



GETTING READY TO QUIT

In preparing for your quit date, it is important to plan ahead for possible barriers that might cause you to relapse.

Understand why you smoke. People smoke for a variety of reasons (e.g. social, reduce stress, routine, addiction, coping mechanism) but may differ in how large a role certain factors play. A smoking cessation counsellor can help you better understand these reasons so you can better prepare for handling smoking triggers after quitting.

How addicted are you? If you smoke more than one pack of cigarettes a day and/or if you need a cigarette within 30 minutes of waking up in the morning, you are likely highly addicted. Your PROfile Pharmacist and/or smoking cessation counsellor can recommend strategies such as nicotine replacement therapy for helping you to deal with the urge to smoke once you have quit.

Plan for dealing with triggers. Techniques used to deal with situations or urges that prompt you to want to smoke include:

- Avoiding or leaving the situation completely
- Using distraction techniques – do something else
- Delay – tell yourself that you are going to wait 5 minutes before smoking, the craving will likely have passed by then
- Positive self-talk – you are the one in control, and if others can do it so can you!
- Changing your daily routine to avoid the common daily triggers that spark the desire for a cigarette
- Removing items such as ashtrays from the house that will remind you about smoking

Weight gain concerns. Some smokers don't want to quit because of the fears of weight gain. Using nicotine replacement therapy or bupropion to help quit smoking has been shown to reduce the amount of weight gained after quitting to about 1.5 kg or less. Exercise programs and healthy eating will help you to keep weight gain to a minimum.



WHERE TO FIND MORE INFORMATION

Canadian Cancer Society

Smoker's Helpline:

1-877-513-5333 (NS, NB, ON, MB, SK)

1-800-363-5864 (NL)

1-888-818-6300 (PE)

1-866-332-2322 (AB)

Publications available:

'For smokers who want to quit'

'For smokers who don't want to quit'

Lung Association of Canada

National Office:

3 Raymond St., Suite 300

Ottawa, Ontario K1R 1A3

Phone: 613-569-6411

www.lung.ca/smoking/

'Do you want to quit?' booklet available online

Canadian Health Network

www.canadian-health-network.ca/1tobacco.html

Health Canada

www.hc-sc.gc.ca/hl-vs/tobac-tabac/index_e.html

Physicians for a smoke-free Canada

www.smoke-free.ca

The information found in this PROfile health brochure is of a general nature only. It is not intended to replace the advice of your pharmacist, physician, or other healthcare provider. If you have questions relating to your specific health concerns, please contact your personal healthcare provider.



Your PROfile Pharmacist
has many resources
to help you quit smoking
and is always available to discuss
your health concerns!

EXCLUSIVELY AT



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Quit Smoking Strategies

PROfile



Quitting smoking is the very best thing you can do for your health! Having said that, we all know that it is easier said than done. We all (including non-smokers) need to realize that smoking is an addiction and that quitting is not just an event but usually involves a process.

THE STAGES OF CHANGE FOR QUITTING

Most smokers go through 'stages of change' before they eventually quit for good. These stages have been defined as:

- **Pre-contemplation** - Not even considering quitting
- **Contemplation** - Thinking about quitting sometime in the next six months
- **Preparation** - Wants to quit within the next four weeks, and wants to prepare
- **Action** - Has quit within the last month and is learning to cope without cigarettes
- **Maintenance** - Has been smoke-free for over 6 months and wants to stay that way

It is a major step for a smoker to move from one stage to the next, as it is another step towards being smoke-free. A positive attitude is a recipe for success and is required all along the way. For example, most smokers who try to quit relapse at least once before quitting for good. This event must be viewed as an opportunity to identify the 'trigger' that caused the relapse, and to address that situation on the next quit attempt.



WHAT IS THE BEST STRATEGY FOR QUITTING?

Evidence has shown that matching strategies to the smoker's current stage of change results in the best chance of eventually quitting for good. For example, if a smoker is in the 'pre-contemplation' stage they require motivation from within and education about why it is important to quit smoking. Information should be offered, but being too pushy will just result in a push back and further denial or rationalization.



On the other hand a person who wants to quit within a month is motivated and wants to quit soon. In this case, barriers to quitting must be addressed to make the chances of success as high as possible.

WHY SHOULD I QUIT?

The benefits of quitting are numerous and include:

- Removing harmful second hand smoke from the inhaled air of friends and relatives
- Risk of heart attack is reduced in 24 hours, cut in half within 1 year and becomes the same as someone who has never smoked within 15 years
- Within 5 years, risk of death due to lung cancer is almost cut in half
- Within 5 to 15 years, stroke risk is reduced to that of someone who has never smoked
- Circulation improves and walking becomes easier within 2 weeks to 3 months
- Smoker's cough disappears within 1-9 months
- Food will taste better, things will smell better
- You will have more energy
- You will be in control – instead of the cigarettes
- You will have more money



Approved quit-smoking medications include nicotine replacement therapies (patch, gum and inhaler) and a medication in pill form called bupropion (Zyban®).

Nicotine Replacement - Nicotine is the addictive substance in cigarettes, but it is the tobacco smoke containing over 200 toxins, 50 of which can cause cancer, that leads to most of the damage from smoking. Nicotine replacement therapy allows replacement of much of the nicotine, reducing the effects of withdrawal, while allowing you to become accustomed to not having cigarettes in your life. Nicotine patches keep a constant level of nicotine in your system, while nicotine gum is designed to replace cigarettes when the urge arises. Also available, a device that allows you to inhale nicotine can be useful as an alternative to the nicotine gum. The nicotine inhaler may help satisfy the hand-to-mouth ritual of smoking. When you feel ready, you should start to reduce the amount of nicotine you are using until you are able to continue without any nicotine replacement. Your PROfile Pharmacist or doctor can discuss the nicotine replacement strategy that is best suited to your needs. Your PROfile Pharmacist will also discuss the proper use of nicotine replacement products with you.

Bupropion (Zyban®) - Bupropion helps to reduce withdrawal effects by keeping the levels of chemicals in the brain responsible for the pleasurable effects of smoking at an increased level. This medication is available only by prescription from your doctor. Side effects may include headache, trouble sleeping and/or dry mouth. People who have had a seizure in the past, have a history of eating disorders, are taking medications known as MAO Inhibitors (e.g. phenelzine, tranylcypromine, moclobemide, selegiline) or who are pregnant or breastfeeding should not take this medication.

Medication does increase the chances of quitting and remaining smoke free. Studies have shown that:

- 3-4% quit successfully without aids
- 6-8% quit with brief counselling
- 12-16% quit with intensive counselling
- Adding medication doubles each of the above