

IT'S HAMILTON'S TIME TO GET HEALTHY It's time to **QUIT**



Tips:

- Drink water-with crushed ice if possible
- Deep Breathe - Take a deep breath, hold for two seconds, then let it out
- Delay the urge to smoke - put it off for a few minutes
- Do something else - try a different activity
- Keep a diary of how much and where you smoke
- Get support from friends, family and/or professionals
- Make your home and car smoke-free

Facts:

- Smoking takes up a lot of your time. For people who smoke a pack a day- you will spend 4 hours a day smoking*. That is 60 days every year.
- For people who smoke a pack a day, they will spend over \$1100** for contraband tobacco (clear bags) and \$4160*** for premium brands cigarettes each year.
- Cigarette butts are the most common type of litter.
- Many people are ashamed to smoke, mostly around children or other people who do not smoke.
- Tobacco companies use sneaky advertising that leads people to smoke.
- Second-hand smoke is harmful: Children who breathe in second-hand smoke have a greater chance of dying of Sudden Infant Death Syndrome (SIDS) or having colds, ear infections, asthma, pneumonia, and bronchitis.
- Tobacco kills three times more Canadians each year than alcohol, AIDS, illegal drugs, car accidents, suicide, and murder all combined.

Changes after quitting

20 minutes - your pulse and blood pressure return to normal

8 hours - carbon monoxide levels in your blood drop

24 hours - your chance of having a heart attack drops

72 hours - you can smell and taste things better and breathing becomes easier

2 weeks - your circulation improves; walking becomes easier

1 year - you've cut your risk of heart disease in half

*based on 10 min/smoke; **based on \$20/week; ***based on \$80/week. Adapted from materials from the Canadian Cancer Society (CCS), Centre of Addiction and Mental Health (CAMH), the Government of Ontario, and the Canadian Council for Tobacco Control.

Your Health Care Professional would like you to fill out this worksheet to help you with your quit plan.

Quit Smoking Plan

<p>Understand why you smoke.</p>	<p>Why I smoke (Benefits):</p> <p><input type="checkbox"/> Social <input type="checkbox"/> Stress</p> <p><input type="checkbox"/> Boredom <input type="checkbox"/> Other</p> <hr/>
<p>List your concerns of quitting.</p>	<p>My concerns are:</p> <p><input type="checkbox"/> Withdrawal <input type="checkbox"/> Social</p> <p><input type="checkbox"/> Nerves <input type="checkbox"/> Fear of failing <input type="checkbox"/> Other</p>
<p>Make a commitment to quit. Be optimistic. Remind yourself often when things seem tough.</p>	<p>The most important reasons to quit are:</p> <p><input type="checkbox"/> Health <input type="checkbox"/> Money</p> <p><input type="checkbox"/> Stigma/shame <input type="checkbox"/> Relationships</p> <p><input type="checkbox"/> Harming others with 2nd hand smoke</p> <p><input type="checkbox"/> Other</p> <hr/>
<p>Break other habits: Become aware of your triggers.</p>	<p>My triggers are:</p> <p><input type="checkbox"/> Waking up <input type="checkbox"/> Coffee</p> <p><input type="checkbox"/> People who are smoking</p> <p><input type="checkbox"/> Certain activities (i.e. on the phone)</p> <p><input type="checkbox"/> Other</p> <hr/>
<p>Do a test run: Start taking small action steps. Strategize Take action Optimize Prevent Relapse</p>	<p>How I will deal with triggers:</p> <p><input type="checkbox"/> Make home smoke-free</p> <p><input type="checkbox"/> Avoid settings with smoking</p> <p><input type="checkbox"/> Change my routines</p> <p><input type="checkbox"/> Drink cold water as an alternative</p> <p>My goal for now is:</p> <hr/>
<p>Set a quit date: Tell your friends and family quitting is important to you and that you need their support and help.</p>	<p>My quit date is:</p> <p>Who can help and support you?</p>
<p>Consider quit smoking medications:</p>	<p><input type="checkbox"/> NRT (gum, patch, lozenger, inhaler)</p> <p><input type="checkbox"/> Zyban</p> <p><input type="checkbox"/> Champix</p>
<p>Refer to Smokers' Helpline.</p>	<p>1-877-513-5333 smokershelpline.ca</p>



It's Hamilton's Time to Quit - sponsored by Hamilton Academy of Medicine, Hamilton Pharmacists Association, Hamilton Public Health Services.