

Smoking Prevention

Why is tobacco a public health priority?

Tobacco is the second major cause of death in the world. It is currently responsible for the death of one in ten adults' worldwide (about 5 million deaths each year). If current smoking patterns continue, it will cause some 10 million deaths each year by 2020. Half the people that smoke today - that is, about 650 million people- will eventually be killed by tobacco.

Smoking Causes Diseases

Smoking is a slow way to die. The strain put on your body by smoking often causes years of suffering. Each time you have a cigarette you put yourself at risk of a number of disease and a host of other serious conditions.

EMPHYSEMA **LUNG CANCER** **BRONCHITIS** **HEART DISEASE** **STROKE** **VASCULAR DISEASE**

and consequently DEATH

What do you puff into your system with every inhalation you take?

Tobacco smoke is made up of over 4,000 chemical substances. At least 43 of the chemicals found in tobacco smoke are known to cause cancer, including lung, throat, mouth, bladder and kidney cancer. The chemicals in cigarette smoke come from burning tobacco, burning cigarette paper, residues in agricultural chemicals left on the tobacco leaf, and chemicals added during the production process.

**The deadly THREE killers: NICOTINE
TAR
CARBON MONOXIDE**

Tar, nicotine and carbon monoxide are all found in cigarette smoke and are all known to contribute to most smoking related disease. Other chemicals in tobacco smoke which have a role in disease are:

- **Tar** - Is the main cause of throat and lung cancer and also causes yellowish brown stains on fingers, teeth and lung tissue.
- **Nicotine** - A chemical in tobacco, which causes addiction. It stimulates the nervous system, increasing heart rate, raising blood pressure and constricting small blood vessels under the skin, which can cause wrinkles.
- **Carbon Monoxide** - Poisonous gas that reduces the amount of oxygen taken up by a person's red blood cells, by impersonating oxygen.
- **Hydrogen Cyanide** - Poisonous gas used in gas chambers during WWII. Damages the lung cleaning mechanism in humans.
- **Metals** - Arsenic (white ant poison), nickel and cadmium (car batteries).
- **Radioactive compounds and pesticides** - Both causing cancer.

Data Source:

- Department of Health
- Australian Government: Department of Health and Aging
- Quit W.A.
- www.oxygen.wa.gov.au

The effects of smoking on the body

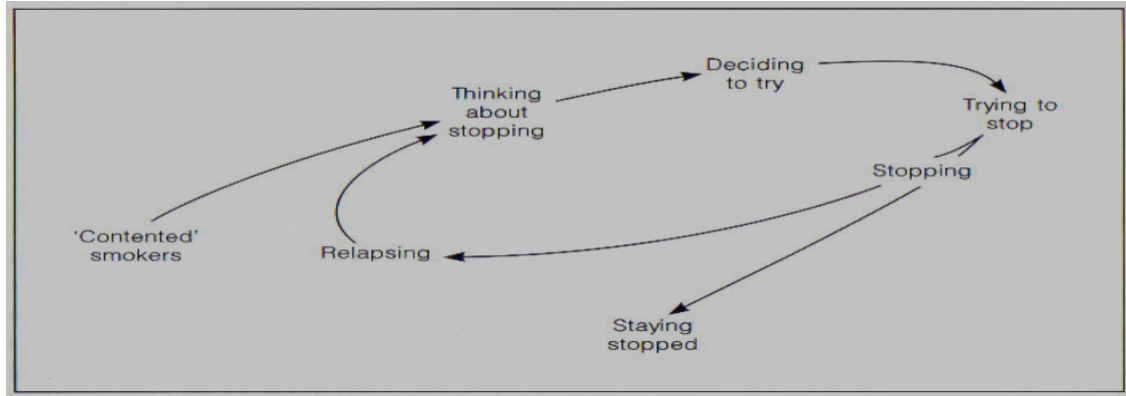
	Immediate/Short Term	Medium to long term
Head	Smelling hair Eye irritation Loss of sense of smell	Hair loss Loss of hearing Blindness & Cataracts
Brain	Decreased supply of oxygen to the brain and blood cells Headaches Mood swings	Increase risk of stroke Paralysis resulting from a stroke Panic Attacks
Mouth and Throat	Yellow stained teeth Smelling breath Decrease sense of taste	Plaque and gum disease Throat Cancer (larynx, oesophagus) Mouth Cancer (lips, tongue)
Fingers	Yellow stained fingers	
Lungs	Coughs Colds Wheezing Mucus formation Shortness of Breath Lack of Oxygen circulation	Bronchitis Emphysema Lung Cancer Pleurisy Pneumonia Damaged Cilia Tar deposits over lungs and lung sacs
Heart	Faster heart beat High blood pressure	Narrow Arteries Thickened blood Increase risk of a heart attack Coronary heart disease
Circulation	Cold Hands and Feet Decrease fitness Decrease bone density Blood vessels to legs become damaged	Plaque deposits on arteries Atherosclerosis Increase risk of Osteoporosis Peripheral Vascular Disease Gangrene & Amputation
Skin	Slow healing wounds Dry Skin	Premature ageing – wrinkles Reduced oxygen to skin
Stomach	Ulcers	Cancer (bladder, stomach, pancreas, kidney)
Reproduction	Deformed sperm Decrease fertility	Impotence Increase amount of deformed sperm Increase risk of miscarriage Cancer

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Smoking Prevention

Smoking causes a cycle of events and the Quitting process is not an easy task to follow. Many smokers who try to quit, proceed along a common path or journey through their breaking cycle. This is illustrated below:



Knowing why and when you smoke helps to be prepared to combat cravings and associations you may have with cigarettes.

THE BENEFITS – WHAT YOU HAVE BEEN WAITING FOR!

Much of the damage caused by smoking is reversible, and the sooner you quit, the more chance your body has to repair itself. The longer you stay stopped, the greater your chance of avoiding a smoking-related disease. As soon as you stop smoking, your body begins to recover:

After 12 hours = Nicotine decreases out of your system

After 24 hours = The level of Carbon Monoxide in your blood has dropped remarkably

After 24 hours = You now have more Oxygen in your system, supplying your blood cells and brain

After 5 days = Most nicotine and nicotine by-products have gone from your system

Within days = Your sense of taste and smell improves

Within a month = Blood pressure starts to return to normal as more air is passed through the lungs.

Within 2 months = The blood flow to your hands and feet improves.

After 12 months = your increased risk of dying from heart disease is half that of a continued smoker

CONGRATULATIONS – You are on the winning streak to QUITTING!

Now for the Quit Plan!

Just like anything in life (work, social life, family life) commitment, planning and determination is part of our succeeding accomplishments. This is the exact same premise for quitting. Take an approach that works for you and you will succeed!

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1) The first Step: Set a date

It's important to set a specific date when you plan to stop smoking and stick to it. Unless there is a very good reason, make this date 2 weeks from now. Some people find it best to select a day when they will be kept busy, but avoiding a day that could be stressful. The first few days can be the toughest & choosing a weekday is a good idea, so you aren't tempted to smoke when socialising or having a drink.

2) Your approach: You may wish to use all or a few of the below suggestions to help:

- Telephone the quit office (Quit WA) on 131 848
- Visit your doctor
- Ask for nicotine gum and patches
- Set a date to quit
- Take one day at a time and congratulate yourself each time you survive an urge to smoke
- Tell yourself you are a non-smoker
- Ask family and friends to support you
- Make your home a "smoke free" place
- Quit with a friend
- Ask other people who smoke not to offer you cigarettes or smoke near you

3) Be aware that there are withdrawal symptoms: These are NORMAL and will PASS with time

- Cravings
- Occasional headaches
- Upset stomach and digestion
- Changed sleeping patterns
- Coughing
- Feeling of irritability, depression or anxiety
- Temporary increase in appetite and possible weight gain

4) Confront Cravings Head On

- Take One Day at a Time: Focus on getting through each day without smoking. Remember your first cigarette? It probably made you feel sick and dizzy. Be kind to your body as it adjusts to living without the nicotine it has got used to.
- Tea, Coffee and Cola Drinks: These drinks and chocolate contain caffeine. Without nicotine, your body absorbs much more of this stimulant, making you restless, irritable and sleepless for a while. While you adjust, try drinking fewer or weaker cups of tea and coffee, coffee substitutes, water, fruit juice or low-joule, caffeine-free cola drinks.
- Reward Yourself: Congratulate yourself every time you beat the urge to smoke. Remember to treat yourself occasionally with the money you've saved, such as watching a movie, buying a new CD, or enjoying a meal out.
- Remind Yourself: Take out your list of reasons for quitting and the things you want to do as a non-smoker.
- Refuse Offers of Cigarettes: You have the right to refuse a cigarette and can do so without upsetting others.
- The Problem of Empty Hands: If you need to keep your hands busy, try keys, beads, a stress ball, loose change, a mobile phone or jewellery.

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What does exercise do in Quitting?

Smoking produces hormones, stimulates chemical reactions throughout the body which results in allowing the body to get the “smoking or nicotine fix”. Every cigarette that you have causes TOLERANCE or nicotine dependence which implies a pattern of consumption that is resistant to change. Therefore each time, to receive the same nicotine fix, more and more nicotine need to be consumed.

Exercise produces the same effects that nicotine has on your body, although it is A HEALTHIER ALTERNATIVE WITHOUT THE DETRIMENTAL HEALTH EFFECTS ATTACHED WITH IT! Exercise:

- They feel better and have more energy.
- They exhibit a “zest for life”.
- They look better. They are usually stronger and have better muscle tone.
- Decreased weight and reduced body fat.
- Better posture and an increased efficiency in the functioning of the body and may result in a delay of the ageing process.
- They have a reduced level of stress and tension.
- They are more productive in their everyday tasks.
- They exhibit a better sleeping pattern.
- They experience fewer physical complaints.
- They enjoy life more.
- They experience improved psychological benefits.

5) Coping with recovery symptoms

The first few days are the hardest, confront the cravings. Remember the 4Ds

•**D**elay acting on the urge to smoke. Don't open a pack or light a cigarette. After 5 minutes, the urge to smoke weakens and your resolve to quit will come back.

•**D**eep breathe. Take a long slow breath in, and slowly out again. Repeat 3 times.

•**D**rink water. Sip it slowly, holding it in your mouth a little longer to savour the taste.

•**D**o something else. Take your mind off smoking by taking action-put on some music, go for a walk, read a book.

JUST ONE WILL HURT!!!!!!!

Having one is the way most people go back to regular smoking, so resist by overcoming the craving and keep on track with your quit goals.

6) Coping with setbacks

Quitting can be hard. You might be going along OK, and suddenly you feel like smoking again. Sometimes, as you gain confidence, you actually start to think quitting is easy, so why not smoke again? Your resolve starts to weaken.

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Try This

Remember, every craving only lasts a few minutes. You can fight it off: with the 4Ds: Delay, Deep-breathe, Drink water, or Do something else.

Remind yourself of the times when you found the going really tough. Think about how much work you put into preparing and achieving your goal. Think of how far you have come. Do you really want to have to start all over again?

List your reasons for quitting on a card that you carry with you. Read the reasons whenever you feel the urge to smoke.

If You Have a Cigarette

Don't let one cigarette lead you back to full time smoking. Think of how long you have gone without a cigarette and say to yourself: "I'm determined to give up. After all, I have only slipped up once. In the past, I would have smoked 20 a day. I am determined to quit."

If You Go Back to Regular Smoking

Don't despair, and don't give up on your plan to quit.

Most people who have successfully quit smoking for good have made several serious attempts. Every day that you have spent smoke-free makes your body healthier and helps to break your habit and weaken your addiction. Remember, you took a long time to learn the habit of smoking, so it may take you a while to learn to be a non-smoker.

Try This

Use what you have learned from your quit attempt and plan another date to give up as soon as possible. If you have lost the urge to give up, think about the reasons why you quit and reassure yourself that you can do it!

7) Staying a non-smoker

Think of yourself a non-smoker from the moment you quit. The urge to smoke can return when you least expect it. You can stay stopped but you need to be prepared. There is always something better than a cigarette. Find new ways to handle stress and emotions such as stress, grief, anger, hunger and guilt. As a non-smoker you will discover many ways to deal with these feelings without having a cigarette.



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