Congratulations! Quitting non-traditional tobacco use may not be easy but good resources, tips and a support network can help you along the smart steps to success.

### **This booklet provides useful information on:**

- The benefits of quitting
- How to deal with cravings
- Understanding why you smoke
- Calculating the money you will save
- How a good support network can help
- Stop smoking medications
- Hearing from an elder who has quit non-traditional tobacco use

For support in setting up a quit plan, call **8-1-1** and ask for QuitNow. It is a free, confidential phone service available 24/7. You can also access QuitNow Online at [www.quitnow.ca](http://www.quitnow.ca) or QuitNow By TXT by texting "JOIN" to 654321.

The Care Coaches at QuitNow by Phone will call you before and after your quit day to see how you are doing and provide you with professional support. **Good luck!**

**Double** your chance of quitting with support from QuitNow Services!

# Benefits of Quitting

It's never too late to quit non-traditional tobacco! 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 levels drop.

## Within 48 Hours:

- Chances of having a heart attack start to decrease.
- Sense of taste and smell start improving.

## Within 72 Hours:

- Breathing will get easier as your bronchial tubes 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:

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

## Within 1 year:

- 50% reduction in risk of smoking related heart attack.

## Within 10 Years:

- Your risk of dying from lung cancer will decrease by half.

## Within 15 Years:

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



*T'souke Nation Members*  
"If we can quit-anybody can!"

## What About Smokeless Tobacco?

Chew, snuff and SNUS are forms of smokeless tobacco. Although smokeless tobacco is less lethal than cigarettes it still can be deadly and therefore is not a safe alternative.

Smokeless tobacco can constrict your blood vessels which can slow your reaction time and cause dizziness. It can also increase the rate of your heart, increase your blood pressure and cause an irregular heartbeat.

You may notice sores in your mouth which can develop into cancer of the mouth. Tooth and gum disease are pretty common with regular users of smokeless tobacco.

The fact is, smokeless tobacco use can cause nicotine addiction just like smoking.



### Did you know...

- An average dose of nicotine in a single use of smokeless tobacco is 4 mg compared to 1-2 mg in a cigarette. That means each use of smokeless tobacco is similar to 2-4 cigarettes
- A tin of snuff has about the same nicotine as 60 cigarettes

## 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.**



## The Benefits and Costs of Non-Traditional Tobacco

The Benefits of TOBACCO USE	The Costs of TOBACCO USE
Helps me feel relaxed	I have to go outside in the cold to smoke
The Benefits of QUITTING	The Costs of QUITTING
I will save lots of money	I will have to avoid my friends who smoke



## 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 Breathe** in through your nose and hold it for a count of five. Slowly breathe out through your mouth for the 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).

If you would like further support dealing with cravings consult your pharmacist, physician or a Care Coach at QuitNow By Phone to discuss other options to help you quit.

**Tip:** Say “I choose to live tobacco-free” rather than “I quit smoking.”



## Dealing with Cravings: Knowing Your Triggers

There are behaviours, feelings and situations that will trigger your urge to use tobacco, even after you have stopped feeling withdrawal symptoms. Being aware of what triggers your desire to use tobacco is useful in order to develop ways to deal with or avoid 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 Non-Traditional Tobacco?

What would you rather be doing with the money you spend on non-traditional 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 calculator on [www.quitnow.ca](http://www.quitnow.ca) to help you with this.

For example, if you smoke one pack a day and each pack is \$7, in one day you would save \$7, in one week you would save \$49 ( $\$7 \times 7$  days) and in one month (4 weeks) you would save \$196 ( $\$49 \times 4$  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



quitnow **ca**

## QuitNow Services: Free Phone, Online and Text Services to Help You Quit

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

It's never easy to know where to start when you want to quit using non-traditional tobacco. QuitNow by Phone's trained Care Coaches can help you set up a quit plan that works best for you, or you can get expert help from QuitNow Online. They will provide information about:

- Medications to help you quit
- What triggers keep you using tobacco
- How to deal with cravings
- What situations to stay away from 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  
QuitNow by Phone: 8-1-1 or  
QuitNow Online [www.quitnow.ca](http://www.quitnow.ca)

**Call or Click QuitNow to prepare your quit plan!**

For the 14-week motivational QuitNow By TXT program go to [www.quitnow.ca](http://www.quitnow.ca) or text 'JOIN' to 654321



## 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.

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



## Hearing From an Elder Who Has Quit Non-Traditional Tobacco Use



Leonard Ward, Elder of Stellat'en First Nation, Fraser Lake, BC

"For me I had a hard time health wise. I use to be able to run no problem. The challenge I faced was a lot of negative energy that came whenever I smoked. My father was a traditional healer and he said to give up smoking to the creator for the purpose of healing. When I started my fast I put 4 [cigarettes] on the sacred mount in front of the sweat lodge and when I came out I didn't feel like smoking after that."

Traditional tobacco is used sparingly and is often a mixture of ingredients -not exclusively the tobacco plant

Traditional tobacco is used in healing, during prayer, to give thanks and to show respect. It is also used to cleanse the body and spirit.

It may be burned, as in a 'smudge ceremony' or may be wrapped in fabric and given as a sacred gift.

"Traditional tobacco has been used by many Aboriginal people in ceremonies, rituals and prayer for thousands of years. Using tobacco in non-traditional ways like smoking cigarettes or chewing tobacco or snuff is abuse of its traditional purpose."

**Tip:** It often takes several attempts to quit smoking. Each time is a learning opportunity, so don't give up! You can do it!

## 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 nicotine patches costs about approximately \$30\* per week (B)

**A - B = \_\_\_\_\_ savings per week**



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

Nicotine Replacement Therapy (gum and patch), varenicline and bupropion are available for registered First Nations and recognized Inuit throughout Canada through The Non-Insured Health Benefits. The First Nations Inuit Health branch provides background information on the program and a copy of the Drug Benefit List at: <http://www.hc-sc.gc.ca/fniah-spnia/nihb-ssna/benefit-prestation/drug-med/index-eng.php>

Nicotine Replacement Therapy (NRT) is recommended by Health Canada for tobacco users who want to quit. NRT is effective when used properly and in conjunction with behavioural counselling. Unfortunately, the research hasn't shown NRT to be effective in helping smokeless tobacco users quit.

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

NRT is available without a prescription.



**WARNING: NRT is an over the counter medication. Before using this product, check with your pharmacist or doctor. If you take prescription medicine for depression, asthma or thyroid conditions, your prescription dose may need to be adjusted.**

## Nicotine Patch

- Easiest to use of the available NRT
- Useful for heavier smokers who need constant nicotine
- Provides continuous delivery of nicotine into your bloodstream through the skin. The nicotine patch takes up to 4-6 hours to take effect
- Remove the patch at night if you are pregnant or lactating, or if you have trouble sleeping with it on
- Rotate sites daily



### Dosage:

The 'number of cigarettes smoked' provides a guideline as to which patch dosage may be most suitable, however more dependent smokers might require a higher dosage.

# of cigarettes smoked/day	Level of Patch
20	21mg - Step 1
10-15	14mg - Step 2
<10	7mg - Step 3

### Possible Adverse Effects:

- May cause headache, dizziness, drowsiness, stomach upset, nausea. If symptoms continue, or you experience any other side effects, inform your doctor.

**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.

## Nicotine Inhaler

- 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 and can replace four cigarettes
- Try different schedules to help control cravings. It may take several days before you find what works best for you



### Possible Adverse 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

**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

- 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
- Can be used to reduce-to-quit, replacing cigarettes with gum
- One piece of gum per hour is common for a pack a day smoker
- Dosage is 10 to 20 pieces of gum/day as needed



### Possible Adverse Effects:

- Jaw pain (if this develops review correct technique)
- Stomach discomfort, heartburn, nausea and oral discomfort
- Not suitable for people with dental issues

**Tip:** If you take the patch off at night, put a new one on first thing in the morning and use the gum, lozenge or inhaler to reduce your cravings until your patch takes effect.

## Nicotine Lozenge

- 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 Adverse Effects:

- Some lozenge users experience soreness in the gums and teeth, irritated throat tissue, hiccups and heartburn /indigestion.

**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:**

Another aid for people who wish to stop using tobacco is 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, Wellbutrin)
- Varenicline (Champix)



These medications do require a prescription. It is advisable that users discuss his/her medical history with a physician prior to using these medications.











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

**quitnow**  **ca**



The British Columbia Lung Association would like to thank the many people who helped us develop this resource including Terri Stewart, Leonard Ward, Christie Kane, Daniel Perley and the Aboriginal communities who were consulted.

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