



Tips for quitting smoking

Learn to deal with cravings - Cravings often happen during the first few days after stopping. A craving gets worse for three to five minutes and then begins to disappear.

When the craving starts, apply the 4Ds

1. Delay smoking for at least three minutes - the urge will pass.
2. Drink a glass of water.
3. Distract yourself – move away from the situation which encourages you to smoke.
4. Take deep breaths. Breathe slowly and deeply.

Change your routine - Smoking is often linked to certain times and situations, such as the first smoke in the morning, or drinking tea, coffee or alcohol. Avoid those situations by doing something different at these times.

Keep your house clean and smoke-free - Throw away your ashtrays and lighters. Use air fresheners to help rid your home of the smell of tobacco. Do not smoke in the car. Get the inside of your car cleaned to remove the smell of tobacco.

If you are ready to quit, seek help

Your chances of quitting will be increased.

The Health Promotion and Disease Prevention Directorate offers one to one counselling or group therapy.

Phone the Quitline on 23266116 or Freephone 80073333 for an appointment. Counselling services are available at Floriana and Mosta Health Centres.



#smokenojoke



Quit Smoking NOW

For Better Health



The effects of Tobacco

Nicotine is a highly addictive substance.

- It interferes with your daily activities.
- It increases the risk of cancer of the respiratory system, liver, breast, stomach, intestines, kidneys, bladder, uterus, head and neck.
- It causes chronic respiratory illness such as chronic bronchitis and emphysema.
- It causes heart disease, stroke and diseases of the circulatory system.
- It leads to gum disease.
- It could increase blood pressure.
- It increases the risk of peptic ulcer, infertility and osteoporosis.
- It causes wrinkles.
- It stains teeth and fingers.
- It affects your sense of taste and smell.

Why Quit?

- To improve your health and quality of life and prevent disease.
- To prevent exposing your family and friends to tobacco.
- To have more money to spend on other things and hobbies.

Benefits of Quitting

It is never too late to stop smoking. The benefits start as soon as you stop.

- Within 20 minutes, your blood pressure and pulse rate will return to normal. Circulation improves in your hands and feet, making them warmer.
- Within 12 hours of stopping, the oxygen level in your blood will rise to normal and your carbon monoxide level will fall.
- Within 24 hours, the chance of you suffering a heart attack starts to reduce.
- Within 48 hours your sense of taste and smell improves.
- Within 2 weeks, you can hold more air in your lungs. Breathing becomes easier. Your energy levels increase. After a year of quitting smoking, the lungs improve their capacity to clear & reduce infection.
- Within 5 years, the risk of having a heart attack and stroke falls to about half that of a smoker. The risk of getting cancer affecting the respiratory tract and upper digestive tract will drop by half.
- Within 10 years, the risk of mortality attributed to lung cancer falls to half that of a smoker.
- Within 15 - 20 years, the risk of heart disease is similar to that of a person who never smoked.

Other benefits include: Increased energy and freedom from the worry that you are damaging your health, as well as that of your family and friends.



Tips for quitting smoking

Prepare to stop smoking - Write down your reasons for stopping and keep the list at hand.

Set a quit date - Pick your day to stop and stick to it.

Get support - Ask a friend or family member for support or to stop smoking with you. Ask your family doctor or pharmacist for support and advice on nicotine replacement therapy (NRTs) as an aid to quitting.

Think positive - You may find that you experience withdrawal symptoms once you stop smoking. These are, in fact, the positive signs that your body is recovering from the effects of tobacco. A cough, irritability and sleep disturbances are some common symptoms. Don't worry, they're all perfectly normal and they will disappear within a week or two.