

SMOKING CESSATION

A Healthier You Starts Today.
Small Changes Lead to Lasting Impact.



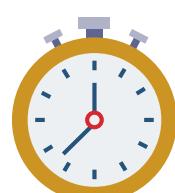
Build your plan

Set specific, measurable, achievable, relevant, time-bound (SMART) goals. Such as: "I want to smoke one fewer cigarette per day this week. I'll go for a 10 minute walk on my lunch break instead of smoking to reduce my use"

setting the stage to quit

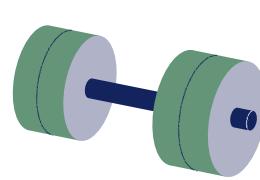
- set a quit date
- what are your reasons for quitting?
- what are your quit goals?
- choose a support network?
- what triggers you to smoke?

Dealing with cravings



delay

cravings usually go away in 5-10 minutes - you can get through this!



distract

do something to keep yourself busy and take your mind off smoking



deep breaths

deep breathing can help you relax and focus on something else



drink water

drinking water can help reduce cravings and ease withdrawal symptoms

Benefits of quitting



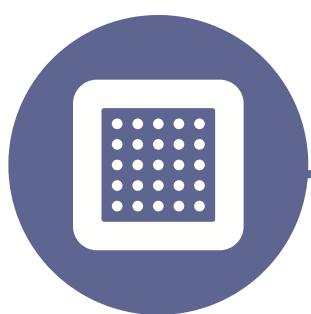
Exposure



Smoking is the leading cause of preventable disease and death. Quitting smoking immediately reduces your risk of disease and death.

Medication for quitting

Getting the daily required amounts of bone-building nutrients, like calcium and vitamin D, is essential for preventing osteoporosis.



Nicotine replacement therapy

gum, patches, lozenges, nasal spray or inhaler helps reduce the intensity of withdrawal symptoms when you quit



Prescription medications

STOP Program

The STOP (Smoking Treatment for Ontario Patients) Program is now accessible to our registered patients.

This initiative provides free-of-cost Nicotine Replacement Therapy and counseling support to clients of Muhskegowuk Health who are looking to quit smoking.

You are **8X more likely** to quit smoking when you participate in the STOP program compared to quitting unassisted!



Risks to you



Heart disease

Cigarette smoking doubles your risk of coronary heart disease – the main cause of heart attacks



Cancer

Smoking causes at least 12 types of cancer

72% of lung cancer cases are caused by smoking



Lung disease

Smoking increases risk of chronic obstructive pulmonary disease & causes irreversible damage to the lungs



Risks to others

Secondhand smoke (SHS)

Smoke breathed involuntarily from someone else's lit cigarette

There is no safe level of exposure to SHS!

Health risks to children

Weakened immune system, lung infections, ear infections, Sudden Infant Death Syndrome (SIDS)

Apps to help you manage your cravings

There are apps, such as *EasyQuit* and *Smoke Free*, that can help you crush your cravings and understand your triggers. They are available to download in the AppStore and GooglePlay.